ᓯᑎᐱᕆ 28, 2011

ᒐᕙᒪᒃᑯᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᖏᓐᓄᑦ ᑐᓴᖅᑎᑦᑎᓂᖅ – ᓄᓇᓖᑦ ᐅᖃᓪᓚᒡᕕᖏᓐᓄᐊᕆᐊᓕᒃ

ᐊᕐᕌᒎ ᐃᓗᐊᓂ ᖃᓂᒪᓐᓇᖅ ᓄᓇᔅᓯᓐᓂ
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ᑐᓴᐅᒪᔪᒃᓴᐅᕗᓯ ᖃᓂᒪᓐᓇᖅ ᐱᒋᐊᒃᑲᓐᓂᓚᐅᕐᒥᖕᒪᑦ. ᑭᓇᑐᐃᓐᓇᑦᑎᐊᖅ ᖃᓂᒻᒪᒍᓐᓇᖅᐳᖅ — ᖃᓄᐃᙱᑦᑎᐊᖅᑑᒐᓗᐊᓪᓗ ᓄᑕᖅᑲᑦ ᐃᓐᓇᐃᓪᓗ.

ᖃᓂᒻᒪᒃᑯᕕᑦ ᐅᑯᓂᖓ ᐃᒃᐱᒋᔭᖃᓕᕈᓐᓇᖅᐳᑎᑦ: ᐆᓇᑲᑕᒡᓗᑎᑦ ᐊᒻᒪ ᖁᐃᖅᓱᑲᑕᒡᓗᑎᑦ, ᑲᒃᑭᓕᑲᑕᒡᓗᑎᑦ, ᐃᒡᒋᐊᕐᓗᒡᓗᑎᑦ, ᓴᐅᓂᙳᓗᑎᑦ, ᑕᖃᖓᑲᑕᒡᓗᑎᑦ, ᓂᕆᔪᒪᑲᑕᙱᓪᓗᑎᓪᓗ.

ᖃᓂᒪᒍᕕᑦ, ᐃᒥᑲᑕᒋᐊᖃᖅᐳᑎᑦ ᐃᒥᒐᒃᓴᖅᑐᑲᑕᒡᓗᑎᓪᓗ, ᑕᖃᐃᖅᓯᑲᑕᒡᓗᑎᑦ ᓂᕆᑲᑕᒐᓱᒡᓗᑎᓪᓗ ᖃᓄᐃᙱᔾᔪᓯᖅᑎᑐᑦ. ᐆᓇᑲᑕᒃᑐᑦ, ᓴᐅᓂᙳᔪᑦ ᐋᓐᓂᐊᖅᑐᓪᓗ ᓂᐊᖁᖅᓯᐅᑎᑐᑲᑕᒍᓐᓇᖅᐳᑦ Tylenol-ᒥᒃ Advil-
ᒥᒡᓘᓐᓃᑦ. ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐃᓕᒪᔪᓐᓇᖅᐳᑎᑦ ᐊᖏᕐᕋᖅᓯᒪᐃᓐᓇᕐᓗᑎᑦ ᑭᓯᐊᓂ ᖃᓄᐃᑦᑐᓐᓃᑦᑎᐊᕈᕕᑦ ᐱᓕᕆᑲᑕᒍᓐᓇᖅᓯᑦᑎᐊᕐᓗᑎᓪᓗ.

ᖃᓂᒪᔪᑦ ᐱᒻᒪᕆᐅᑎᑕᐅᔭᕆᐊᖃᖅᐳᑦ. ᐃᓄᐃᑦ ᖃᓄᐃᓕᐅᕆᐊᖃᖅᐳᑦ ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐃᓕᒪᖁᓪᓗᒋᑦ ᐃᒡᓗᒥᐅᖃᑎᒥᓄᑦ, ᐃᖅᑲᓇᐃᔭᖃᑎᒥᓄᑦ, ᐳᓛᖅᐸᒃᑕᒥᓄᓪᓗ.

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ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐃᓕᒪᓂᐅᑉ ᒥᒃᓵᓄᑦ ᐃᖢᐊᖅᓴᐃᔨᒧᑦ ᐊᐱᕆᔪᓐᓇᖅᐳᑎᑦ ᐅᖁᒪᐃᓐᓂᕐᓂᐊᕐᕕᔅᓯᓐᓄᑦ ᐋᓐᓂᐊᕐᕕᔅᓯᓐᓄᓪᓘᓐᓃᑦ.