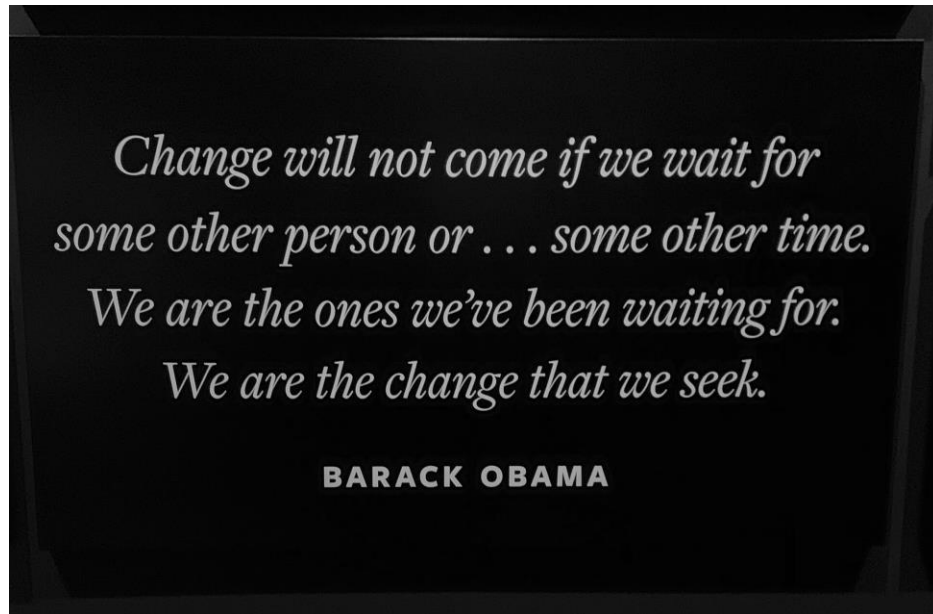


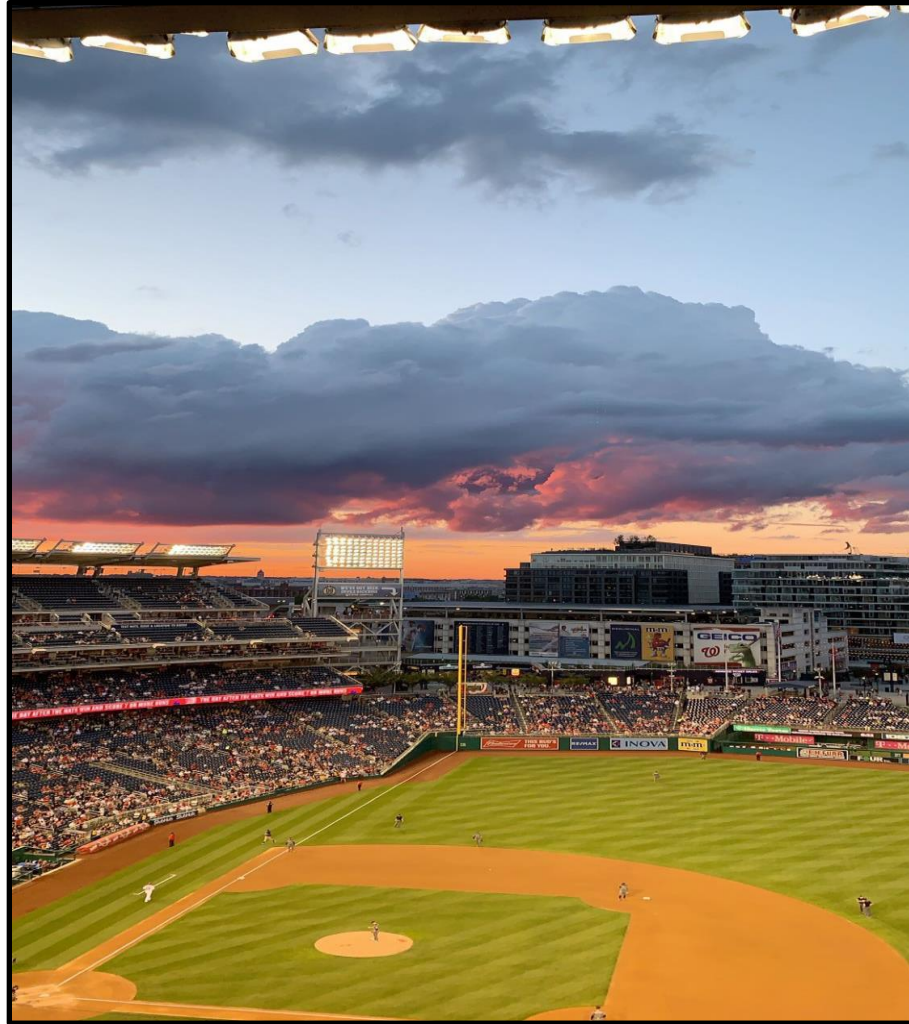
“CHANGE AND GROWTH”

Journal Week 3

By: Catherin Flores Grandos



It's officially my third week in D.C. and time feels as it's flying past me. I can feel myself growing as a professional and as a person week by week. Change has always been scary for me but I have learned to love it. I believe it is necessary to become one's best self. I came across this image above on my visit to the National Museum of African American History and Culture with CHCI. The quote spoke volumes to me, only we can make the change we seek, within ourselves, our community, and the government.



This week was packed with work and adventures. I was able to attend several seminars with my supervisors. As well as attend a baseball game and the Tri-Caucus reception with CHCI. I fully submerged into D.C. life and I love it. Attending meetings and seminars with my supervisors was a little intimidating at first, but I was able to make myself useful and show that I belong here. The CHCI events have been an amazing networking opportunity and the baseball game was a lot of fun even though the Nationals team lost.



It was a very long and eventful week. I had a lot of work, but I was able to finish a project for work and then spend the weekend exploring the city alone. I ended the week sitting on the Lincoln Memorial steps at night time, because that's when the reflection pool looks best. I detached myself from everything for a bit, took a deep breath and admired the beauty that surrounded me. As I sat on the steps alone I came to the conclusion that change and growth are the deepest and most beautiful of all things.