IMPHAL, July 15, 2015, wednesday TZlExg 29 wkEq, \bAKspK, akmg\k sbAKgi 3413 obT\lE mkEwkB 2 SOjgmOM HUEIYEN LANPAO

ꯆꯥꯏꯊꯣꯔꯛꯄ ꯋꯥꯈꯜ
ꯅꯔꯦꯟꯗ꯭ꯔ ꯅꯤꯉꯣꯝꯕ
ꯀꯥꯎꯕ ꯉꯝꯂꯔꯣꯏꯗꯕ ꯊꯧꯗꯣꯛꯇ
ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯊꯧꯗꯣꯛ ꯑꯃ ꯀꯨꯝꯁꯤꯒꯤ ꯑꯣꯏꯅ
ꯍꯥꯏꯕ ꯇꯥꯔꯕꯗꯤ ꯃꯍꯩꯔꯣꯏ ꯑꯃ ꯄꯨꯂꯤꯁꯀꯤ ꯔꯕꯔ ꯕꯨꯂꯦꯠꯅ
ꯄꯥꯟꯗꯨꯅ ꯁꯤꯈꯤꯕ ꯑꯁꯤꯅꯤ꯫ ꯃꯁꯤꯗꯒꯤ ꯍꯦꯟꯅ ꯅꯨꯡꯉꯥꯏꯇꯕ
ꯑꯃ ꯂꯩꯇ꯭ꯔꯦ꯫ ꯍꯣꯏ ꯁꯤꯕ ꯍꯥꯏꯕꯁꯤꯕꯨꯗꯤ ꯇꯝꯕ ꯉꯝꯗꯦꯀꯣ, ꯆꯨꯝꯅ
ꯆꯠꯂꯝꯕꯗꯒꯤ ꯀꯔꯤꯒꯨꯝꯕ ꯑꯃꯗꯒꯤ ꯍꯦꯛꯇ ꯁꯤꯈꯤꯕꯕꯨꯗꯤ \
ꯥꯏ ꯍꯥꯏꯕꯕꯨ ꯑꯊꯧꯕ ꯃꯍꯩꯔꯣꯏ ꯑꯗꯨꯒꯤ ꯈꯨꯠꯁꯤ ꯑꯗꯨ ꯈꯜꯂꯨꯔꯒ
ꯌꯥꯝꯅ ꯅꯨꯡꯉꯥꯏꯇꯦ꯫ ꯑꯗꯨꯝꯅꯃꯛꯇꯤ ꯑꯣꯏꯔꯒ ꯃꯃꯥ ꯃꯄꯥꯒꯤ
ꯐꯤꯖꯤꯒꯤ ꯃꯅꯤ ꯑꯣꯏꯅ ꯆꯦꯠꯅ ꯌꯣꯝꯗꯨꯅ ꯊꯝꯖꯔꯛꯄ, ꯃꯆꯥꯅ
ꯁꯥꯔꯦꯞ ꯀꯥꯡꯗꯣꯡ ꯐꯥꯔꯒ ꯃꯃꯥ ꯃꯄꯥꯒꯤ ꯂꯃꯟ ꯁꯤꯡꯒꯅꯤ, ꯃꯆꯥꯒꯤ
ꯀꯨꯝꯃꯩ ꯌꯦꯡꯂꯒ ꯅꯨꯡꯉꯥꯏꯒꯅꯤ ꯍꯥꯏꯅ ꯉꯥꯏꯖꯔꯛꯄꯗꯨ ꯇꯒꯠ-
ꯇꯒꯠ ꯇꯦꯛꯄ ꯁ꯭ꯀꯨꯂ ꯆꯠꯈꯤꯕ ꯃꯆꯥꯅ ꯑꯁꯤꯕꯒ ꯂꯣꯏꯅꯅ
ꯇꯥꯗꯨꯅ ꯂꯩꯔꯝꯕ ꯐꯤꯚꯝ ꯑꯗꯨ ꯌꯦꯡꯅꯕ ꯑꯣꯏꯅ ꯊꯣꯛꯂꯕ꯭ꯔꯥ? ꯆꯥꯕ
ꯃꯆꯦꯠ ꯇꯨꯝꯕ ꯃꯆꯦꯠ ꯑꯋꯥꯕ ꯄꯨꯟꯁꯤ ꯑꯃꯒ ꯁꯥꯒꯣꯟꯅꯅ ꯁꯥꯔꯦꯞ
