

# The Enitan Story

**Mission:**

*To advocate for victims and empower survivors of human trafficking and domestic abuse.*

**Vision:**

*To join hands with the community and empower through knowledge to prevent our loved ones and others from becoming victims of human trafficking and domestic abuse. To ensure that immigrant victims and survivors receive the special help needed in light of their lack of familiarity with legal and social systems, American culture, foods and medical care.*

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## Message from the Founder/Executive Director, Bukola Oriola

I will like to thank God Almighty for His mercies upon us. We wouldn't have received the immense support of the community without His abundant grace.

I will also like to express my profound gratitude to everyone who has contributed in one way or the other through financial donations, prayers, moral support, volunteering, and every other ways that we have been able to carry the torch light to advocate for victims and empower survivors of human trafficking and domestic abuse.



Many of you have had to answer my calls late at night giving advice, working through the night on event planning, grant writing, and striving to ensure we are able to provide services that compliment other services in the community.

I thank you all for believing in me and most importantly, believing in the vision to effectively combat human trafficking and domestic abuse in our community to set others free, just as I am free because everyone deserve to be free from any form of oppression.

Thank you once again and God bless you.

Bukola

# Accomplishments

## Community Garden

In 2014 we started two community gardens. One of our gardens was located at the Anoka City harmony Garden on 6<sup>th</sup> and Johnson. The second was at the backyard of one of our board members. The Enitan Story planted organic produce at both gardens. Board members, volunteers, and interns helped to maintain the gardens.

We planted both local and global produce

including tomatoes, peppers, okra, jute leaves, basil, Asian green spinach, Asian red

spinach, and red bell peppers. Some of the harvested produce were cooked at Alexandra House and donated to women at the Immigrant and Refugee Support Group in Minneapolis.

The Enitan Story considers food choices of victims who do not have access to their own ethnic foods. Not all women living at shelter homes are born in the U.S. and it is the goal of The Enitan

Story to supply them with foods fitting their nationality so that they'll feel more at ease and closer to home. Next year, The Enitan Story is hoping to invest a little more money in keeping the garden more kept together and organized.





**Collaboration with Alexandra House:**



The Enitan Story has collaborated with Alexandra House to cook and serve ethnic dinner at the shelter. We were at the shelter in December 2013, February 2014 and October 2014. We served up to 32 clients each time we served at the shelter.

We served ethnic foods from Nigeria and Kenya with the help of interns and volunteers.

During our last dinner, we did a short quiz with the women and gave them prizes provided by Alexandra House. We supplied bracelet materials for the women and their children and they made blue bracelets for human trafficking awareness. The children also colored flags of different countries for Kids Against Trafficking.





*The Women are still talking about how much fun they had last night and how good the food was....they said they ate a lot because of how delicious everything was 😊*

*Thank you and to your volunteers for your generous hearts, your compassionate giving and your easy smiles.....the staff Women, & children at Alexandra House appreciate all that you do!*

*Betty*

**Trip to the White House**

The Enitan Story founder and executive director, Bukola Oriola was among the 20 survivors invited to the White House in Washington DC in January 2014 to participate in a first time ever survivor forum and listening session. The event was put together by the Office for Victims of Crime, Training and Technical Assistance (OVCTTAC), an agency of the Department of Justice.



### Imprisoned Show

The TV talk show of the organization, Imprisoned Show has continued to grow with more viewers outreach. We are available on YouTube and in 20 cities across the Twin cities. Imprisoned Show



airs on Public Access Channels 14, 19, and 17. The Show was also documented by the federal government as one of the



accomplishments of President Barack Obama in the fight against human trafficking in the U.S. when the Hubert Humphrey’s fellows were featured in 2013.

One of our Board members, Dr. Abimbola Asojo also received a grant of

\$1,000 in 2013 when her students at the University of Minnesota designed a mobile set for the show. The grant was provided by the Interior Design Educators Council and Fairchild books for the 2013 Fairchild Books Topical Issues Grant.



