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Program: *Washington State University*
Placement: *The Office of Rep. Raúl Grijalva (AZ)*

Journal Entry – Week 7

Monday-----

Today was not as busy but it was nice to have a relaxing workday. Last week was actually a little stressful. I started my day by checking my emails and adding on last minute signatures from the letter last week. I later did the News Dailies, which are a lot easier now. Because it was a weekend, there usually is a lot of news and things to report. After that, I was asked to reformat an original letter, but I asked for help because I could figure out the right spacing. Which led me into my programming session where we talked about voting. I had to give a presentation on Georgia and their voting laws. During programming break, I hopped back onto my work commuter and checked in for a presentation from a fellow in the office, which is her last week this week.

Tuesday-----

Since tomorrow I will be out of office mostly for the whole day, I will be taking care of calls today. The other intern will cover the calls for me tomorrow. I have worked on reformatting the letter assigned and I added signatures to the letter as well. I will also be looking for casework today. I did have some time on my hands, so I attended a briefing on policies that undermine immigrants' health.

Wednesday-----

Today I only worked two hours because I have a Mental Health First Aid training. I only emailed the news dailies and then I handled the digital mail. That was all that I had time to do.

Thursday-----

I started my day by joining the communicator app. Later I checked in with other colleagues to check on signatures for another letter I am working on.

Friday-----

I wrote today's news dailies and there was a lot to add on. Especially on the congressman's portion. I included six articles that Grijalva was mentioned in. I then responded to voicemails and digital man. I have been trying to work on my next LC but I don't have enough resources to know the stance of the congressman. I am planning to contact one of the people from the office if they know.