

NISQUALLY ABSCH News



Nisqually Tribal News

4820 She-Nah-Num Dr. SE Olympia, WA 98513

Phone # 360-456-5221

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January 2025

After Seven Years of No Fishing, Nisqually Fishermen Hit Jackpot Chum Year

By Debbie Preston, Director Nisqually Tribe Communications and Media Services

Despite the brisk temperatures on a recent December morning, there were nothing but smiling Nisqually fishers and families on the Nisqually River. That's because they were fishing for winter chum for the first time in 7 years, reaping the rewards of difficult management decisions to not fish when returns were bleak.

The annual projections for fisheries that are created each spring did not predict the momentous return of chum that the Nisqually Tribe is seeing this year.

"Based on our counts so far in Yelm Creek and other areas we survey, the returns are on track to be one of the biggest runs we have ever seen," said Craig Smith, Salmon Harvest Manager for the Nisqually Tribe.

The last time there was a run that was similar was in 2001. At the time, it was considered to be the biggest winter chum run of all time.

Not only were ocean conditions favorable, allowing many fish to return, the rains have come to bring the river up, creating many good side channels and sloughs that chum love. More rain is needed to charge Muck Creek, as even after the recent deluge, it remains dry.



Sugar Frank tips his hat. Cliff Wells enjoying his day on the river. Raymond Hicks unloads chum from the boat below the Mounts Road bridge.

Continued on page 4—CHUM FISHING

Wreath Workshop

By Debbie Preston, Director Nisqually Tribe Communications and Media Services

The best smelling room on campus was at the Youth Center on Wednesday evening where Adrianna Villegas, Alejandrina and Jose helped kids and adults make amazing wreaths, swag and desktop bucket decorations!



Nisqually Tribal Office
Holiday Closures
Please mark them on your calendars!
Wednesday January 1, 2025
 New Years Day

Monday January 20, 2025
 Martin Luther King Jr. Day

Wednesday January 29, 2025
 Chief Leschi's Birthday

How to Contact Us

Tribal Center 360-456-5221
 Health Clinic 360-459-5312
 Law Enforcement 360-413-3019
 Youth Center 360-455-5213
 Natural Resources 360-438-8687

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Leslee Youckton

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 ext. 1252

The deadline for the newsletter is the second Monday of every month.

Nisqually Tribal Council

Chair, Ken Choke
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, Norine Wells
 5th Council, Chris Olin
 6th Council, Guido Levy Jr.
 7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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Big Hanna at the Garden

By Debbie Preston, Director Nisqually Tribe Communications and Media Services

There's a new employee at Nisqually and her name is "Big Hanna."

Big Hanna, who is the only one like her in the state, is the new commercial composter that can be found at

The difference between the machine and your composter at home is that there are sensors everywhere. This gives the crew the ability to keep the compost at the right temperature to assure that all pathogens are killed and a barrel can rotate it as needed. The minimum time the waste spends in the machine is 15 days when at optimal conditions but at Nisqually, it will be more like six weeks. The other difference from your average home composter is the fact this is the size of mid-size truck to handle the load.

What comes out is pathogen-free and ready to sit in a curing pile for 3 to 6 months. After that, it's ready for use in the garden and could also be sold. Compost is a valuable commodity, selling for \$10 a yard or more. Right now, the garden crew has prepared their garden waste from the summer for input into Hanna, but in the future, waste from places like the Elders Center, the Chef Program and Nisqually Jail are all on the radar.

Equally important, with all the sensors, careful data will be collected and recorded, including the difference between the CO2 going into the medium and what goes out. The levels will be reduced from what CO2 would be produced if this all went to a landfill and it provides a valuable soil enhancement for the garden and/or commercially sold in the future. Additionally, there is a large dehydrator located at the Nisqually Department of Natural Resources building down the road from the garden. As an example of what it can do, the crew input 100 pounds of organic waste and that yielded a single bucket of dirt.

With the ability to track everything that goes in and out of the composter, the data collection will also help others decide to do the same thing.