**Clients Served**



The Enitan Story has served 16 clients since inception in 2013 providing emergency funding, medical, food, clothing and referral to legal services. Clients served are scattered around the United States. One of the key elements in the services we provide. Enitan staff also provides limited counseling, small emergency grants, and medical or legal referrals to victims in the Twin City Metropolitan area, and particularly with African women and young girls who generally do not feel comfortable calling the existing trafficking hotlines for assistance. During its first year of operation, Enitan provided direct support and referral services to 9 survivors, 7 of whom were foreign-born Africans.

**New Office Space:**

The Enitan Story acquired a new office space in December 2013 to enable us have more room for our programs. In the new space, we will be able to host and run our Survivor Empowerment Sewing Program scheduled to begin in spring 2015. The program is set to empower survivors economically through bag making to help them raise some money during the time they cannot get an employment in other places.



### Community Outreach

The Enitan Story has reached various communities around Minnesota and other states. In its first year of operation, the major focus was on raising awareness through educational presentations to schools and groups to over 1,240 people throughout the greater metropolitan Twin Cities area and other cities out the state of Minnesota.



## Empowerment Circle

The Empowerment Circle is geared towards building and strengthening the larger community to be able to empower survivors. The Circle involves training sessions focusing on a particular topic each month. The topics highlight available resources from financial to emotional support for both survivors and members of the public. Enitan also provides special Circles for survivor empowerment sessions.



**Taste for Hope:**

The Enitan Story hosted its first annual Taste for Hope Fundraiser in August, 2014 at the United Methodist Church of Anoka. We are grateful for the immense support and contribution from the community. Even after the event, members of the community were still sending donations to us. We almost reached our goal of \$5,000, as we raised about \$4,000 at the end of the event.



## Faces behind the organization

### Board Members

#### **Yvette R. Toko: Chairman**

Toko became an Enitan Story board member in 2015. She was awarded her Masters in Literature and Creative Arts from Baker University in Kansas. Toko has been involved in education and teaching since 1999. Her career began as an educational assistant at Sojourner Truth Academy in Minneapolis, MN. Recently, she taught early elementary English in Lome, Togo.



#### **Angela Okafor: Vice Chairman**

Angela Okafor is married and blessed with children. She serves in the childrens's department of Living Faith Church, A.K.A Winners Chapel, Minnesota.

Presently, Okafor is advocating for victims and survivors of human trafficking, serving as the Vice Chairman of The Enitan Story board since 2013. She is a chef and owner of Angelic Angel Delicacies. Prior to that, she worked at Fedex Smartpost.



She holds a Bachelors Degree from the University of Lagos, Nigeria before she migrated to Minnesota in 2009, where she earned her CNA Certificate from the International Institute of Minnesota.

#### **Jennifer Le: Treasurer**

Jennifer Le was born on October 10 in Vietnam. She has two brothers and is the youngest in her family. Her passion is playing piano during her free time. Le's favorite color is purple. She believes that purple is a faithful color which can bring happiness to other people.

Le represents the younger generation on the board of The Enitan Story serving since 2014. Currently enrolled at Metropolitan



State University, her career goal is to get a Master's degree in Social Work because of her love for helping people all over the world. She hopes to become a Professor after graduating to dedicate her life to imparting knowledge to others.

**Dr. Sherry Jordon: Secretary**

Dr. Sherry Jordon was awarded her Ph.D in Theology from Yale in 1995, and is currently a Professor of Theology at St. Thomas University. She specializes in historical philosophy, the Reformation, and Women's Studies. Jordon has served on the Lay Representative, MN Conference Board of Ordained Ministry, United Methodist Church (1994-2003) where she interviewed candidates for ordained ministry in the United Methodist Church. She is also a member of the American Academy of Religion. Jordon became a member of The Enitan Story board in 2015.



**Lyndy Zabel: Member**

Reverend Lyndy Zabel is Director of Ministry at Messiah United Methodist Church in Plymouth, MN where he oversees the programming staff. He also works as the Director of Missional Impact for the Minnesota Conference of the United Methodist Church.



