

The National HEP CAMP Association DC Internship

Weekly Journal Entry

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Date(s): **June 19 - June 25, 2023**

Monday, June 19, 2023



Today was a holiday, Juneteenth, so all of the interns had the day off. I took my day off seriously. I was starting to get drained from being up and down exploring and going to work. Even though the other interns invited me to go out with them to the Juneteenth events and festivals I declined and took my day off to rather sleep and get some chores done around the dorm. I did want to go to the events but I felt like I needed to take some sort of break from exploring and working.

So my Monday was not very eventful, it was more of a self-care day for me.



Tuesday, June 20 - Wednesday June 21, 2023

Tuesday and Wednesday, I did not have any huge events that occurred. For both days, I stayed in the office writing up some memos I had to finish. One of the memos

I was to finish writing by Friday was on the 2023 Health Care Symposium I attended through CHLI. The symposium was rather interesting to me, there were some speakers whom I did not agree with and some speakers whom I really liked.



Through this symposium I also got the opportunity to enter the UNIDOS US building. Since the first week I saw the building as we walked to Irene's office I had wanted to enter it. Now through this symposium I was able to enter the building and also meet Alejandra Gepp who is the Health Programs Director for UNIDOS US. She spoke on a topic I know very well as a nutrition major. She talked on food insecurities and nutrition programs. The entire event was very informational, from which I

was able to draft a memo.

Thursday June 22, 2023

I had two events happening today. The first, I was going back to the White House and the second event was my office's briefing.



We all had to be up bright and early to attend the White House State Arrival Ceremony for the Prime Minister of India. We all left the dorms around 7 am thinking we

were early... We were wrong. By the time we had arrived at the White House there were so many big lines wrapping around the White House waiting to be let in. This experience was



nothing like the first time I entered the White House. We waited in line to go through security for almost two hours. We finally made it into the White House

security around 8:40 am, finally entering the White House. There were so many people lined up waiting for the ceremony to begin.



The ceremony was not lengthy, it was rather short. At the beginning of the ceremony military men walked along the side of the White House roads with the flags of each State. Joe Biden and Narendra Modi both spoke to the crowd. It was a once in a lifetime experience.

After the ceremony I had to quickly make my way to my office, CHLI, due to us having a briefing at 1 pm. The briefing was on the topic of The Hispanic Experience in Higher Education. My task was to help set up and register people as they arrived. The briefing went smoothly with a few minor details that could have been better, but nonetheless it was a success.



Both events kept me busy into the afternoon, which right after I was able to go back to my dorm and rest.



Friday, June 23, 2023

Today's CHCI programming was a little different. We all were going to be taking a small trip down the National Museum of African American History and Culture. I don't even know how to explain the feeling you get of this museum, it is such an eye opening experience.



In school you learn the history of events of early American History, the good and the not so good parts. It is one thing learning a subject in school and another seeing objects, videos, and stories in person. I honestly have no words to describe the feeling you get in this museum, you simply wonder how could this have ever happened. The museum has four different levels with different exhibitions. The main exhibition was on the concourse level leading you down underground four floors down. You begin at the lowest level with the exhibition "Slavery and Freedom" 1400 - 1877, then to the second floor, "Defending Freedom, Defining Freedom: The Era of Segregation 1876-1968" and finally the last level was, "A Changing America: Beyond 1968 and Beyond". There were many moments throughout the museum where you may

learn something new, maybe you will not be able to look at something, or you get chills. For me one of those moments was looking at a KKK mask. Knowing what this group had done to innocent civilians gave me the chills to see a real KKK mask.



Moving on from these floors, something so cool, and the exhibition I was looking most forward to as a huge Marvel fan, was seeing the original Black Panther suit worn by Chadwick Boseman.



As you move onto the upper levels, you have different exhibitions.

An example of some would be the Musical Crossroads, where they have multiple costumes of musicians that have been worn. There were many different costumes from Michael Jackson, The Jackson 5, Whitney Houston, Kenny Clarke and so many more. They as well had two such iconic objects, Chuck Berry's Cadillac which was used on stage in the documentary,



Hail! Hail! Rock and Roll!, and the P-Funk Mothership.



The museum is so big that you need multiple hours to go through it all or you need multiple visits to finish the exhibits. Nonetheless the museum was an amazing experience.

Saturday June 24, 2023

Another bright and early day with CHCI. We were all going to do a ropes course.

All of the interns were down by Shenkman Hall by 8:30 am waiting for the bus to arrive to take us up into Maryland. I can not really say much about the bus ride because I fell asleep.



When we arrived at our destination, I loved it. Back home I live in the countryside so I was starting to miss being in the country rather than in the city. It felt so nice to finally be away from the city noise for just a moment. Another big difference I noticed is that everything you see is super green. California is green also, but honestly speaking all of the fields in Maryland are almost all a vibrant color of green.

However, I absolutely, 100% disliked the weather. It was so hot and humid, you would instantly start sweating. I prefer to be in dry hot weather. I am not accustomed to the heat one bit yet.



We began our day at the ropes course with team building exercises that were fun. I really liked that we did this ropes course a little farther into the internship because it gave us some time to get acquainted with the CHCI interns so it was not so awkward. We all got to know each other and became acquainted. We did team building up into lunch and after we were going to

do what everyone was waiting for.. ziplining.



I was mostly excited to zipline but still a little frightened by it. Fast forward to the ziplining.. I loved it. It was so much fun just jumping off the ledge and ziplining down the line. Everyone was so supportive cheering for everyone as we all took our turn on the zipline. On our way back down the zipline everyone had finally gotten confidence on the line that some of the interns even ziplined upside down. It was such an amazing experience.



After the ropes course, a few of us wanted to attend Solstice Saturday. This was the first Saturday of summer, which would

