

ENS Maria Howe
JRCOSTEP Summer 2018
Missouri Southern State University
Pawnee Service Unit
Pawnee, Oklahoma

My name is Maria Howe. I live in Joplin, MO and I'm a senior at Missouri Southern State University studying Environmental Health and Safety.



Most of the time I worked with my Preceptor Jordan Cox. We conducted food service sanitation surveys and I learned quickly how to efficiently enter data into the Web-based Environmental Health Reporting System with the help of Jordan and a quick reference sheet I created. I feel quite confident in observing food service operations now.

I spent a day with James Isaacs in Miami, OK overseeing procedures at a child care center to make sure the Shiga toxin-producing *E. coli* a child had wasn't in the center. While we were there he taught me more about child care centers and playgrounds and how they differ from other institutional surveys. I spent a few days with CAPT Chris Kates learning how to test x-ray machines, ventilation systems and assess nitrous oxide exposure. I particularly enjoyed this because I like the healthcare setting, problem solving and using some math to determine results. Likewise, having the opportunity to learn more about lagoons, drinking water treatment, testing the hardness of water, pool surveys, food handler classes, car seat events and institutional surveys has helped me better understand the 'why and how' of most things I learned from my degree.

On top of learning more about my potential career, I was happily exposed to much more Native American culture and history than I have been before, which I would not have had otherwise. I recommend the JRCOSTEP because it is an experience like no other. The amount of knowledge acquired, variety of opportunities and networking over just one summer is so valuable.