ꯇꯥꯟꯖꯔꯛꯂꯕ, ꯑꯅꯧꯕ ꯋꯥꯈꯜꯂꯣꯟ ꯀꯌꯥꯒ ꯂꯣꯏꯅꯅ ꯍꯤꯡꯕꯒꯤ
ꯁꯩꯔꯣꯜ ꯁꯛꯂꯝ, ꯇꯥꯏꯕꯪꯒꯤ ꯆꯠꯅ-ꯂꯣꯟꯆꯠ ꯀꯌꯥꯒ ꯂꯣꯏꯅꯅ
ꯈꯨꯟꯅꯥꯏꯒꯤ ꯇꯨꯡꯂꯝꯆꯠ ꯌꯦꯡꯖꯔꯝꯃꯤ ꯃꯍꯥꯛ꯫ ꯑꯗꯨꯅꯅꯤ
ꯂꯩꯕꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯏꯍꯧ ꯑꯃꯗ ꯃꯔꯥꯜ ꯁꯨꯡꯂꯩ ꯂꯩꯖꯗꯕ ꯇꯨꯡꯒꯤ \
ꯥꯏꯐꯕ ꯄꯨꯟꯁꯤ ꯀꯌꯥꯅ ꯌꯣꯝꯂꯕ ꯃꯍꯩꯔꯣꯏ ꯅꯍꯥ ꯔꯣꯕꯤꯟꯍꯨꯗꯄꯨ
ꯑꯣꯟꯊꯣꯛꯅ ꯇꯝꯊꯤꯅ ꯍꯥꯠꯇꯣꯛꯄꯤꯈꯤꯕ ꯍꯥꯏꯕꯁꯤꯃꯗꯤ
ꯃꯅꯤꯄꯨꯔꯒꯤ ꯄꯨꯋꯥꯤꯗ ꯀꯣꯛꯄ ꯅꯥꯏꯗꯅ ꯑꯃꯨꯕ ꯃꯆꯨꯅ ꯏꯗꯨꯅ
ꯂꯩꯍꯧꯔꯒꯅꯤ꯫ ꯃꯃꯥ ꯃꯄꯥꯒꯤ ꯊꯋꯥꯏꯒꯤ ꯃꯅꯤ ꯑꯣꯏꯔꯝꯕ, ꯆꯦꯠꯅ
ꯀꯤꯕ ꯐꯤꯖꯤꯒꯤ ꯃꯅꯤ ꯑꯣꯏꯅ ꯆꯦꯛꯁꯤꯟꯅ ꯂꯩꯖꯔꯝꯕ, ꯇꯒꯠ
ꯇꯒꯠ ꯇꯦꯛꯂꯤꯕ ꯊꯋꯥꯏ ꯑꯃꯅ ꯈꯪꯍꯧꯗꯅ ꯀꯦꯝꯈꯤꯕ ꯍꯥꯏꯕꯁꯤ
ꯀꯔꯝꯕ ꯃꯃꯥ ꯃꯄꯥꯅ ꯄꯦꯜꯂꯝꯒꯗꯒꯦ? ꯇꯧꯒꯤꯕꯨꯗꯤ ꯃꯍꯥꯛꯀꯤ
ꯃꯄꯣꯛꯇꯤ ꯃꯥꯏ ꯄꯥꯛꯈ꯭ꯔꯕꯅꯤ꯫ ꯃꯃꯥ ꯂꯩꯕꯥꯛꯀꯤꯗꯃꯛ, ꯇꯨꯡꯒꯤ
ꯃꯤꯔꯣꯜꯒꯤ ꯌꯥꯏꯐꯅꯕꯒꯤꯗꯃꯛ, ꯂꯝꯗꯝꯁꯤꯒꯤ ꯌꯦꯜꯍꯧꯃꯤ
ꯀꯜꯍꯧꯅꯕꯒꯤꯗꯃꯛ, ꯍꯥꯝꯆꯠꯅꯔꯕ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯒꯤ ꯃꯇꯤꯡ
ꯐꯨꯇꯣꯛꯅꯕꯒꯤꯗꯃꯛ ꯑꯅꯧꯕ ꯃꯩꯔꯤ ꯑꯃ ꯆꯨꯈꯠꯄ ꯉꯝꯈ꯭ꯔꯕ,
ꯃꯤꯌꯥꯝꯒꯤꯗꯃꯛ ꯊꯋꯥꯏ ꯀꯠꯄ ꯉꯝꯈ꯭ꯔꯕ ꯃꯍꯥꯛꯀꯤ ꯄꯨꯟꯁꯤꯗꯤ
