

## The National HEPCAMP Association DC Internship

### Weekly Journal Entry

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Date(s): July 10 – July 16

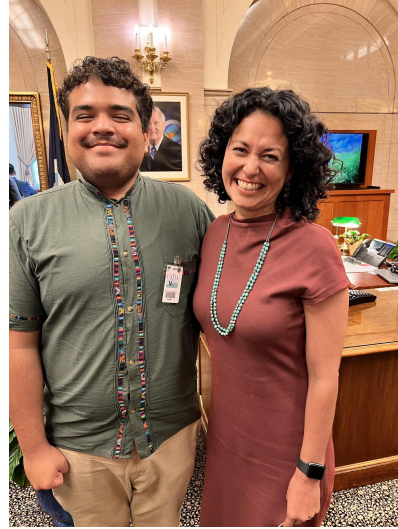
#### Monday

It is Monday and the start of the 7<sup>th</sup> week of my internship. I had a lot of meetings for the ADM/NDO. Those meetings and preparations took on the entirety of my time so I wasn't able to complete any of my other tasks. The end of the internship is fast approaching and I am starting to feel like I have not done much in preparation for it. Thinking ahead stresses me out a little. Today was an ideal weather day. It wasn't too cold and it wasn't too hot either. After work, some of the other interns and I went to play volleyball. After an active afternoon, I spent the rest of the day with Maria and Annai (two of the interns), talking about plans for the next summer and our future endeavors.



#### Tuesday

I woke up early so I could grab some coffee before going to work. Since my arrival in D.C., I've been trying new coffee shops every week. This morning at the coffee shop, I worked on a personal statement for a scholarship I am planning to apply for. After about an hour and 30 minutes, I went home to start working. As usual for this week, I had many meetings to discuss ADM/NDO. However, unlike yesterday, I had time to complete some of the tasks I had on hold. Being able to complete those tasks brought a lot of relief. Today I got off of work an hour early because the USDA invited us, the HEP/CAMP interns, to a networking event. We also had the opportunity to meet the newly confirmed Deputy Secretary Torres Small and share our stories with her. It was overall a great evening. After the event, I took a "short" nap. Before going to bed, I worked on my speech for the ADM because it was something that I haven't been able to pay as much attention to as I have wanted. For the rest of the evening, I spent some time with Maria and Annai at their place and then FaceTimed my mom and Grandma when I got home.

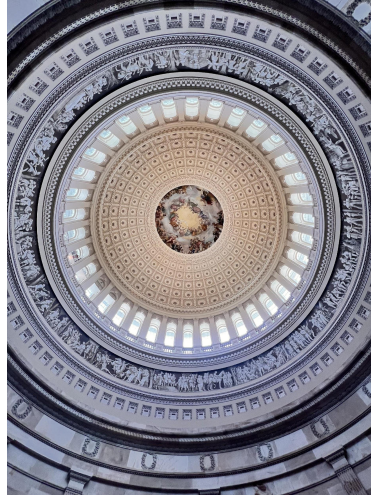


## Wednesday

Today is going to be a long day. I woke up early around 6 am because I had a White House tour at 8:30 am. I got ready, and by 7:20 am I left my room with Maria and Annai. We took the metro to the White House. We arrived at 7:50 am, and Anna and Brayan joined us. Unfortunately, the wait in line felt longer than the tour itself. To top it all off, I got yelled at by a secret service agent for recording, which in my defense, wasn't made clear before the start of the tour. After the tour, Annai, Maria, and I went to have breakfast together.

Around 11 am Maria and I went to the Capital because we were going to be chaperoning a group of NextGen students who were there for a tour and to meet with some of their representatives. I had the opportunity to chaperone a group of students from the Los Angeles area and therefore was able to meet Rep. Napolitano, Rep. Aguilar, Rep. Cardenas, and Rep. Gomez. They were hoping to also meet AOC, but unfortunately, she was not in office. I had the opportunity to spend time with the group of students from 11:30 am to 5 pm. Walking the Halls of Congress again brought me back to the dream of one day running for Congress and having the opportunity to serve my community.

For the last part of my day, I attended a Netflix/NFL series premiere in the Motion Picture Association building, where we met two NFL Hall of Fame players. We saw the first episode of the series and at the end before we left we were gifted NFL hats and some delicious treats. I got home around 9 pm, and fell asleep right away.



## Thursday

Since yesterday was a very eventful day, I planned to take it a little slower today. However, the ADM/NDO is getting closer, so that wasn't possible. I went into the department, which was very quiet, to work on some tasks in preparation for the ADM/NDO. For lunch, I went to the hill with Maria and Lezlie, which was fun. Unfortunately, I took a very long lunch that put me a little behind so I worked longer to make up for it. I went home and had dinner before going to the hair salon because finally after 7 weeks I found a place to cut my hair. My appointment was at 7:30 pm, and I got there at 7:40 pm. I was ten minutes late and was scared that I had lost my appointment. However, the people there were very nice, and I was able to finally get a haircut. After my cut I went back to my place, had a snack then went to Chris's place, where Maria was getting her hair cut by Eva. We spent the rest of the evening and night talking and sharing space.



## Friday

Today CHCI programming was a little different. Instead of going to NAB we went to the residency of the Dominican Republic Ambassador. We were there for half of our day, where we had the opportunity to talk to the ambassador and get a tour of the entire residency. We took pictures, and around 12 pm, we left to go back to the NAB where we continued our CHCI programming. For the remainder of CHCI, we discussed resumes, LinkedIn, and more. Afterwards, I spent the rest of my day with Maria and Annai.



## Weekend

This weekend was full of volunteer activities. On Saturday, Maria, Annai, Chris, and I went to the D.C. Central Kitchen from 9 am to 12 pm, where we prepared and packaged meals for schools around the DMV area. The environment was incredible, and the employees were friendly. After the DC Central Kitchen, I took a nap. Then a group of us interns went to get Indian food, which I thought would be spicy but what I chose wasn't spicy at all. It was sweet, and I enjoyed it. As always, I spend the rest of my day with the other CHCI interns since our departure day is getting closer.

Sunday was an early day, I woke up at 5:10 am because I was going to volunteer at 5:45 am in a church. There we took breakfast to places where homeless people sleep and live. We visited parks and shelters throughout the D.C. area. We had been scheduled to wrap up around 8 am but we ended up going all the way to 9:30 am. After we were done I went back to my place and rested for a while. That afternoon I made plans to watch the movie *The Sound of Freedom*, which was an eye-opening experience.

