

## The National HEPCAMP Association DC Internship

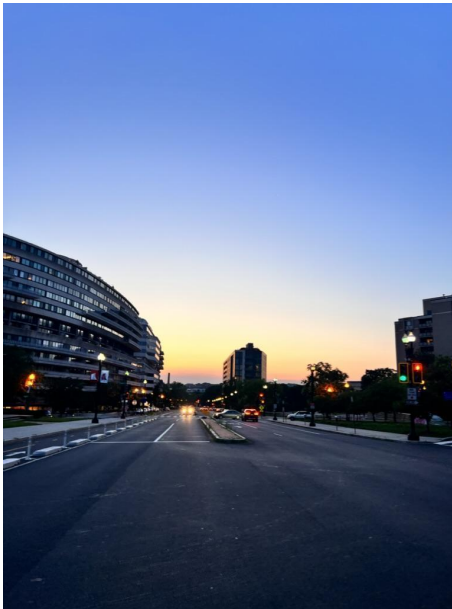
### Weekly Journal Entry

Name: Anna Bedolla-Gutierrez

Date(s): July 10 - July 16, 2023

Monday, July 10, 2023,

Coming into the office today, I had a few new assignments I had to complete. One of them was learning to use a new program. The new program I had to learn to use was MailChimp, we use this to send mass news or emails to all of the sponsors and partners. This was a program I had no idea how to use, but with the help of Aveyshla, a communication intern, I was able to learn everything there is to know so the program could be transferred to me. At first, I thought it was going to be difficult but I eventually got the hang of it and was able to successfully transfer the program to my management.



In the office today was a very calm and peaceful day. On many occasions, Tia, Jasmine, and I will just chat about our days, school, and how the stay in DC is going. Today something that shocked me a little was when I mentioned to them the California earthquakes. I did not stop to think that DC does not get earthquakes frequently, so Tia and Jasmine were rather shocked to hear I had already experienced so many. They told me it was a little weird to hear me talk about earthquakes so simply, like it happened in everyday life. In turn, I found it weird for them to talk about how they had snow days. The idea of snow coming straight to your door is something foreign to me, I only know of having to travel into the mountain ranges to reach snow. It is just so cool how they have different experiences and lifestyles on the East and West Coasts.

Tuesday, July 11, 2023

Today a big part of my day was that the HEP/CAMP Interns were going to be having a meeting with the USDA Latino Appointees. During the meeting, we had the amazing opportunity to once more meet with the now newly appointed USDA Deputy Secretary Ms. Xochitl Torres Small. It was such an amazing honor to be able to meet her once again and for her to make time to meet with us. It is amazing to see her make history and become the first Latina deputy secretary of the USDA. Through this meeting, I was able to get connected with Alberto A. Gonzalez, Jr. who is the Senior Advisor for External Engagement Food and Nutrition Service. Through him, I was able to learn a little more about the work a Registered Dietitian could have with the USDA, which made me think about a future career with the USDA. I was grateful we had the opportunity to be the first to have a meeting with the new Deputy secretary and to have been able to make new connections within the USDA.



Wednesday, July 12, 2023

Once again, I am heading to the White House.

I was once again allowed to tour the White House. I am honestly so honored and feel so happy to have been given so many opportunities to enter the White House. I know it is very tedious and hard to get tours, so to have been given multiple opportunities to enter, I just want to thank everyone who gave me these chances.

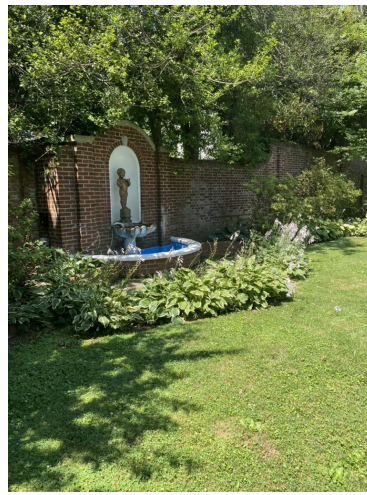
This time I was able to document this tour not only on my own social media accounts but also on the Fresno State CAMP Instagram. Today I was doing an Instagram takeover for my CAMP program and it happened to align with my White House tour. I feel so happy that I was able to show through the CAMP Instagram what the East Wing of the White House looks like to those who may not have had the opportunity to visit and were interested in knowing.



Friday, July 14, 2023

Today we had Friday programming with CHCI but today it was a little different than usual. We were all heading to the Embassy of the Dominican Republic. It was exciting to hear we were all invited and to be hosted by the ambassador herself. I did not know what to expect an embassy to look like but when I did find out what it looked like, I was amazed. The Dominican Republic embassy was rather beautiful, even the backyard was a sight to see.

After visiting the embassy we traveled back to NAB and continued with our normal routine of programming.



Sunday, July 16, 2023

Today my roommate and I decided to head to Virginia. Earlier in the week she had mentioned to me a mall she knew about, she did not mention how big the shopping center was. The mall we had arrived at in Virginia was four stories tall and took up quite a bit of space, I had never been to a mall that was that big. We had left early in the morning to have enough time to explore the entirety of the mall. We made our way down to the bottom level and slowly made our way up to the top of the mall where there was an AMC theater. All of our day was spent exploring this mall, but the time evening came and we started to make our way back to Foggy Bottom. Before we returned completely, we decided to make a small stop at our dorm and then proceed to make our way to Georgetown. During the time I have stayed here in Washington, I have found that I really like to walk to Georgetown along the Harbor and take in all of the restaurants on the water. We walked through the streets of Georgetown eventually coming to a decision to get ice cream. Once we did, we walked back to the edge of the Harbor and just sat there for the rest of the evening. It was very calming to sit there and unwind from the work week.