ꯃꯍꯩ ꯌꯥꯟꯈ꯭ꯔꯕꯅꯤ꯫ ꯀꯥꯨꯕ ꯉꯝꯗꯦ ꯂꯝꯌꯥꯟꯕ ꯂꯨꯆꯤꯡꯕ ꯑꯌ
ꯥꯝꯕꯝ ꯁꯃꯔꯦꯟꯗ꯭ꯔꯒꯤ ꯁꯩꯔꯦꯡ- ꯄꯦꯟꯗꯦꯗ ꯏꯃꯥ ꯅꯪꯒꯤꯗꯃꯛ
ꯑꯃꯨꯛꯇꯪ ꯁꯤꯕꯁꯤ ꯄꯦꯟꯗꯦꯗ, ꯆꯥꯔꯃꯛ ꯍꯟꯅ ꯄꯣꯛꯅꯤꯡꯏ,
ꯆꯥꯃꯔꯛ ꯍꯟꯅ ꯁꯤꯅꯤꯡꯏ ꯍꯥꯏꯅ ꯄꯦꯟꯅ ꯏꯔꯝꯕꯗꯣ꯫ ꯍꯦ ꯑꯊꯧꯕ
ꯔꯣꯕꯤꯟꯍꯨꯗ ꯅꯍꯥꯛꯀꯤ ꯃꯊꯪ ꯃꯄꯣꯛ ꯑꯃ ꯄꯣꯛꯄ ꯇꯥꯔꯕꯗꯤ
ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯑꯃꯨꯛ ꯍꯟꯅ ꯄꯣꯛꯂꯛꯈꯣ꯫ ꯃꯤꯅꯨꯡꯁꯤ ꯈꯪꯗ꯭ꯔꯕ
ꯅꯔꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯃꯤꯔꯛꯇ ꯇꯤꯟꯗꯨꯅ ꯅꯤꯡ-ꯇꯝꯕ ꯄꯥꯝꯖꯕ
ꯅꯊꯧꯗꯥꯡ ꯄꯥꯡꯊꯣꯛꯈꯣ꯫
ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯅꯣꯡꯃ ꯅꯣꯡꯃꯒꯤ ꯏꯁꯤꯡ ꯏꯆꯥꯎꯒꯨꯝ
ꯍꯦꯟꯒꯠꯂꯛꯂꯤꯕ ꯃꯤꯇꯣꯞ ꯃꯤꯔꯥꯟꯆꯥꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯇꯪꯇꯥꯡꯕ
ꯐꯤꯔꯦꯞ ꯑꯃ ꯂꯦꯞꯊꯣꯛꯅꯕ, ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯍꯧꯖꯤꯜꯂꯛꯂꯤꯕ
ꯃꯥꯏꯒ꯭ꯔꯦꯟꯠ ꯃꯤꯌꯥꯝꯁꯤꯡꯕꯨ ꯀꯔꯝꯅ ꯆꯪꯍꯟꯒꯗꯒꯦ, ꯀꯔꯝꯅ
ꯈꯨꯟꯗꯥꯍꯟꯒꯗꯒꯦ ꯍꯥꯏꯕ ꯀꯥꯡꯂꯣꯟ ꯑꯃ ꯊꯝꯍꯧꯗꯕ ꯇꯥꯔꯕꯗꯤ
