

**ENS Allison Shaw**  
**JRCOSTEP Summer 2019**  
**Western Carolina University**  
**Fort Defiance District Office**  
**Many Farms, Arizona**

“Yá’át’ééh! My 2019 JRCOSTEP experience was a memorable one. I worked in Many Farms, AZ as an Environmental Health Officer. With the help of mentors and coworkers in the area, I was able to sample all aspects of environmental health and gain a better understanding of the profession.



I assisted with rabies vaccination clinics. We were lucky to have three Veterinarian students from Colorado to assist us. For food protection I assisted with the inspection of senior centers, prisons, and the Window Rock fair, and I also conducted food handler’s training. At the Window Rock Fair I assisted environmental health staff with inspecting food vendors. In addition to that I helped with home assessments and swimming pool surveys. Car seat and seatbelt usage surveys was another task I completed. During the little over two months I was here I completed thirty surveys.



There is always something to do! Working with the Indian Health Service gave me a better understanding of the work they do. My coworkers at could not have been better at trying to give me the best experience possible. The people I met throughout IHS and the Commissioned Corps were very helpful and insightful about working with IHS and the U.S. Public Health Service. The support of everyone around me and the intensive field work were my favorite parts of working at my duty station. I also had the opportunity to meet other JRCOSTEPs in the area and have gained lasting friends. We were able to see Canyon de Chelly and the Grand Canyon together.

This experience has given me a taste of what life outside of school might be like and has allowed me to grow as a person. I have become even more independent and gained a high quality life experience. I recommend that everyone consider the JRCOSTEP. It is a great way to figure out your path. For me I discovered that I love the Commissioned Corps. I hope to have the opportunity to join the Commissioned Corps and continue intense field work.

Future Plans: I plan to join the Commissioned Corps as an Environmental Health Officer when applications become available and continue my education for a Master’s Degree.