Zabel has been an ordained minister in the Twin Cities for 29 years and has passion for peace and justice. He loves to play piano in a couple of Jazz/Gospel bands throughout the Upper Midwest and the Caribbean. He is no good at golf. He and his wife Judy live in Minnetonka, MN and have three grown children. He has been a board member of The Enitan Story since 2013.

**Dr. Abimbola Asojo: Member**

Dr Asojo is a professor at the College of Design Interior Design program at the University of Minnesota. Prior to that, she was the Director of the Interior Design Division at the



College of Architecture, University of Oklahoma. She holds a Doctorate in Interdisciplinary Studies from the University of Oklahoma. She holds a Masters in Architecture: Computing and Design from the University of East London, England and Masters and Bachelors in Architecture from Obafemi Awolowo University, Nigeria.

Her teaching areas are lighting design; architecture design and human factors; computer modeling; corporate design; and commercial design. Her research areas are cross-cultural design issues; African architecture; computing and design; lighting design; and global design issues. She has been a board member of The Enitan Story since 2013.

**Pastor Matthew Nnadi: Member**

Pastor Matthew Nnadi is Senior Pastor at The Good Samaritan Baptist Church in Brooklyn Center, Minnesota. He has been involved in ministry since 1993, and was a pastor at four churches in Nigeria before moving to the United States. Nnadi was awarded a diploma in music from The Nigerian Baptist Theological Seminary in Oyo State, Nigeria, as well as a diploma in theology from the Abundant Life Bible College in Lagos, Nigeria. Nnadi had Diploma in leadership at World of Faith Bible Institute, Lagos, Nigeria. Matthew is currently studying at North Hennepin Community College, Brooklyn Park, Minnesota. He volunteered with the Community Emergency Assistance Program, working to provide individuals and families in the North Metro with food, assistance, and resources, in addition to distributing free African food to his African Community at The Good Samaritan Baptist Church. He became a board member of The Enitan Story in 2015.



**Bukola Oriola: Member**

Bukola Oriola is an award-winning journalist. She started her journalism career in 2000 in her home country Nigeria. She became a victim of human trafficking because of fraud. She was isolated for two years, endured all forms of torture, hunger, physical, psychological, and emotional abuse.

Now a survivor, Bukola has dedicated her life to helping others by sharing her story through public presentations. She has put her experiences



together in form of a book, *Imprisoned: The Travails of a Trafficked Victim*. She founded The Enitan Story to further advocate for victims and empowers survivors of human trafficking and domestic abuse.

**Past Board Members**

**Rita Apaloo: Member**

Rita Apaloo is known to her family, friends, and colleagues as someone who can accomplish any task once she sets her mind to it. Her personal mission is to have a positive impact through her communication skills, creativity and values. Apaloo has a Bachelor’s degree in Public Relations, a Mini Masters in Business Communication and a Professional Project Manager Certificate (CPPM).



**Annette Brandner: Member**

Annette Brandner was born in Morrison, IL where she lived until heading for college in Illinois State Normal University. Upon graduation she taught elementary school for many years and then took her teaching experience to her church as Christian Ed. Director. She continued on staff as choir director of the Women’s Treble Choir and Church Visitation Minister.



Brandner loves mission work, music, studying the Bible and being with people. She has a husband, Jim, who is her co-partner in ministry, 2 sons, 5 grandchildren, and many “adopted” grandchildren. She feels she is still “growing” as she learns about the issue of human trafficking. Her calling is to love and serve the lord and his people.



Mary Reeds  
Member



Nkechi Anyamele  
Past Treasurer



Emily Wise  
Past Secretary

## Interns

### **Nora Kane: Summer 2014**

Nora Kane finished her sophomore year at Beloit College, Wisconsin in summer of 2014, where she is majoring in Media Studies. She worked with Bukola and other Enitan Story volunteers on Imprisoned Show and other video projects for the organization.