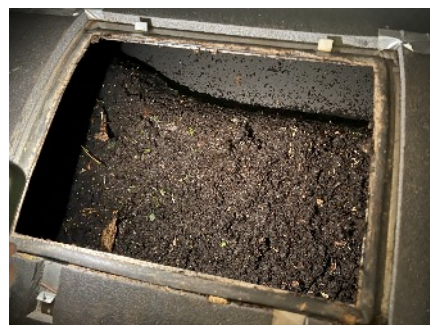
"We know from our research into getting this machine what it will do and we're excited to prove it here in Washington," Anderson said.



the Nisqually Community Garden barn in the Valley. This is not your mother's composter. Built especially for urban areas, this composter will not have the smell associated with many composters because the smelly gases are run through a medium that takes the odor out.



Chantay Anderson, Nisqually Community Garden Program Manager, did much research before purchasing the machine with Climate Resiliency grant funding. The machine is used, but in great shape and allows up to 2,600 pounds of waste to be input each week.





Christmas Parade

By Debbie Preston, Director Nisqually Tribe Communications and Media Services

The Christmas Parade featured the young ladies who have worked really hard at the Medicine River Ranch to hone their skills and be ready for this event which requires each rider to have excellent control and ride together under challenging conditions with traffic and rain and darkness.

Kudos to all who participated in the parade and thank you for coming out and seeing everyone who volunteered to bring the holiday cheer.



Continued from cover-CHUM FISHING

Otherwise, counts were so favorable, two additional short fisheries were added. Estimates are that there will be more than 80,000 fish on the spawning grounds by the time the run is over.

“Driven by Rueben Wells Sr.’s persistence to protect winter chum from outside fisheries, we have worked really hard for over a decade to get better management on chum fishing before they get to the river too. It’s this combination of conservative management meeting the opportunity of great ocean conditions,” Smith said.

“The rains have also made the water murky so predators like seals and sea lions aren’t as successful,” Smith said.



For Nisqually fisherman Willy Squally, who fishes with his son, being able to get on the water to fish for this important traditional run is deeply rewarding. “It’s knowing what we are doing to manage is helping make sure this run is there for our kids,” said Squally. “If we don’t have anything, they don’t have anything. I am just hoping the rains don’t come in big dumps so that all these fish can spawn and their eggs are not washed out so this run reaches the fullest potential of future returns,” Squally said.



Russ Hicks tending his net. Rene Bracero, Nisqually Environmental Team, and Smith take scales, measure length and note the sex of each of the fish caught. The data helps understand the run composition and where in time the run is based on the number of males and females.



Strengthening Tribal Education Program (STEP)

Strengthening Tribal Education Program (STEP)
Shoutout to Felisa Castillo and Ellen Wells!



We are thrilled to announce that these two amazing individuals have won the Tribal Scholarship and Mentorship Program for 2025! They will serve as honorary mentorship winners

at the Raving NEXT Indian Gaming Strategic Operations & Leadership Conference.

Winning this prestigious scholarship is a tremendous honor, especially considering only five scholarships were awarded nationwide, with two going to the Nisqually Red Wind Casino's STEP program! We can't wait to see how Felisa and Ellen will represent our casino as future leaders at the conference. Your hard work and dedication have truly paid off—congratulations!

Tia Lozeau, on behalf of the STEP Board

Congratulations Ellen! on your 2-year anniversary 12/16/24

Huge congratulations on reaching two amazing years as a Slot apprentice! The STEP Board is incredibly proud of all your accomplishments—from earning your GED to your Associates degree, and now on your way to your bachelor's! Your hard work has truly paid off, especially with your Tribal Gaming and Hospitality Certification and the fantastic scholarship to attend the Raving NEXT Leadership conference. You've made such an impressive journey from Slot attendant to Slot Station Supervisor, and you continue to inspire us all. Keep shining, because you are a total Rock Star! Keep up the great work!

Congratulations, Dmitri! on your 2-year work anniversary on 12/14/24

Congratulations on reaching the milestone of two years as a marketing apprentice! The STEP Board is incredibly proud of all your accomplishments during this time. Your journey from ambassador to lead ambassador, earning your GED, and even meeting Governor Inslee are just a few highlights of your impressive progress.

Your dedication and hard work have truly made a difference, and we can't wait to see what the future holds for you. Keep up the fantastic work!

Head Start Visit to Santa

By Debbie Preston, Director Nisqually Tribe Communications and Media Services
Photos by Jack George Nisqually Tribe Communications and Media Services

Head Start kiddos enjoyed some time with Santa and received some goodies today at the Administration Building.