ꯆꯍꯤ ꯈꯔꯒꯤ ꯃꯇꯨꯡꯗ ꯁꯥꯊꯤꯕ ꯐꯤꯚꯝ ꯑꯃ ꯂꯥꯛꯇꯨꯅ ꯂꯝꯗꯝꯁꯤꯒꯤ
ꯌꯦꯜꯍꯧꯃꯤ ꯃꯥꯡꯈꯤꯕ ꯌꯥꯏ ꯍꯥꯏꯕ ꯉꯁꯤꯒꯤ ꯃꯤꯔꯣꯜ ꯑꯁꯤꯒꯤ
ꯄꯨꯛꯅꯤꯡꯗ ꯐꯥꯎꯔꯤꯕ ꯑꯁꯤ ꯎꯔꯤꯕ ꯀꯌꯥ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ
ꯂꯩꯉꯥꯛꯇ ꯃꯤꯇꯣꯞ ꯃꯤꯌꯥꯟꯆꯥ ꯆꯪꯂꯛꯄ ꯊꯤꯡꯅꯕ ꯄꯣꯔꯝ ꯑꯃ \
ꯥꯠꯄꯤꯌꯨ ꯍꯥꯏꯗꯨꯅ ꯍꯥꯏꯖꯗꯨꯅ ꯂꯥꯛꯈꯤ꯫ ꯂꯩꯉꯥꯛꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯏꯍꯨꯜ
ꯈꯪꯅ ꯊꯕꯛ ꯄꯥꯏꯈꯠꯄꯤꯔꯛꯀꯅꯤ ꯍꯥꯏꯕꯒꯤ ꯊꯥꯖꯕ ꯊꯝꯈꯤ꯫
ꯑꯗꯨꯕꯨ ꯍꯧꯈꯤꯕ ꯃꯅꯤꯄꯨꯔꯤ ꯂꯩꯉꯥꯛꯀꯤ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯃꯤꯐꯝꯗ ꯕꯤꯜ
ꯑꯃ ꯄꯥꯁ ꯇꯧꯗꯨꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯑꯄꯥꯝꯕ ꯄꯥꯡꯊꯣꯛꯂꯦ ꯍꯥꯏꯅ ꯃꯈꯧ
ꯄꯣꯡꯖꯈꯤ꯫ ꯕꯤꯜ ꯑꯗꯨꯃꯗꯤ ꯃꯤꯌꯥꯝꯒꯤ ꯑꯄꯥꯝꯕꯒꯤ ꯃꯥꯌꯣꯛꯇꯅꯤ
ꯍꯥꯏꯅ ꯇꯔꯦꯠ ꯇꯔꯥ ꯊꯣꯛꯅ ꯈꯟꯅꯔꯕ ꯃꯇꯨꯡꯗ ꯍꯟꯅ ꯍꯟꯅ
ꯂꯩꯉꯥꯛꯂꯣꯏꯁꯤꯡꯒ ꯋꯥꯇꯥꯅꯈꯤ꯫ ꯕꯤꯜ ꯑꯗꯨ ꯏꯔꯝꯗꯝ ꯑꯁꯤꯒꯤ
ꯌꯦꯜꯍꯧꯃꯤꯕꯨ ꯀꯟꯖꯅꯕꯒꯤ ꯁꯔꯨꯛ ꯃꯌꯥꯏ ꯆꯝꯍꯜꯂꯦ ꯍꯥꯏꯅ
ꯋꯥꯌꯦꯠ ꯄꯤꯗꯨꯅ ꯍꯥꯟꯅꯒꯤ ꯑꯗꯨ ꯀꯛꯊꯠꯂꯒ ꯑꯅꯧꯕ ꯌꯦꯜꯍꯧꯃꯤ
