

March 2019 Family Letter

Sarah Samman

Hello family! This is the second part of the March family letters for I am sharing this month with Sophia. My letter has been written a little later than it should have been, but I wanted to wait until the end of the month because I have had just so much going on. This month started with me beginning gymnastics, and then later on Emily came home from college for her spring break. The first Sunday she was home I had my 14th birthday as well! That same week a rare occurrence happened in which I was the one to be leaving home. I flew out on the 22nd of March to Washington D.C. and then followed by New York City; both of these places were for my 8th grade school trip. On Tuesday of this week I met Hannah (in her domain) outside of the One World Trade Center.

I recently started gymnastics classes at the Brennix Gymnastics Association in Byron Minnesota (about 15 minutes from our house in Rochester), and it has been absolutely amazing. I love every moment I have been there. I have been training with the high school group, which is noncompetitive and is for high schoolers or middle schoolers trying to learn or improve the skills they already have so they are ready for the next high school season! (Which I will hopefully be doing next year) It has about 6 people in it right now so it is a really small group. The gym it's at is also really small but it doesn't matter to me because it has a better coaching and learning environment than any of the other gymnastic gyms in our area. I will only be doing it until the end of April, because afterwards I will need to start getting ready for my next swim season, which I have very high hopes for! Here are some of the skills I have learned, which will sound like a different language for some of you so I attached videos of random people doing these skills!

Vault- Handspring Vault

<https://www.youtube.com/watch?v=zNIQvLVaOyc>

Bars- Pullover Back hip circle

<https://www.youtube.com/watch?v=hXYWdidzRFg>

Beam- Cartwheel to back walkover connection

https://www.youtube.com/watch?v=EWoG-W_vSRs

Floor- Round off back handspring

<https://www.youtube.com/watch?v=vFg1u2zDsSo>

In the middle of the month Emily came home, Matthew came for a visit and I turned 14 years old. Emily came home on the 15th of March and left on the 24th. Seeing her was so much fun! Especially since I hadn't seen her since Christmas break. I really miss having a sibling to jam out with, being the only kid at home can get really boring and I try to keep busy but it doesn't always work and I end up on my phone more times than less. Then Matthew came and popped over to our house to celebrate my birthday, the following day on the 16th we went to our local air insanity trampoline park and had a lot of fun there! (And went Goodwill shopping because who doesn't love Goodwill?) On my actual birthday we had a pretty low-key day and just relaxed. Probably also because I did not tell my mom I was sick until mid-day. I got sick because of a certain someone in our family.....Emily.....besides that I had a great 14th birthday!

As I previously said on the 22nd second of March I flew out with the rest of the local middle schools 8th graders to our nation's capital Washington D.C. I stayed in Washington D.C. until the 24th when we took a 5 hour bus ride up to Manhattan where we stayed until we flew back to Minnesota on the 27th. The trip was an absolutely amazing experience. The first day in D.C we visited the capitol building, and had about a 30 minute tour. Honestly it wasn't as incredible as I thought it would be, it felt just like being in Minnesota. Then we walked over to

the White house and boy it was the opposite location and size of what I would've ever imagined. Afterwards we went to the national cathedral and it was one of the most amazing buildings I will probably ever be in. Our first night we visited the Albert Einstein, Vietnam War, Korean War, Lincoln, WWII, Iwo Jima, and Womens memorials. The WWII was my favorite for that day, it was so ornate and well done I could've spent hours there. The following day we visited Arlington National Cemetery, and the Tomb of the Unknown Soldier, which was one of my favorite parts of the trip. The sentinels that guard the tomb are the most difficult spot to earn in the military. If a pin on their jacket is even one millimeter off they are sent away, to treat those who gave up their identities with the perfection they deserve. We walked over to the Kennedy gravesites and saw the eternal flame as well in Arlington. Then we went to the Holocaust museum which we only got about an hour in so I didn't see as much as I would've liked. From the Holocaust museum we got 2 hours to visit the smithsonian's and I only got the chance to go to the IUS History museum. That night we went to the remaining memorials including Jefferson, FDR, 9/11 Pentagon, and MLK. We briefly went to Mt. Vernon and then drove to NYC. In New York we went to the One World Trade observatory on the 100th floor (the highest point in Manhattan), took a ferry around the statue of liberty, went to the 9/11 ground zero memorial and museum, and spent some time at central park and in 5th avenue. We also saw Frozen on Broadway which was AMAZING! On the second to last day we went to the World Trade Center observatory entrance and Hannah came and visited me from work because she doesn't work too far from there! We had been tracking each other the entire time I was there so we could find a good time to meet up even if it was only 20 minutes!

P.S.- Happy Birthday Grandpa! I Love you so much!!!

Love,

Sarah Samman



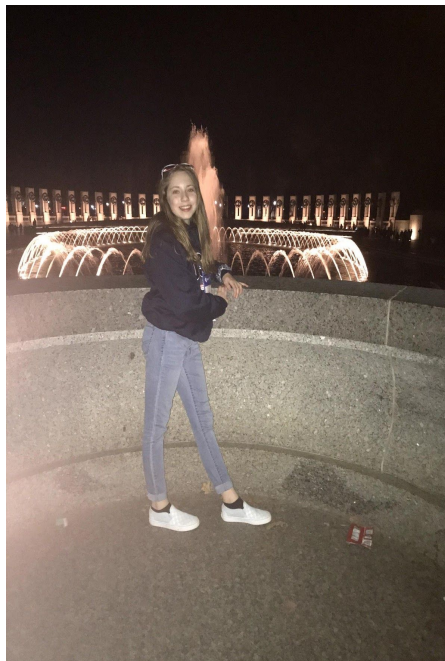
One World Observation Deck



Me and Hannah Before I went inside



Me by a piece of the Berlin Wall



The Atlantic side of the WWII memorial



By the man Lincoln himself



Vietnam memorial



Outside the National Cathedral



9/11 Pentagon Memorial



World Trade Center outside the ferry