Marjorie Stepetin Retirement

By Joe Cushman

I would like to congratulate Marjorie “Marjie” Stepetin for her 40- plus year career with the Nisqually Indian Tribe.

She was one who was here from almost the beginning, back when we had very little, and she watched the Tribe slowly but surely grow and evolve into what it is today. Marjie was involved in that growth every step of the way. She worked for many programs and delivered a lot of services to the community of which she has always been an integral part.

A partial list of the service delivery departments she worked for includes: Community Health representative; accounting clerk in financial services; administrative secretary for social services; personnel manager assistant; Elders program manager; TERO program manager; youth education coordinator, Elders Program administrative assistant; and Elders event and activities coordinator. Whew, that’s a lot of stuff to do, and she did it all year after year, always putting the tribal members first.

There were also a number of committee assignments including: enrollment committee; environmental committee, community development and some of the settlement boards. I know I have probably missed a few. Finally, she also served on Tribal Council.

She kept busy all the time and was always helpful to those who needed it.

I remember especially the many times she would come to a public hearing and rake me over the coals for cutting too many trees or not maintaining an adequate buffer zone, or some other transgression. After a while I learned to keep quiet and let her have her say, as more often than not, she had some good points. Regardless of how heated we may have become during the meeting, she would always greet me afterward, give me a big hug and ask how my kids were doing. She is one of the good people.

Now it’s time for a new chapter in her life. She can do some of the things she always wanted to do- read, travel and visit the kids and grandkids. But we hope she still comes around to say “Hi,” to keep us in line, to hold us accountable, and to make sure that tribal programs and services are benefitting the membership.

Thank you, Marjie, for your lifetime of service and God bless you and your family.





Nisqually Markets Raises Over \$12,000 for Nisqually Tribe's Children and Family Services Program

Nisqually, WA — Nisqually Markets proudly presented a check for \$12,458.99 to the Nisqually Tribe's Children and Family Services Program during a special presentation at 2 p.m. on Dec. 16 at the Nisqually Tribal Administration Building.

The funds were raised through a month-long fundraiser from November 15th to December 15th, during which Nisqually Markets customers generously supported the cause by rounding up their purchases or donating \$2 with a purchase.

"We are incredibly grateful for the overwhelming support from our customers and community," said Media and Communications Manager Laura Myers. "Every donation contributes to the vital work of the Nisqually Tribe's Children and Family Services Program, ensuring the well-being and cultural connection of Indian children."

The Children and Family Services Program plays a critical role in supporting Indian children and families through services such as child protective care, foster care, guardianship, and adoption proceedings, in alignment with the federal and Washington State Indian Child Welfare Acts. These efforts aim to preserve cultural identity and provide the best possible care for Indian children.

"The generosity shown by Nisqually Markets and its customers demonstrates the power of community in



L-R: Jennifer Thompson, Carolyn Wilkins, Ed Rosen, Sam Roark, Jasmine McDonald, Cerelia Sinclair, Laura

creating meaningful change," said Sam Roark, Nisqually Markets Director of Retail Operations. "These funds will go a long way in serving and supporting Indian children and families."

We extend a heartfelt "thank you" to everyone who gave and would especially like to honor our partner, Harbor Wholesale, for giving a generous donation of \$1,000 to the campaign.

Check Out the New Tribal Office Signs

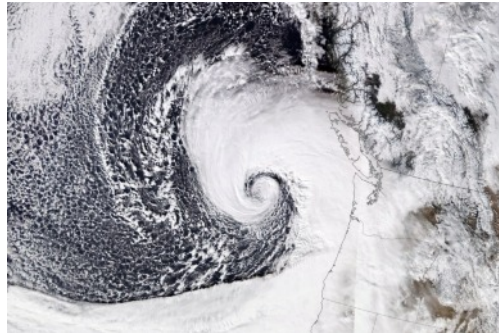




What is a Bomb Cyclone?

By George Walter

In mid-November the Puget Sound area was hit with what newscasters and others termed a “Bomb Cyclone.” Its main impact was the loss of electricity (power) for several hundred thousand Puget Sound Energy customers in central Puget Sound, especially in communities along the Cascade foothills. Here in Nisqually territory we were not heavily impacted. Why?



