**Announcements:**

- Time is running out to send MIDN 1/C Bishop your well wishes while she is as OCS, feel free to write a brief message and it will be passed along. Submit your work to MIDN 2/C Boyle at: bboyle89@gwu.edu
- Want to share what you are doing this summer with the battalion in the BLUF? Contact MIDN 1/C Saville at: iansaville@gwu.edu
- An additional command town hall is in the works to address your questions for the upcoming semester. Please standby for more information.

**Weekly Workout:**

**Jump Rope Challenge:**
- 3 Rounds
  - 100 Jump Rope
  - 40 Squats
  - 75 Jump Rope
  - 30 Mtn Climbers
  - 50 Jump Rope
  - 20 Sit Ups
  - 25 Jump Rope
  - 10 Pull-Ups (use bands/ do jump pull-ups as needed)
  - 10 Double Unders
  - 5 Push-ups

**Iron Hippo:**
- As of now, the places have not changed! Bravo is still in 1st place, Charlie is still in 2nd place, Alpha is still in 3rd place, and HQ staff are still in last. Continue to add your points throughout August!

**Eye On The Fleet:**

- The Marine Corps called off the search for the 7 Marines and 1 Sailor still missing after an AAV accident on 30JUL20. At this time they have shifted to recovery operations. 8 Marines were rescued one of whom later died of his injuries. Our thoughts and prayers are with the families of those injured and killed. (Click Here)
- Congress honored the crew of the USS Indianapolis CA-35 with a Congressional Gold Medal. The honor passed the house on 29JUL20 the day before the 75th anniversary of the sinking. The ceremony was livestreamed and a story with some great information is linked here. (Click Here)