

Dear Randolph,

Hello blog viewers! My name is Nahlya Hall, and you may know me from previous forms of weekly blogs: *Miscellaneous* and *Think Outside of the Box*. This year at the *HEART* (Health Equity And Actions By Randolph Teens) internship, I challenged myself with the responsibility of creating weekly blogs that show a variety of artistic abilities. I hope that you enjoyed seeing them and that it can inspire at least one person to become an intern at the Randolph Town Hall because it is a truly valuable experience. The breadth of knowledge I gained about collaboration, brainstorming, municipality, civic engagement, planning, how to advertise and incentivize your audience, and how to tie that all back to equality and equity is astounding in such a short time. It is exciting that we interns will be the start of a brand new job search for Town Hall teen interns in surrounding communities. Although I do not shy away from telling you how many hours in front of the computer can be draining, it is the way of the world. With my computer, I can set the groundwork for fundamental change in my community that I have spent all of my life in since childhood.

This week is my last week, and not only will my time here at the internship end on Friday, but also I will be leaving Randolph soon. Therefore, I figured the best way to end my internship week here would be by expressing myself through words and paragraphs instead of interpretive art to be able to dig deep into my experience here at the Randolph Town Hall. Hopefully, through this medium, you as the reader will have the opportunity to hear my voice and personality.

If I think back to the beginning, for two consecutive summers, as a rising senior and freshman in college, this has been my workplace. So it feels like a full circle moment now that I

finally will be heading off to my college, Boston University, and leaving once again another place that I called home in Randolph.

Fortunately, I will not be alone, Hoai Tran, (Randolph's Former Community Wellness Planner) my former boss will not be too far away. She is moving on as well as we celebrated her in a farewell party last week. Me and my fellow interns decorated a chalkboard and gifted Isabella's (one of the two 2023 *HEART* interns) lotus origami for her as she took her leave. Throughout the *HEART* internship, she has been a big help, guiding us along the way, giving us creative breaks, and critiquing our projects. It was a pleasure to have her around in combination with virtual/in-person support and advice from Gloria Huangpu (*MAPC*, Metropolitan Area Planning Council Community Engagement Specialist). But now Michelle Tyler (Director of Planning) has been doing a phenomenal job filling her shoes as our new boss, especially with her daily questions that encourage fun discussions between me and the other interns. Without a doubt, the incoming interns who take over our projects will be successful with Michelle.

As the internship starts to wrap up, the workload has certainly gotten lighter. Last week we presented our four projects: Complete the Streets Art Mural: Project Beautification, our HOPE (National Suicide Prevention Awareness) campaign, Youth Civics Academy, and the Healthy and Unhealthy Survey pilot survey (we will be performing our pilot survey this Thursday at the Randolph Turner Free Library Shurtleff Room!). There was a huge amount of formulating and preparation work, and we had to have all hands on deck to get our presentation to be as polished as possible. When we presented, I was confident as I was able to recall our practices and add extra information in conjunction with the *Google Slides* presentation. Afterward, other than nitpicking at small details, projection all across the board was a point of improvement that we received, and so I want to focus on that the next time I present. Our newest

objective is to make sure that our Healthy and Unhealthy Survey pilot survey runs smoothly, and that we leave all our work finished to be audited. In simple terms, that will consist of setting up at the Randolph Turner Free Library with all of our survey materials, and adding all of the final touches to all of our *Canva* Instagram posts that we designed. Once that is all completed, you will no longer be hearing from me, but an upcoming 2024 *HEART* intern that will be taking my place, and to them I wish all the best.

Lastly, I want to shout out the following people: Hoai, Michelle, Gloria, Hannah and Isabella (the other 2023 *HEART* interns), Jordyn (*Mass in Motion* intern), Christine (*Mass in Motion* Coordinator), and *you*. I appreciate all their hard work and dedication, and for taking the time to check out my weekly blogs.

Continue to look out for updates on our Town Projects on our Instagram @randolphcommunitywellness and the Randolph website randolph-ma.gov!

Thank you Randolph,

Nahlya Hall

Your 2023 *HEART* Intern