### **Mellisa Xiong: Fall 2014**

Mellisa Xiong graduated from Minnesota State University with a B.A. in Political Science and a minor in Nonprofit Leadership. She started her internship as a Grant Writer in the fall of 2014 with a determined goal to gain more insight on nonprofit fundraising. She has written proposal narratives to the WCA Foundation and the Metropolitan Regional Arts Council on behalf of The Enitan Story. She has also participated in other projects within The Enitan Story like spending time with women and children at a battered shelter home, maintaining the community garden, painting the new office, and helping with road side cleanup through Adopt a Highway. So much has happened within her short stay here. “One thing I have taken from here are the people I’ve met. Bukola is truly a hard worker and she dedicates more time to helping victims and survivors of human trafficking than herself.” Before coming to The Enitan Story, Mellisa was unaware of how high human trafficking is happening in Minnesota and now spreads its vision in helping trafficked victims turn their stories into a positive one. “We can’t change our past, but we can still change our future.” She comes from a blended family and is the second oldest out of 14 kids. During her spare time she enjoys reading, singing, and spending time with family.



### **Kevin Miller: Fall 2014 – Spring 2015**

Kevin Miller is pursuing a Bachelor’s degree in professional writing at Metropolitan State University in St. Paul, Minn. Miller first heard



about human trafficking in a political science class, but was not aware of how often it occurs locally. As a reporter for The Enitan Story, he feels it is his duty to increase awareness about human trafficking and the issues that surround it. Miller believes accurate, objective journalism and a free press are essential to a functioning democracy

**Brandt Schubbe: Fall 2014 – Spring 2015**

Brandt Schubbe is a student at Metropolitan State University. He is Senior. He is participating in an Internship for The Enitan Story.

Along with Professional Writing Brandt is a poet. He has published a book of poetry. He also participates in the tasks of writing for the student newspaper. Brandt plans on working for non-profits in the future.



*One thing I have taken from here are the people I've met. Bukola is truly a hard worker and she dedicates more time to helping victims and survivors of human trafficking than herself. We can't change our past, but we can still change our future.*

- Mellisa Xiong, The Enitan Story Intern

## Thanks to our generous donors

| \$500 - \$1500                          |  |
|---|--|
| United Methodist Church of Anoka        | United Methodist Church of Anoka<br>Women's Ministry |
| Annette Brandner                        | Anonymous  |
| Rita & John Burgeson                    | Edner Ziegler  |
| \$200 - \$499                           |  |
| Jayne Morrison                          | Pamela Zimba   |
| \$100 - \$199                           |  |
| Becky Booker                            | Blaine/Ham Lake Rotary                               |
| Lois Purdham                            | Doris Nyabicha                                       |
| UMC Coon Rapids                         | UMC Women Coon Rapids                                |
| Zion Evangelical Lutheran Church, Anoka | Sherry Jordon  |
| Lisa Hesch                              | Marcia Birney  |
| \$0 - \$99                              |  |
| Bonnie Swing                            | Brian & Noelle Niskanen                              |
| Carol Freeburg                          | Collen Olsen   |
| Cub Foods                               | Cynthia Deruyter                                     |
| Dale & Barbara Hanks                    | Damola Adeogun                                       |
| Edmund Stephen & Marilyn Ziegler Perry  | Dr. Antonia Kuku                                     |

