



Buffalo MEPS

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Lieutenant Commander Lauren N. Schmiegel

United States Navy

Lieutenant Commander Lauren N. Schmiegel is the commander of the Buffalo Military Entrance Processing Station.

She received her commission through the United States Naval Academy in Annapolis, Maryland in 2014.

She served as operations officer, Navy Talent Acquisition Group New England, Boston, Massachusetts; admissions counselor and regional director, United States Naval Academy, Annapolis, Maryland; assistant chief engineer aboard USS Normandy, homeported in Norfolk, Virginia and deployed to 6th and 2nd Fleet Area of Operations; student, Naval Nuclear Power Training Command, Charleston, South Carolina; 1st lieutenant aboard USS Gonzalez, homeported in Norfolk, Virginia.

Lieutenant Commander Schmiegel's professional military education includes the Surface Warfare Division Officer Basic and Advanced Courses, Naval Nuclear Power School and Prototype, Gas Turbine Engineering School, Navy Justice Legal Officer School, the Human Resources Introductory Course, Joint Professional Military Education Level One, the Command Leadership Course, and the Senior Leadership Legal Course. She earned a Bachelor of Science in mathematics from the United States Naval Academy, Annapolis, Maryland, and a Master of Business Administration from St. Leo University, St. Leo, Florida. She is certified in Professional Human Resources (PHR).

Her military awards and decorations include three Navy and Marine Corps Commendation Medals, one Navy and Marine Corps Achievement Medal, Surface Warfare Qualification, and various service, unit and personal medals and ribbons.