A cyclone is a large air mass – a storm – that rotates around the center of low air pressure. You have seen many photos of cyclones and likely think of them by the name hurricane. Cyclones are fairly common in warmer ocean waters where the energy in the warm water feeds the strength of cyclones, and they often form in warm waters near the Equator. Here is a NASA satellite photo of the November bomb cyclone.

The “Bomb” part of the name refers to the fact that such a storm forms quite fast over a few days and is not predictable far in advance, like the Atlantic Hurricanes usually are.

In the Northern Hemisphere cyclones rotate counter-clockwise (it’s the opposite in the Southern Hemisphere). This is one of the reasons Nisqually territory was less impacted by the recent “Bomb Cyclone.” First, when the cyclone hit the Washington

Coast it was travelling southwest to northeast. To reach Nisqually, the cyclone had to traverse the low mountains (the Willapa Hills and Capitol Forest peaks) that separate southern Puget Sound from the ocean. Crossing these hills took energy from the storm and thus reduced maximum winds in our area.

Second, the storm is rotating and therefore its strongest winds actually are coming from the south, not the southwest. Again, our area of Puget Sound is partially sheltered – the rotational energy of the storm is diminished as it hits the Bald Hills.

But this same counter-clockwise rotation causes exceptional wind impacts as the storm hits the Cascade foothills further north and the storm’s powerful rotational winds were “squeezed” by the Cascade Mountains. Those locations experienced the most severe wind damage, and it took nearly a week to completely restore power. In the Nisqually watershed, the greatest impact occurred in the Eatonville area.

Image of the bomb cyclone off the Pacific Northwest on November 19. NASA Earth Observatory image by Lauren Dauphin, using VIIRS data from NASA EOSDIS LANCE, GIBS/Worldview, and the Joint Polar Satellite System JPSS

First Late Chum Fishery in Many Years!

By James Slape Jr.

Since 2015 our Nisqually winter chum salmon has been in conservation status, returning in such low numbers that we could not have a treaty-right fishery. But, GOOD NEWS, this year the winter chum run appears to be coming back in sufficient numbers and on December 15-17th we are having a 2-day treaty right commercial chum fishery.

Because of the precarious nature of this unique late chum run, we will be managing conservatively and week-to-week. But, most importantly, we are going fishing! There will be chum salmon for the smokehouses this year!

The 2024 pre-season forecast for Nisqually winter chum was half the escapement need of 25,000

spawners. But the Puget Sound fall timed chum runs were very large (much larger than predictions) and we were hoping that abundance might carry over to our late run. It appears ocean conditions were very favorable for chum salmon returning in 2024. We base in-season run size updates on the number of spawners in Yelm Creek (an important spawning tributary). A Yelm Creek count that indicates a good run is 400+ spawners by January 2nd. This year the count there had already reached 566 during the week of December 8th, strongly indicating a very good late chum run. Also, our field crew, out monitoring the spawning of other salmon species, is already finding a lot of chum salmon present.



December Food Distribution

By Debbie Preston, Director Nisqually Tribe Communications and Media Services

Thank you to all those who worked to make the holiday distribution a success, including the Emergency Services and their Chef Program, Medicine River Ranch, Nisqually Natural Resources and others.

Lou Ann Squally takes items to stage for the distribution.

Wagyu beef from Colvin Ranch was part of the distribution as well as pork and beef from the Medicine River Ranch.

Averi Bennett is in a festive mood as he prepares to take food to waiting tribal members while volunteer



Blessing of the Spirit House

By Debbie Preston, Director Nisqually Tribe Communications and Media Services

The Nisqually Tribe's Spirit House (temporary title), was blessed by Floyd Warbus on Friday, Dec. 20 with many of the workers who helped construct it on site. "This place will feel lighter now that it has been blessed," said Warbus.

Jackie Whittington, Nisqually Tribal Council Secretary, welcomed everyone and thanked folks for attending.

Vice Chair Antonette Squally offered a prayer following the blessing. There will be a grand opening in January at a date to be named.





Preventing Food Poisoning

Don't let unsafe food ruin your gatherings. By following simple food safety practices, you can ensure everyone enjoys the celebrations without health worries.