ꯀꯟꯖꯅꯕ ꯕꯤꯜ ꯑꯃ ꯄꯨꯊꯣꯛꯇꯨꯅ ꯄꯥꯁ ꯇꯧꯕꯤꯌꯨ ꯍꯥꯏꯕꯁꯤ
ꯍꯥꯏꯐꯝ ꯊꯣꯛꯄ ꯂꯩꯉꯥꯛꯇ ꯃꯤꯌꯥꯝꯅ ꯍꯥꯏꯕ ꯋꯥꯔꯣꯜꯅꯤ꯫ ꯋꯥꯐꯝ
ꯑꯁꯤ ꯊꯣꯏꯗꯣꯛꯅ ꯑꯀꯥꯏꯕ ꯌꯥꯎꯗꯦ꯫ ꯇꯥꯜꯂꯤꯕ ꯋꯥꯐꯝ ꯑꯁꯤ
ꯀꯅꯥ ꯑꯃꯠꯇꯒꯤ ꯂꯟꯅꯥꯏ ꯋꯥ ꯅꯠꯇꯦ꯫ ꯂꯝꯗꯝꯁꯤꯗ ꯂꯩꯔꯤꯕ
ꯄꯨꯝꯅꯃꯛꯀꯤꯅꯤ꯫ ꯄꯨꯝꯅꯃꯛ ꯍꯥꯏꯔꯤꯕꯁꯤꯗ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ
ꯁꯤꯟꯐꯝꯗ ꯂꯩꯔꯤꯕꯁꯤꯡ, ꯐꯨꯔꯨꯞ ꯃꯁꯤꯡ ꯂꯣꯏꯅ ꯌꯥꯎꯔꯤꯕꯅꯤ꯫
ꯏꯍꯧ ꯑꯁꯤ ꯇꯝꯗ ꯂꯩꯕ ꯀꯥꯡꯂꯨꯞ ꯈꯔꯈꯛꯇꯒꯤ ꯋꯥ ꯅꯠꯇꯦ꯫
ꯃꯅꯤꯄꯨꯔꯗ ꯂꯩꯔꯤꯕ ꯄꯨꯝꯅꯃꯛꯀꯤꯅꯤ꯫ ꯐꯨꯔꯨꯞ ꯈꯨꯗꯤꯡ ꯑꯃꯗꯤ
ꯁꯤꯟꯐꯝ ꯈꯨꯗꯤꯡꯗ ꯂꯩꯔꯤꯕ ꯄꯨꯝꯁꯨ ꯁꯅꯥ ꯏꯍꯧ ꯑꯁꯤꯗ ꯁꯔꯨꯛ
ꯌꯥꯗ꯭ꯔꯕꯁꯨ ꯇꯥꯜꯂꯤꯕ ꯋꯥꯐꯝꯁꯤꯃꯗꯤ ꯄꯨꯝꯅꯃꯛꯀꯤꯅꯤ꯫ ꯏꯍꯧ
ꯑꯁꯤ ꯊꯤꯡꯕ ꯉꯝꯂꯔꯣꯏꯗꯕ ꯏꯍꯧ ꯑꯃꯒꯤ ꯃꯥꯛ ꯂꯧꯔꯛꯈꯤ꯫
ꯃꯤꯌꯥꯝꯒꯤ ꯁꯦꯟꯇꯤꯃꯦꯟꯠ ꯌꯧꯅ ꯁꯣꯛꯍꯟꯈꯤ꯫ ꯇꯛꯂ ꯇꯨꯝꯂꯕ,
ꯊꯃꯣꯏ ꯀꯌꯥ ꯊꯤꯟꯒꯥꯏꯔꯕ, ꯃꯤꯁꯤ-ꯃꯤꯅꯥ ꯊꯣꯛꯂꯕ ꯃꯇꯨꯡꯗ \
ꯥꯝꯅ ꯊꯦꯡꯅ ꯂꯩꯉꯥꯛꯅ ꯕꯤꯜ ꯑꯁꯤ ꯂꯧꯊꯣꯛꯂꯦ, ꯑꯅꯧꯕ ꯍꯥꯟꯅ \
ꯥꯟꯅꯈꯤꯕ ꯕꯤꯜ ꯑꯗꯨ ꯑꯣꯏꯅ ꯆꯠꯅꯅꯕ ꯑꯈꯟꯅꯕ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ
ꯃꯤꯐꯝ ꯑꯃ ꯐꯝꯂꯒ ꯈꯟꯅꯔꯒ ꯄꯥꯁ ꯇꯧꯔꯒꯅꯤ ꯍꯥꯏꯅ ꯋꯥꯔꯦꯞ
