

**ENS Lacie Thomas  
Jr. COSTEP Summer 2009  
East Carolina University  
Spirit Lake Tribe  
Fort Totten, ND**

My name is Lacie Thomas, and I am a rising senior at East Carolina University in Greenville, NC.

For my COSTEP experience, I had the wonderful opportunity to work closely with the Spirit Lake Tribe in Fort Totten, ND. This summer presented me with the chance to really get to know the people on the reservation, and to gain an



understanding many of their concerns pertaining to environmental health. Because this reservation is located on the outskirts of a very large lake that is continuously growing, one of the primary concerns of the community is loss of land due to flooding. Throughout the years, many homes have been lost and families have been relocated due to rising lake levels.

would arise from the flooding, in order of urgency. I also helped out with discovering illegal dump sites around the reservation this summer. Once the sites were found, we took steps to make sure that these areas were cleaned up properly, and made signs to prevent additional dumping.

For my internship one of my primary assignments was to take an inventory of all of the houses, and land that would be affected for each foot that the lake continues to grow. I also listed out all of the environmental issues that

My summer also consisted of putting together an environmental health fair, where the public could gain information on a variety of environmental issues such as pest control, and the importance of hand washing. We also provided a Food Handler's training where information on Foodborne illnesses was made accessible to the general public. This summer I also helped out with a few food inspections, a seatbelt survey, and a couple of water samples as well.



This summer has been a great experience to get to know and interact with the people of the Spirit Lake tribe; they made my stay here very enjoyable. I will take everything that I have learned this past summer with me throughout my journey of life, and it will help me tremendously in my



future careers. I am very grateful to all who have given me guidance during my COSTEP experience, I would recommend this program to anyone who enjoys hands on learning; it has truly been an opportunity of a lifetime.