Eye On The Fleet:
This article from USNI News outlines how Naval Submarine Base Kings Bay is preparing for the arrival of the Columbia class SSBNs and how the base is operating during the COVID-19 Pandemic. (Click Here)

Announcements:
- MIDN 2/C Hyde and MIDN 2/C Hendershot have prepared virtual curriculum for diversity club this semester. It has the schedule for the semester and is full of interesting resources. (Click Here)
- As summer draws to a close we want to feature what you have been doing over the break! If you have photos or information you would like included please contact MIDN 1/C Saville at: iansaville@gwu.edu
- There is a command townhall scheduled for Tuesday 18AUG20 at 0900 EST. The XO Commander Williams and the HQ staff will address your questions about the upcoming semester. If you have not submitted your questions please contact your CoC immediately.

Weekly Workout:
1st Exercise
5 Rounds:
400m Sprint
20 Alt DB Snatches

2nd Exercise
5 Rounds:
15 DB Front Squats
20 Push-Ups

3rd Exercise
15 Goblet Squats
15 KBS

*2min rest AFTER every 5 rounds*

Midshipman of the Week:
This week’s Midshipman of the week is MIDN 1/C Bishop who graduated from OCS on Sunday. Congratulations and Bravo Zulu shipmate!

Iron Hippo:
Bravo Company is still in the lead, but Alpha Company has pulled ahead of Charlie and is now in 2nd place. Bravo Zulu Alpha Company! August is almost done, so continue to add your activities to the Iron Hippo to get points!

Media Review:
This week’s media review is of the new film “Greyhound” which was released on Apple TV+ last month. The film stars Tom Hanks as Commander Ernest Krause, the captain of the fictional Fletcher Class Destroyer U.S.S. Keeling. The story follows Captain Kause first journey across the mid-Atlantic gap during the Second World War. The film does not dive into great detail with its characters but does a good job portraying the challenges faced by the Allies escorting ships across the Atlantic Ocean. The film is based on C.S. Forester’s book “The Good Shepard.”