Foodborne illness, caused by harmful germs such as bacteria, viruses, and parasites, can sneak into your food and make you sick. These germs produce toxins that can't be seen or tasted. Dr. William Alexander, who studies food-borne illnesses, says, "The hardest part is that these germs are invisible and tasteless."

Germs can enter food in many ways. Some foods, like raw meats, eggs, and even fruits and vegetables, may already have harmful germs when they are gathered or brought home. To protect yourself, wash your produce thoroughly and cook food to the right temperatures.

If the people who prepare food don't have clean hands or use clean utensils and surfaces, germs can spread to your food. That's why washing your hands and cleaning the area where food is prepared is important—especially when cooking for a community event.

Leaving food out in the heat or not storing it properly can allow germs to grow and spread. So, make sure food is kept at safe temperatures to prevent contamination. Always follow food safety guidelines, especially when preparing for large gatherings or feasts.

When too many germs enter your food or water, they can cause sickness. The symptoms can vary, depending on the type of germ or toxin and how

much you consume. Common signs include diarrhea, stomach pain, vomiting, fever, or chills.

Dr. Shahida Baqar, an expert on food-borne illnesses, reminds us, "Most people who eat contaminated food will recover quickly with only mild symptoms." However, sometimes these germs can multiply and cause more serious illnesses.

Some people are at greater risk of getting very sick. Children under 5 years old, pregnant women, elders, and those with weakened immune systems should be extra cautious.

If you or a loved one doesn't feel better after a couple of days, or if symptoms like high fever (over 100°F), blood in stool, or frequent vomiting

occur, it's important to see a doctor. Dehydration can be a serious concern with food poisoning, so make sure to drink plenty of water. Watch for signs of dehydration, such as feeling dizzy, dry mouth, or not passing much urine.

A special note about E. coli infections: One strain can cause kidney damage, especially in children. This infection cannot be treated with antibiotics, and researchers are working on new ways to help prevent these kidney problems.

Research funded by the NIH is exploring ways to prevent foodborne illnesses. Some scientists are studying how harmful bacteria and viruses enter the body, while others are working on developing vaccines to protect against food poisoning. But for now, the best way to stay safe is by practicing good hygiene and food safety.

Let's stay safe, take care of each other, and enjoy our food together!

Source: [National Institute of Health](https://www.cdc.gov/foodsafety/)





Honoring Women’s Health: Preventing Cervical Cancer in Our Community

January is Cervical Cancer Awareness Month—a time to reflect on the sacred connection between health, tradition, and strength. Preventive care, including regular screenings and HPV vaccinations, is a vital way to protect the health of our women and future generations.

Why It Matters

Cervical cancer is one of the most preventable cancers with regular screening and vaccination. Native women are nearly twice as likely to develop cervical cancer and four times as likely to die from it compared to non-Hispanic white women. Early detection and prevention can make a life-saving difference.

What You Can Do

- **Get Screened:** Women aged 21–65 should have regular Pap smears to check for abnormal cells.
- **Vaccinate Early:** The HPV vaccine is most effective when given to preteens but is beneficial for young adults, too.

- **Stay Informed:** Speak with your healthcare provider about your risks and the best prevention options. When we take these steps, we honor the strength and resilience of our mothers, sisters, and daughters, ensuring a healthier future for all.



Resources for Our Community

• **Join us on Turquoise Thursday** (January 16th) and show your support by wearing turquoise and encouraging others to do the same. To help raise awareness about cervical cancer in American Indian and Alaska Native communities.

• **SPIPA Services:** SPIPA provides cervical cancer screening, planning, and assistance to eligible Native Americans and tribes in [its service area](#).

Pap smear screenings and HPV vaccinations are powerful tools for preventing cervical cancer. At the NTHWC Medical Clinic, we provide screenings, vaccinations, and preventive care to help protect the health of our women and ensure a healthier future for generations to come. Together, we can reduce the impact of this disease in our community.