|                                 |                                     |
|---------------------------------|-------------------------------------|
| Elizabeth Bachorik              | Emily Wise                          |
| Heather Olson                   | Home Depot Coon, Rapids             |
| J.K. Van Dyke                   | James & Cynthia Deruyter            |
| James Or                        | Jennifer Le                         |
| AHCU, Coon Rapids               | Angela Okafor                       |
| AJ & A Taxes                    | Academy of Our lady of Lourdes      |
| Affinity Plus Bank, Coon Rapids | Ann Aeiling                         |
| Jim & Katie                     | Joanie Olson                        |
| Jodi Bakke                      | John & Kami Pohl                    |
| Joshua & Alma Hernandez         | Judith McCall                       |
| Juida Galbreath                 | Kathy L. Nelson                     |
| Kim & Timothy Harris            | Kim Le                              |
| Kelin Bank                      | Kristi Palmer                       |
| Larry & Maxine North            | Lilian & Duane Wacker               |
| Lori Ann Whelan                 | Lowes, Coon Rapids                  |
| Mary Drury                      | Patricia Drinville & Lorna Campbell |
| Phyllis J. Ferns                | Quahib & Gail Chalbi                |
| Rev. Dennis Barbara             | Rev. Douglas & Suzi Swarthout       |
| Robert and Rosemary Lowe        | Roxann Brown- Fletcher              |
| Sam's Club, Fridley             | Sandra Flack                        |
| Sherri & Quentin Denzene        | Sherry Jordon and Pastor Bill Eaves |

|  |                      |
|--|----------------------|
| Stephanie Page   | Sterlyn Trophy, Inc. |
| Target, Northtown  | Target Anoka         |
| Tesse Huber  | Trisha Lynn Perez    |
| Vonda Aitkinson  | Walmart Anoka        |
| Wayne Swing  | Tilly O’Riley        |
| Dana Jeahnert  | Abimbola Asojo       |
| Mary Reeds   | Rita Apaloo          |
| <b>The K Foundation Donation Through Give MN November 2014</b> |                      |
| Sherry Jordon  | Lisa Hesch           |
| Dana Jeahnert  | Tilly O’Riley        |

**Thanks to our Sponsors**

**Media**

- ABC Newspapers, Anoka
- CTN Studios, Coon Rapids
- Sun Focus
- Truth to Tell, KFAI Radio
- African Roots, KMOJ Radio
- Reflections of New Minnesota, AM 950

**Banks**

- Anoka Hennepin County Credit Union, Coon Rapids

Klein Bank, Coon Rapids

Affinity Plus Federal Credit Union, Coon Rapids.

### **Government Support**

Senator Al Franklin's office

Congressman Keith Ellison

Representative Jim Abeler

Anoka County sheriff, Sheriff James Stuart

Anoka County Attorney, Attorney Tony Palumbo

Anoka City Council

Abigail Whelan, STATE REPRESENTATIVE, ANOKA & RAMSEY, 35A

Commander Brian Podany

### **Churches**

Anoka United Methodist Church

Messiah United Methodist Church, Plymouth

Coon Rapids United Methodist Church

St. Francis United Methodist Church

Advent Lutheran Church, Anoka

Zion Lutheran Church Anoka

The Good Samaritan Church

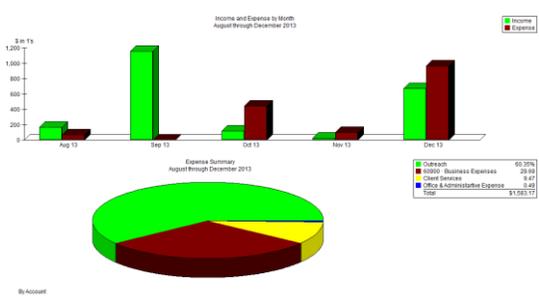
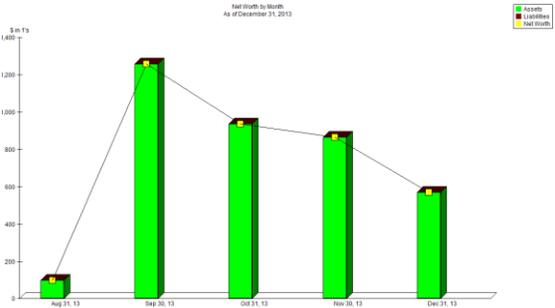
Calvary Baptist Church, Minneapolis

