

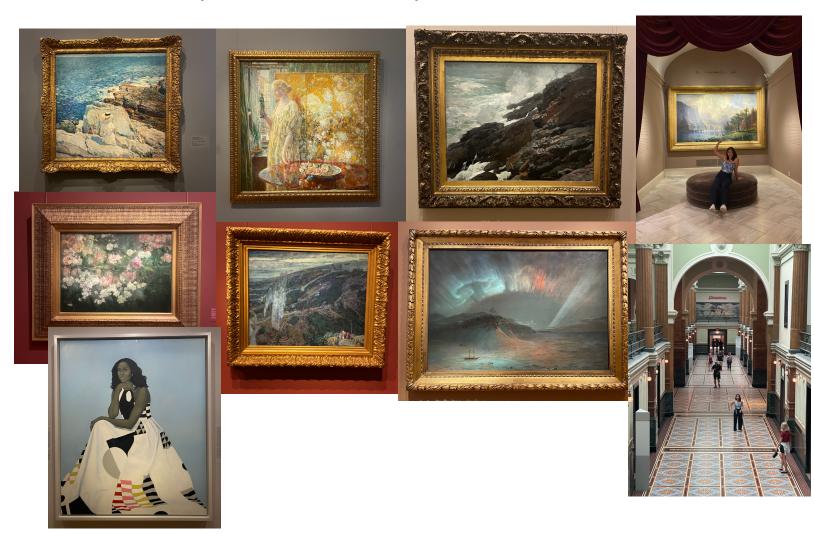
# The National HEP/CAMP Association DC Internship

Weekly Journal Entry Name: Anna C. Bedolla-Gutierrez Date(s): July 3 - July 9, 2023

### Monday July 3, 2023

I had a four day week, courtesy of my office. Some of the interns did not have the day off but CHLI had informed us we could choose to have either Monday or Wednesday off. I choose to have Monday off to be able to rest during the four day weekend. As it was my day off, I decided to not spend it at the dorms. I had been wanting to go to two museums: the Portrait Gallery and the Renwick Gallery. I decided to go to the Portrait Gallery to view the paintings.

This museum has such beautiful paintings, I spent a few hours going through each level viewing and reading the descriptions of the paintings. The paintings I liked the most were paintings depicting landscapes. There was a painting that reminded me of California's National Parks as well. I enjoyed walking through the museum and looking at the paintings. After the museum I headed back to the dorm and prepared for the next day which was the Fourth of July.

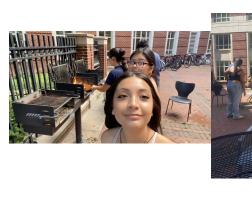




## Tuesday July 4, 2023

Since I knew I was going to be interning here during the summer I was super excited to spend the Fourth of July at the Nation's Capitol. I was really excited to see the fireworks at night but another cool thing was that earlier in the week, the interns on the Hill had mentioned that due to being interns on the Hill they were going to have access to the Capitol Steps on the Fourth of July. Being on the Capitol Steps meant being able to overlook both the Capitol Concert and the fireworks down the National Mall.

One thing that we overlooked when going out to the Capitol was how hot the afternoon was going to be. Sitting on the steps of the Capitol made it become even warmer, but we did not want to budge from our spot on the steps because we had a good view of the stage and the fireworks. The good thing is that some of the interns had gone back to the dorm and brought with them ice cream and popsicles to eat while we waited for nightfall. We spent the afternoon chatting and laughing amongst each other. Once evening arrived the concert began... I did not know any of the performers except for Elmo and the Cookie Monster, but I still had so much fun. Once the sun had set the fireworks began. It was so much fun and beautiful to see the fireworks, but the cool thing for me was hearing the cannons that were set off. At first I got frightened by them due to how loud they were but nonetheless it was still so cool. All of the CHCI interns and the HEP/CAMP interns left a little before the end of the fireworks and concert because we wanted to avoid the crowds, however we did not avoid the crowds one bit. The metro was so full it looked a little scary. At one point people were not being let off the train due to how crowded the platforms were, there was no space for people to get off the metro. Luckily, we were able to make it off the train at our stop but there was such a big crowd. To get out of the metro safely the interns had to lock arms with each other. Once we got out of the metro it was still so packed due to the people coming from the National Mall. The good thing was that the streets were closed next to our dorms so we had a little more space to walk through. Eventually we all made it back to the dorm safely and called it a night. The Fourth of July at the Capitol will be a memorable experience in my books.











# Friday July 7, 2023

Today we had CHCI programming for the day. I found Professor Bartel's lecture to be the most entertaining. At one point I ended up taking a literacy test that I most definitely did not pass. Programming ended on a good note.

Today was also my roommate's birthday. I had told Abby I wanted to get her a cake to celebrate her birthday. After programming, I headed to Whole Foods to buy her a cake, candles and a big sign saying 'Happy Birthday'. Towards the end of the night some of the CHCI interns and most of the HEP/CAMP interns got together to wait for Abby to arrive; once she did we all celebrated with her.

#### Sunday July 9, 2023

I slept in today but I decided to go out later into the day to a museum that I had been seeing online and thought it was rather pretty. Once I had finally gotten ready, I set off on my own to the Renwick Gallery. I have no words to explain how pretty the museum was. There were so many works of art on show that it took me a while to leave the museum. Honestly I was in the museum for about five hours and the museum was not that big. However, the time I spent there was also due to there being a section in the museum where you were able to lay down and view the big art piece on the ceiling. It was such a peaceful and calm environment that I stayed there for the majority of my time. I can not explain all of the beautiful pieces of art so I decided to upload all of the pictures I took instead.