Source: [NCCC](#), [NICOA](#)

South Puget Intertribal Planning Agency
USDA Foods Program
January Dates

PT GAMBLE S'KLALLAM	1/7/25
SQUAXIN ISLAND	1/10/25
SKOKOMISH	1/15/25
NISQUALLY	1/17/25
CHEHALIS	1/24/25

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Foods, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

Nisqually WIC
(Women, Infants, and Children)
 provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:
 Debbie Gardipee 360.462.3227
 Email: dgardipee@spipa.org
 or call 360.462.3224
 Email: wicnutrition@spipa.org
 SPIPA main number: 360.426.3990

Next WIC date:
 Friday, Jan. 10, 2025

We will offer both phone appointments and in person appointments. Date subject to change.

This institution is an equal opportunity provider. Washington WIC doesn't discriminate.



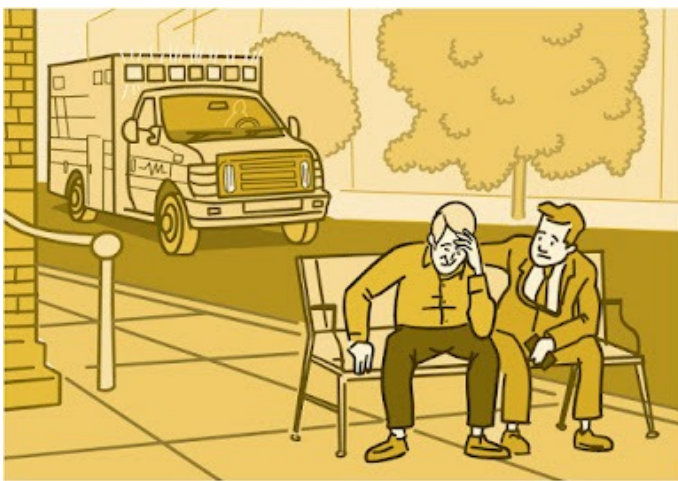
Halting Heart Attack and Stroke:

Get Medical Help Fast

A heart attack or stroke can happen within seconds. Getting treatment fast for these medical emergencies can mean the difference between life and death or disability. But do you know the symptoms of these dangerous events? And do you know if you're at risk for having one?

- More than 1.5 million people have a heart attack or stroke every year in the U.S. Heart attack happens when blood flow to the heart gets blocked, most commonly by a blood clot. Stroke happens when blood flow to the brain gets disrupted. The most common type of stroke is caused by a blood clot stuck in a blood vessel that feeds the brain. Stroke can also be caused by a blood vessel in the brain that breaks open and bleeds into nearby tissue.
- “Early treatment is key to improving your chances of survival,” says Dr. Gina Wei, a heart-health expert at NIH. Treatment may include either rapidly dissolving or removing the clot to open up the blocked blood vessel. For some heart attack cases, emergency surgery is used to redirect blood flow around the blockage.
- Getting help immediately can save a life and reduce damage to the heart or brain. Less damage to these vital organs can also mean less disability afterward, and a faster recovery. Every minute matters.

- The most common symptoms of a **heart attack** are pain, heaviness, or discomfort in the center or left side of your chest. But they're not the only symptoms. Women are more likely than men to have other symptoms, like pain or numbness in the left arm.
- Some people may also feel a rapid or irregular heartbeat. Others feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or above the belly button. You may also feel short of breath or suddenly sweat a lot for no apparent reason. Rarer symptoms include feeling extremely tired for no reason, nausea and vomiting, and dizziness.
- **Stroke:** The most common symptoms are facial drooping, arm weakness, and trouble speaking. Symptoms can also be a sudden loss of balance or coordination, or sudden trouble seeing in one or both eyes.
- If you or anyone around you has these symptoms, **call 9-1-1 immediately. Don't wait.** Treatment can start in an ambulance on the way to the hospital. This helps improve the odds of survival and recovery. Don't drive yourself to the ER or ask someone to drive you. It may delay treatment.
- Be safe, not sorry. Call an ambulance to go to the ER and get checked out, even if your symptoms might also be for similar for other issues.



Know the Symptoms, Act Fast

Are You At Risk?

- One major risk factor for heart attack is **high cholesterol in the blood**, which I can also **increase the risk for stroke**. Cholesterol can build up on the walls of blood vessels, causing plaques. If a plaque breaks open, a blood clot can form. But cholesterol isn't the only contributor to this process.
- Harvard University researcher Dr. Paul Ridker is working to understand the role of inflammation in heart disease. **His research has shown that high cholesterol and inflammation work together to increase heart-attack risk.** “Heart

Continued on page 14-HEART ATTACK



Human Trafficking

A Stronger Future: Protecting Our Community from Human Trafficking

January is Human Trafficking Prevention Month, a time to come together as a community to raise awareness about a serious issue affecting people everywhere, including Native communities.