ꯂꯧꯔꯦ꯫ ꯃꯁꯤꯁꯨ ꯑꯉꯛꯄ ꯋꯥꯔꯦꯞ ꯑꯃꯅꯤ꯫ ꯊꯦꯡꯃꯟꯈꯤ ꯌꯥꯝꯅ
ꯊꯦꯡꯃꯟꯈꯤ꯫ ꯃꯤꯌꯥꯝꯒꯤ ꯊꯃꯣꯏ ꯁꯣꯛꯅꯗ꯭ꯔꯤꯉꯩ ꯃꯃꯥꯡꯗ ꯋꯥꯔꯦꯞ
ꯑꯁꯤ ꯌꯥꯝꯅ ꯉꯟꯅ ꯂꯧꯔꯝꯕ ꯌꯥꯏ ꯑꯗꯨꯕꯨ ꯃꯗꯨꯃꯗꯤ ꯑꯣꯏꯈꯤꯗ꯭ꯔꯦ꯫
ꯍꯧꯖꯤꯛ ꯍꯪꯅꯔꯛꯂꯤꯕ ꯋꯥꯍꯪꯗꯤ, ꯏꯍꯧ ꯑꯗꯨ ꯑꯗꯨꯛ ꯌꯧꯅ
ꯆꯥꯎꯍꯜꯂꯝꯗꯕ ꯌꯥꯕ꯭ꯔꯥ? ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯗ ꯇꯝꯊꯤꯅ ꯐꯨ-ꯆꯩꯕ
ꯑꯃꯗꯤ ꯅꯣꯡꯃꯩ ꯀꯥꯞꯁꯤꯜꯂꯝꯗꯕ ꯌꯥꯕ꯭ꯔꯥ? ꯌꯦꯛꯅꯕ ꯑꯃꯗ \
ꯦꯡꯒꯗꯕ ꯑꯃꯗꯤ ꯆꯠꯀꯗꯕ ꯁꯥꯖꯠꯁꯤꯡ ꯆꯠꯂꯝꯗꯕ ꯌꯥꯕ꯭ꯔꯥ?
ꯑꯗꯨꯛ ꯇꯝꯊꯤꯕ ꯃꯑꯣꯡ ꯑꯗꯨ ꯇꯧꯒꯗꯕꯅꯤ ꯍꯥꯏꯅ ꯀꯅꯥꯅ ꯌꯥꯊꯪ
ꯆꯍꯤ 12 ꯁꯨꯔꯕ ꯂꯨꯀꯥꯅꯟꯗꯒꯤ ꯐꯤꯂꯝ ꯁꯥꯟꯅꯕꯗ ꯏꯊꯤꯜ ꯄꯤꯕ "ꯑꯉꯥꯡ ꯅꯋꯥ" ꯍꯥꯏꯅ ꯃꯤꯡꯊꯣꯟꯕ ꯐꯤꯂꯝ ꯑꯇꯦꯟꯕ ꯑꯃ
ꯆꯍꯤ 12 ꯈꯛꯇ ꯉꯥꯏꯔꯤꯕ ꯃꯦꯔꯤꯌꯥ ꯃꯣꯟꯇꯦꯁ꯭ꯋꯔꯤ ꯁ꯭ꯀꯨꯜꯗ
8 ꯁꯨꯕ ꯀ꯭ꯂꯥꯁꯇ ꯇꯝꯂꯤꯕ ꯃꯣꯏꯔꯥꯡꯈꯣꯝ ꯂꯣꯛꯇꯥꯎꯕꯨꯡꯗꯒꯤ
ꯂꯨꯀꯥꯅꯟꯗ ꯈꯦꯇ꯭ꯔꯤꯃꯌꯨꯝꯅ ꯃꯁꯥꯅ ꯏꯖꯔꯒ ꯃꯁꯥꯅ ꯗꯤꯔꯦꯛꯁꯟ
ꯄꯤꯕ ꯑꯇꯦꯟꯕ ꯐꯤꯂꯝꯒꯤ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯃꯒ ꯃꯔꯤ ꯂꯩꯅꯅ ꯑꯥꯏ
ꯑꯦꯁ ꯇꯤ ꯚꯤꯅ ꯎꯠꯂꯛꯈꯤꯕꯗ ꯍꯧꯖꯤꯛꯀꯤ ꯃꯇꯝꯗ ꯂꯝꯗꯝ