Calvary Baptist Church, Roseville

Lutheran Church University Avenue, Blaine

# Financial Report

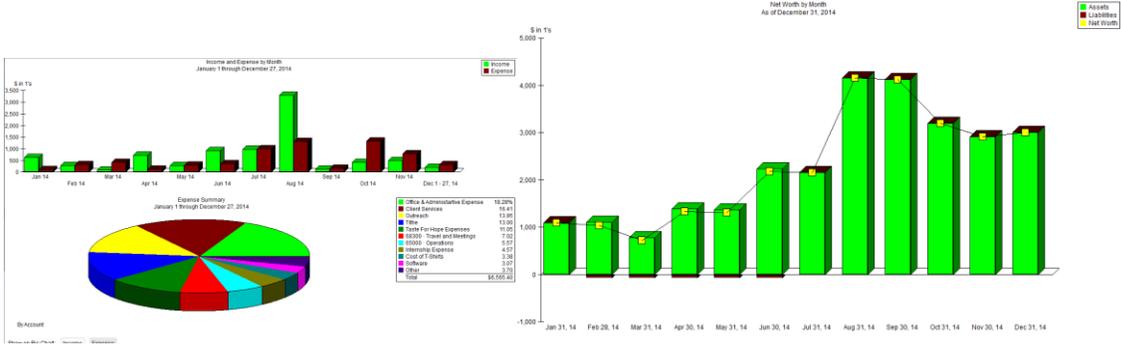
August 1 – December 31, 2013



## The Enitan Story Balance Sheet As of December 31, 2013

|                                       | <u>Dec 31, 13</u>    |
|---------------------------------------|----------------------|
| <b>ASSETS</b>                         |                      |
| Current Assets                        |                      |
| Checking/Savings                      |                      |
| 1000.00 · The Enitan Story Checking   | 571.83               |
| Total Checking/Savings                | <u>571.83</u>        |
| Total Current Assets                  | <u>571.83</u>        |
| <b>TOTAL ASSETS</b>                   | <u><u>571.83</u></u> |
| <b>LIABILITIES &amp; EQUITY</b>       |                      |
| Equity                                |                      |
| Net Income                            | 571.83               |
| Total Equity                          | <u>571.83</u>        |
| <b>TOTAL LIABILITIES &amp; EQUITY</b> | <u><u>571.83</u></u> |

January 1 – December 31, 2014



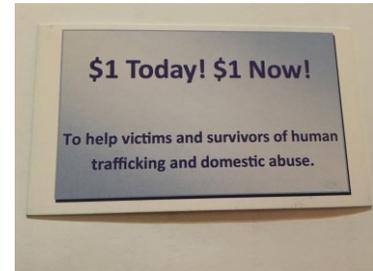
The Enitan Story  
 Balance Sheet  
 As of December 31, 2014

|                                       | <u>Dec 31, 14</u>      |
|---------------------------------------|------------------------|
| <b>ASSETS</b>                         |                        |
| <b>Current Assets</b>                 |                        |
| Checking/Savings                      |                        |
| Gift Cards & Coupon                   | 32.12                  |
| The Enitan Story Savings              | 300.06                 |
| 1000.00 - The Enitan Story Checking   | 2,350.99               |
| 260714 - AHCU-\$1 Today!              | 104.35                 |
| <b>Total Checking/Savings</b>         | <u>2,787.52</u>        |
| <b>Total Current Assets</b>           | 2,787.52               |
| <b>Fixed Assets</b>                   |                        |
| 15000 - Furniture and Equipment       | 224.74                 |
| <b>Total Fixed Assets</b>             | <u>224.74</u>          |
| <b>TOTAL ASSETS</b>                   | <u><u>3,012.26</u></u> |
| <b>LIABILITIES &amp; EQUITY</b>       |                        |
| <b>Equity</b>                         |                        |
| 30000 - Opening Balance Equity        | 300.06                 |
| 32000 - Unrestricted Net Assets       | 571.83                 |
| Net Income                            | 2,140.37               |
| <b>Total Equity</b>                   | <u>3,012.26</u>        |
| <b>TOTAL LIABILITIES &amp; EQUITY</b> | <u><u>3,012.26</u></u> |

## How You Can Help in 2015

### Give \$1 Today

The Enitan Story raised \$104.35 in 2014 through \$1 Today project. After they donated \$1, donors were given a card as a thank you note where they could write their names on it. To donate \$1 to our one time no commitment needed, give \$1 today online at [www.enitan.org/give-1-today](http://www.enitan.org/give-1-today).