Trafficking is the ongoing exploitation of a person through violence, deception, or threats of force, often for labor or commercial sex. Let's explore what trafficking is, who it affects, and how we can help.

What is Human Trafficking?

Human trafficking occurs when someone uses force, fraud, or coercion to exploit another person for labor or commercial sex. Traffickers may recruit, harbor, transport, or obtain victims in ways that make them feel they cannot leave. It's important to know:

- Travel is not always involved. Trafficking can happen in someone's own community.
- Victims in the U.S. are entitled to protection and assistance, regardless of their immigration status.

Types of Human Trafficking

Labor Trafficking: This involves forcing someone to work under conditions of involuntary servitude, peonage, debt bondage, or slavery. Victims may be exploited in agriculture, domestic work, construction, or other industries.

Sex Trafficking: This occurs when someone is forced, tricked, or coerced into commercial sex acts. Any person under 18 induced to perform such acts is considered a victim, even if force isn't involved.

Who Are the Victims?

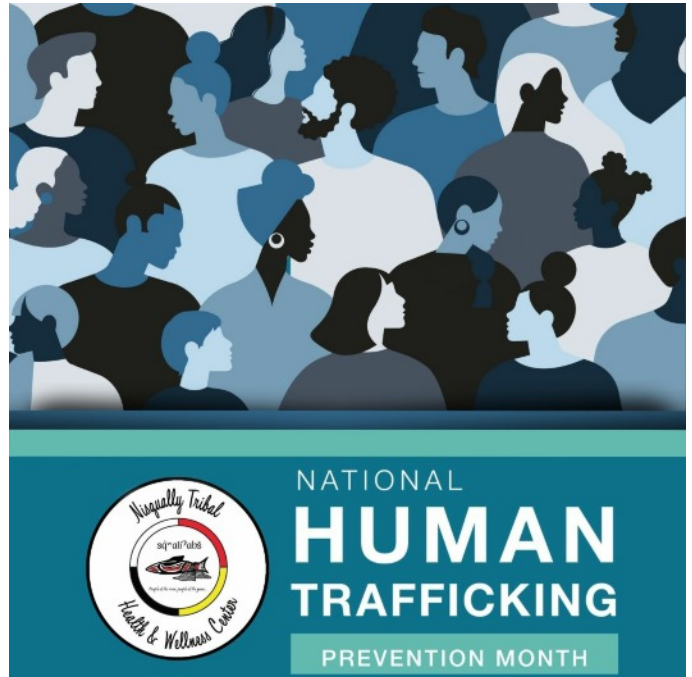
Victims can be anyone, but traffickers often target those who are vulnerable.

- About half of all victims are children.
- Many have experienced other crimes, like sexual assault or domestic violence.
- Some are lured with false promises of a better life through jobs, marriage, or education.

Signs to Watch For

Trafficking isn't always easy to recognize. Common signs include:

- A person being controlled or unable to speak freely.
- Unexplained fear, anxiety, or submissive behavior.
- **Physical signs of abuse or neglect.**



How We Can Help

We all have a role in preventing trafficking and supporting survivors:

- **Learn the Signs:** Educate yourself and your family.
- **Report Concerns:** Call the National Human Trafficking Hotline at 1-888-373-7888 or text "HELP" to 233733. In Washington State, you can also contact the Office of Crime Victims Advocacy at 1-800-822-1067.
- **Support Survivors:** Create safe spaces where survivors feel supported and heard.

Protecting Our Community

Trafficking harms individuals, families, and communities, but we can fight back together. By staying informed and standing up for those who need help, we honor our shared responsibility to protect each other.

Learn More:

Voices of Freedom: Indigenous Voices

Voices of Freedom, a collaborative initiative between the [Office on Trafficking in Persons \(OTIP\)](#), the [Administration for Native Americans \(ANA\)](#), and [StoryCorps](#), records, preserves, and shares the stories of survivors of trafficking and allied professionals. As an ongoing archive of nearly 100 recorded discussions, Voices of Freedom commemorates the 20th anniversary of the passage of the Trafficking Victims Protection Act of 2000 (TVPA) by collecting oral histories through conversations with those who have informed, shaped, and contributed to the successes of anti-trafficking efforts over the past two decades.