ꯑꯁꯤꯗ ꯂꯩꯔꯤꯕ ꯃꯄꯥ ꯃꯃꯥꯁꯤꯡꯅ ꯃꯆꯥꯁꯤꯡꯕꯨ ꯂꯥꯏꯔꯤꯛ ꯀꯥ
ꯍꯦꯟꯅ ꯍꯩꯍꯟꯅꯤꯡꯕ ꯑꯃꯗꯤ ꯑꯦꯗ꯭ꯌꯨꯀꯦꯁꯟꯒꯤ ꯋꯥꯍꯟꯊꯣꯛꯇꯤ
ꯃꯨꯟꯅ ꯈꯪꯖꯗꯕꯅ ꯃꯆꯥꯁꯤꯡꯕꯨ ꯅꯣꯡꯉꯥꯟꯕꯗꯒꯤ ꯅꯨꯃꯤꯠ ꯇꯥꯕ ꯐꯥꯎꯕ
ꯂꯥꯏꯔꯤꯛꯇ ꯇꯝꯍꯟꯗꯨꯅ ꯃꯆꯥꯁꯤꯡ ꯑꯗꯨꯕꯨ ꯁꯥꯟꯅ-ꯈꯣꯠꯅꯕ ꯁꯔꯨꯛ
ꯌꯥꯍꯟꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯄꯤꯕꯤꯗꯕꯅ ꯐꯤꯖꯤꯀꯦꯜ ꯋꯤꯛ ꯑꯣꯏꯔꯛꯄ,
ꯃꯁꯥ ꯐꯠꯂꯛꯇꯕ, ꯑꯉꯥꯡꯒꯤ ꯋꯥꯈꯜꯁꯨ ꯅꯨꯡꯉꯥꯏꯍꯟꯗꯕꯒꯤ
ꯄꯥꯎꯖꯦꯜ ꯑꯃ ꯂꯨꯀꯥꯅꯟꯗꯒꯤ ꯃꯤꯃꯤꯠ ꯃꯉꯥ ꯔꯣꯝꯒꯤ ꯐꯤꯂꯝ ꯑꯁꯤꯅ
ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯒꯤ ꯑꯍꯜ ꯂꯃꯟꯁꯤꯡꯗ ꯃꯃꯜ ꯌꯥꯝꯂꯕ ꯄꯥꯎꯇꯥꯛ
ꯑꯃ ꯑꯣꯏꯔꯤ꯫
ꯑꯏꯕ ꯑꯃꯗꯤ ꯗꯤꯔꯦꯛꯇꯔ ꯑꯣꯏꯔꯤꯕ ꯅꯤꯄꯥꯃꯆꯥ ꯑꯁꯤꯅ
ꯃꯤꯌꯥꯝꯗ ꯐꯣꯡꯗꯣꯛꯅꯤꯡꯂꯤꯕꯗꯤ ꯍꯧꯖꯤꯛꯀꯤ ꯃꯇꯝꯗ ꯃꯅꯤꯄꯨꯔꯗ
ꯑꯍꯜ ꯂꯃꯟꯁꯤꯡꯅ ꯃꯆꯥ-ꯃꯁꯨꯁꯤꯡꯕꯨ ꯂꯥꯏꯔꯤꯛ ꯍꯩꯍꯟꯅꯤꯡꯗꯨꯅ
ꯄꯔꯤꯈꯥꯗ ꯅꯝꯕꯔ ꯌꯥꯝꯅ ꯐꯪꯍꯟꯅꯤꯡꯗꯨꯅ ꯑꯌꯨꯛꯇꯒꯤ ꯅꯨꯃꯤꯗꯥꯡꯒꯤ
ꯑꯊꯦꯡꯕ ꯐꯥꯎꯕ ꯇ꯭ꯌꯨꯁꯟ ꯇꯧꯐꯝꯁꯤꯡꯗ ꯊꯤꯟꯕꯤꯗꯨꯅ ꯑꯉꯥꯡ ꯑꯃ
ꯅꯣꯡꯃꯗ ꯃꯐꯝ ꯑꯍꯨꯝ ꯃꯔꯤꯗ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯕ ꯆꯠꯍꯟꯗꯨꯅ ꯑꯉꯥꯡ