### Funding Factory

Donate your used ink toners and cartridges for a donation to The Enitan Story on Funding Factory. You can drop off your donation at our office or go to [www.fundingfactory.org](http://www.fundingfactory.org) to choose to support The Enitan Story and drop of your items with free shipping labels provided by Funding Factory online and drop off at your nearest UPS store.

### Good Search

Register to support The Enitan Story on Good Search and use the site for your regular searches to raise money for us. You can go to [www.goodserach.com](http://www.goodserach.com) to register as a user and select The Enitan Story as the organization you want to support. It's free to register.

### Help with Imprisoned Show Productions

Help us with Imprisoned Show production by donating to pay for editing services and other cost incurred in the process of producing the show or volunteer your time to help on the show.

### Survivor Empowerment Sewing program

Join us to empower survivors by donating towards the Survivor Empowerment Sewing Program. Survivors will learn how to sew purses, pouches and bags during a six week class session. We are launching this program in April 2015 and we need tools, sewing machines, and funding to pay for some of the overhead cost.



We hope to train a minimum of 12 survivors and expand the project in 2016. You can support the program by donating fabric, sewing supplies, sewing machines (preferably Amelia Baby Lock), and volunteer hours.

This program is set to put survivors on an economic empowerment road. We will be helping them sell their items on our website and other relevant avenues such as Etsy.

Currently, our founder, Bukola Oriola is being used as a prototype and she has sewn several bags and is now able to list some of her bags for sale on Etsy and other website. Check out some of the bags Oriola has made.



## Bringing the Story Back Home

Help us raise money to send Bukola to Nigeria to educate her country of origin about human trafficking using her personal experience.

Official website for Bringing the Story back Home is

<http://www.bukolaoriola.com/bringingthestorybackhome/>

The Facebook page is: <https://www.facebook.com/bringingthestorybackhome>

You can read more about the story, published in Nigeria's two national dailies:

National Newspaper: <http://thenationonlineng.net/new/human-trafficking-bringing-story-back-home/>

Tribune Newspapers: <http://tribune.com.ng/news/news-headlines/item/26857-bringing-the-story-back-home/26857-bringing-the-story-back-home>

33 | allaboutyou

Friday, 16 January, 2015 | Nigerian Tribune

### Human Trafficking: Bringing the story back home

I believe that education is the greatest tool for preventing this heinous crime in our communities.

**BY LAOLU HAROLDS**

**F**ORMER Education Reporter with *New Age Newspaper*, Bukola Oriola, is joining forces with the National Agency for the Prohibition of Traffic in Persons and Other Related Matters (NAPTIP) to educate Nigerians at home about the ordeal of hu-

man trafficking in the United States.

In her 2015 Lagos upcoming week-long tour of public and private colleges, tagged 'Bringing the Story Back Home', Oriola hopes to enlighten higher institution students as they are the armour bearers in the community.

The event is planned to help them understand that travelling abroad does not necessarily mean a better life or greener pasture, but that they should be aware of the challenges they or their loved ones may face in search of a better life.

"The reason I have chosen this audience is because they are the youth and they are armour bearers in the community. They form the perfect niche to spread the message to the younger generation and also leverage it to the older folks in the community."

"More so, they are passionate and are talented, always looking for opportunities within and outside the country. It will be of immense help to this sub-group to understand the fact that going abroad by visa lottery, marriage, further education, or other means can be a potential trafficking trap," Oriola stated.

