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Jr. COSTEP Summer 2008
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Bremerton, Washington**

For my COSTEP experience I drove 1,800 miles across the state lines of New Mexico, Colorado, Utah, Idaho, and Oregon to arrive at the city of Bremerton, WA. As part of the Kitsap County, Bremerton is home to the Puget Sound Naval Shipyard and to the Naval Base, Kitsap. Bremerton is a great city and is connected to downtown Seattle by a 60 minute ferry.



As part of the Indian Health Service (IHS) I was able to work with six different Indian Tribes, and I was given the opportunity to shadow and work alongside District Environmental Health Officer Karin Knopp. Some of my duties as a COSTEP included writing survey reports, driving to different Indian reservations to perform environmental health surveys and to address public health complaints, learning the basics of plan review for a food establishment, and to become knowledgeable with the 2005 FDA Food Code.



On the weekends I visited downtown Seattle and other attractions nearby. On the Fourth of July I stopped by the famous Space Needle, the Key Arena which is home to the former Seattle Sonics, and the Seattle Aquarium. One of my favorite places was the multicultural Pike Place Market, where I enjoyed buying miscellaneous gifts. During my stay in Washington I also got to see Lake Crescent, an ice-water lake, Mountain St. Helens, the Hoh rainforest which is the only rainforest north of the equator, and the Pacific Ocean at La Push, WA.

Throughout my 2008 COSTEP summer I was able to meet with other professionals, while being exposed to different environmental health areas that are not part of the college curriculum.