Continued on page 14-HUMAN TRAFFICKING



Continued from page 12-HEART ATTACK

disease involves both accumulation of cholesterol and an inflammatory fire lighting the match underneath it all,” he says.

His team measured inflammation using a test called hsCRP as well as blood cholesterol in women in their 30s. Women with high levels of inflammation had a higher risk of heart attack or stroke later in life than those who only had high cholesterol.

“Get these things measured,” Ridker advises. Knowing your numbers “can give you an opportunity to start prevention much earlier in life,” he says.

Hypertension, or high blood pressure, is another important risk factor for stroke and heart attack. High blood pressure has no symptoms. So you may not know you have it.

You can obtain a device to measure your blood pressure and most major pharmacies. Your doctor will advise you to measure your blood pressure at home if you have hypertension and getting

your cholesterol checked regularly can help you assess your health risk. A doctor can also advise on ways to reduce your risk.

Lower Your Risk

If you’re at risk for a heart attack or stroke, lifestyle changes and medications can help you lower that risk.

“It’s never too early to start making healthy changes,” says Wei. “It’s easy to feel overwhelmed. You can start with small steps. Like taking the stairs instead of an elevator or parking your car a little farther away when you go shopping. Or adding one fruit or vegetable to your day. Then work your way up gradually.”

- Eat more vegetables and less red meat. Exercise and quitting smoking all lower heart attack and stroke risk, and they all reduce inflammation as well, Ridker said.

Other steps you can take to reduce your risk of a heart attack or stroke include maintaining a healthy weight, getting enough sleep, and managing stress.

Sometimes, reducing risk will require medications.

- Drugs called **statins can help lower cholesterol levels**. The U.S. Food and Drug Administration recently approved the first drug to lower inflammation in adults at very high risk of a heart attack or stroke. It’s called low-dose colchicine.
- Drugs that lower blood pressure can also help. “As people get older, blood pressure naturally goes up,” Wright says. So it’s important to make sure to manage your blood pressure as you age.

A large National Indian Health-funded study **showed that using more than one medication to reduce blood pressure substantially reduced the number of strokes in people at high risk who couldn’t get their blood pressure low enough with only a single drug**. “And we’ve continued to gain more evidence that the lower your blood pressure, the better,” Wright says.
Source: NIH

Continued from page 13-HUMAN TRAFFICKING

In these personal and powerful stories, participants share some of the moments that shaped them, the lessons they have learned, and their hopes for the future of the anti-trafficking field. Each story serves as a reminder of the importance of remembering history and will be used to inform future work in the fight to end human trafficking.

Kaleilani Grant and Nicole Farmer:

Kaleilani Grant talks to her best friend, Nicole Farmer about her faith in God through many life obstacles. She talks about the period of life that she was force into sex work and talks about how she is an advocate for the community now and continues to center her faith in her work.

Jeri Jimenez and Elizabeth Pfenning:

Jeri Jimenz speaks with her colleague Elizabeth “Beth” Pfenning about the experience that have led her to become a voice for change for survivors of human trafficking. She shares about her experiences of sexual about in childhood and adulthood, becoming a mother and how she has learned self-acceptance.

[Resources and rights for human trafficking victims U.S. Department of State Office to Monitor and Combat Trafficking in Persons WARN \(Washington Anti-Trafficking Response Network Washington Trafficking Prevention Source: DOH. ACF](#)



Announcements



Happy 11th Birthday Avea

Happy 19th Birthday Randy Ikebe

Happy 22nd Birthday Hal Ikebe
Love: Jade, Hazen, And Pretty Girl



Happy Birthday
Charie!



**Happy Birthday
Mr. Rylee Birdtail!**

Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



FREE Rides
Monday through Friday
Transit available
6:00 a.m. to 6 :00 p.m.
Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:15 p.m.
Contact Cecile Hemphill,
Motor Pool Coordinator/Dispatch
At 360-456-5236

Nisqually Indian Tribe
4820 She-Nah-Num Dr. SE
Olympia, WA 98513