Oriola, who is a survivor of labour trafficking, has chronicled her experiences in form of a book entitled, *Imprisoned: The Trials of a Trafficked Victim* in both expose one of the ways that a person can become a victim and how victims can reach out for help.

"This tour, scheduled for September 2015 is not set to discourage the Nigerian youths from pursuing their dreams of finding opportunities abroad, but to equip them with adequate knowledge that will prevent them from becoming victims or finding help if they become victims of human trafficking," she said.

Oriola is founder, The Enitan Story and Producer, Imprisoned Show. The Enitan Story is a local nonprofit organisation in Minnesota, United States, with a mission to advocate for victims and empower survivors of human trafficking.

Imprisoned Show is one of the organisation's programme dedicated to educating the public about human trafficking around the world. Since the launch of the *Imprisoned Show* at one of the local TV stations in Minnesota, she has produced over 20 episodes featuring expert opinions, events, public presentations, students, members of the local law enforcement, nonprofit organisation, attorneys and advocates to help victims reach out for help.

"I believe that education is the greatest tool for preventing this heinous crime in our communities. One of the episodes on *Imprisoned Show* featured the Herbert Humphreys fellows at the University of Minnesota, from Malaysia, Vietnam, and Nepal. Evaluating and discussing various forms of providing services, in addition to advocacy, will further help both government and nongovernmental efforts to effectively combat the crime. It was also documented as President Barack Obama's accomplishments in fighting human trafficking in the United States in 2013."

Ma Oriola is a consultant for the Office of Victims of Crime (OVC) and was among the 20 survivors' forum at the White House in January 2014, which was the National Slavery and Human Trafficking Prevention month in the United States.

The event, which was put together by the Office for Victims of Crime Training and Technical Assistance Centre (OVCTTAC), was the first of its kind by the Federal Government to effectively engage the voices of survivors in its programme to provide a better life for victims and survivors of human trafficking in the United States.

"The government has rolled out a five-year strategic plan which was made public on January 14, 2014 at the Forum and Listening Session. A documentary featuring Oriola among other survivors was completed recently and will be used to train service providers, federal and state agencies, nongovernmental organisations and the general public about the issue, using real life people and not actors to pass the message across in a way that will fully engage everybody.

**Why you should drink more water**

SCIENTISTS have proved that our body is made up of 70 percent water. In case you don't have up to this level, the body is said to source for it from any liquid source to get moisture. The absence of enough water in the body could result in fatigue, confusion, memory loss, dizziness, dry and wrinkled skin, brittle hair and nails, cold fingers and toes, constipation, eczema, headaches, urinary tract infections, and muscle pains which are all signs of dehydration that speeds up ageing process.

For you not to age before your time, you need to boost your water intake. Listed below are the advantages of adequate water intake:

- You'll digest your food better
- If you're spending a bit too much time and effort on the toilet, you could probably use a glass (or two) of pure water. The body is very wise. It knows that the vital organs need essential nutrients more than the rest of your body. If you're dehydrated, however, your body will ed, however, your body will take what's available. Hence constipation. Water-ble-peted stools are hard to pass—and they can be there for days! As a result, your stomach feels bloated with the overgrowth of fermenting bacteria and yeast. Not fun!
- You'll stay sharp
- If you prefer being upbeat and focused, you need to drink water. If you're feeling confused and forgetful, try drinking more water before going to see the doctor. Dehydration can trigger brain fog.
- You'll love what you see in the mirror
- If you love what you see in the mirror every morning, good for you! Keep doing what you're doing! But if you struggle with a puffy face and sunken eyes with dark circles, you're being warned that your kidneys are in distress. You are not drinking enough water. The kidneys filter toxins, salts, and water from the bloodstream. If the body is dehydrated, then the kidneys can't function properly. If the kidneys are overloaded, this will show in your face. Maybe you just had a fun night out with a bit just had a fun night out with a bit too much booze. Maybe you ate too many salty snacks—or maybe you've been getting a bit too much sodium from take-out. Whatever the reason, the result is written all over your face.

To be continued next week