ꯑꯃ ꯑꯣꯏꯕꯒꯤ ꯆꯦꯟ ꯆꯣꯡꯗꯨꯅ ꯁꯥꯟꯅꯖꯅꯤꯡꯕ ꯑꯗꯨ ꯐꯪꯍꯟꯗꯕ
ꯑꯃꯗꯤ ꯃꯁꯥꯅ ꯄꯥꯝꯖꯕ ꯍꯣꯕꯤꯁꯤꯡꯗ ꯁꯔꯨꯛ ꯌꯥꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ
ꯄꯤꯕꯤꯗꯕꯅ ꯃꯈꯣꯏ ꯑꯁꯤ ꯋꯥꯈꯜꯁꯨ ꯄꯤꯛꯁꯤꯜꯂꯛꯄꯒ ꯂꯣꯏꯅꯅ
ꯍꯛꯆꯥꯡꯁꯨ ꯁꯣꯛꯆꯤꯜꯂꯛꯄꯒꯤ ꯑꯣꯏꯔꯛꯀꯗꯕ ꯐꯤꯚꯝꯁꯤꯡ
ꯑꯗꯨꯅꯤ꯫
ꯃꯍꯥꯛꯀꯤ ꯐꯤꯂꯝꯒꯤ ꯋꯥꯔꯤ ꯃꯆꯪ ꯇꯦꯟꯇꯛꯅ ꯊꯝꯖꯔꯤ꯫
ꯅꯨꯄꯥꯃꯆꯥ ꯅꯨꯄꯤꯃꯆꯥꯁꯤꯡꯅ ꯆꯤꯡꯈꯣꯡꯗ ꯂꯩꯕ ꯂꯝꯍꯥꯡ (ꯂꯝꯄꯥꯛ)
ꯑꯃꯗꯤ ꯆꯦꯟ ꯆꯣꯡꯗꯨꯅ ꯁꯥꯟꯅꯕ ꯑꯗꯨꯕꯨ ꯅꯨꯡꯇꯤꯒꯤ ꯚꯦꯟ
ꯇꯣꯡꯗꯨꯅ ꯁ꯭ꯀꯨꯜ ꯆꯠꯂꯤꯕꯤ ꯅꯨꯄꯤꯃꯆꯥ ꯑꯃꯅ ꯎꯕꯗ ꯃꯍꯥꯛꯁꯨ
ꯃꯈꯣꯏꯒꯨꯝꯕ ꯁꯥꯟꯅꯕ ꯑꯗꯨꯗ ꯁꯔꯨꯛ ꯌꯥꯅꯤꯡꯂꯝꯃꯤ꯫ ꯅꯨꯄꯤꯃꯆꯥ
ꯑꯗꯨꯅ ꯃꯌꯨꯝ ꯌꯧꯔꯒ ꯆꯔꯥ ꯋꯥꯜꯂꯕ ꯃꯇꯨꯡꯗ ꯃꯃꯥꯟꯅꯕꯁꯤꯡꯒ
ꯁꯥꯟꯅꯕ ꯆꯠꯂꯨꯒꯦꯍꯥꯏꯅ ꯃꯃꯥ ꯃꯄꯥꯗ ꯍꯥꯏꯖꯕꯗ ꯃꯃꯥꯅ ꯇ꯭ꯌ
ꯨꯁꯟ ꯆꯠꯀꯗꯕꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯁꯥꯟꯅꯕ ꯆꯠꯍꯟꯈꯤꯗꯦ, ꯃꯄꯥꯗꯤ
ꯃꯆꯥꯅ ꯍꯥꯏꯔꯤꯕ ꯑꯗꯨ ꯌꯥꯅꯤꯡꯏ ꯑꯗꯨꯕꯨ ꯃꯃꯥꯅ ꯍꯥꯏꯕ ꯑꯗꯨꯗ
ꯃꯄꯥꯁꯨ ꯇꯨꯃꯤꯟꯅ ꯂꯩꯈ꯭ꯔꯦ꯫ ꯄꯔꯤꯈꯥ ꯃꯅꯨꯡꯗ ꯅꯨꯄꯤꯃꯆꯥ ꯑꯗꯨ
ꯇꯨꯝꯅꯤꯡꯂꯕ ꯐꯥꯎꯕ ꯑꯍꯤꯡ ꯑꯊꯦꯡꯕ ꯐꯥꯎꯕ ꯅꯝꯗꯨꯅ ꯂꯥꯏꯔꯤꯛ
ꯄꯥꯍꯜꯂꯤ, ꯑꯉꯥꯡ ꯑꯗꯨ ꯍꯟꯅ ꯍꯟꯅ ꯑꯍꯤꯡ ꯑꯊꯦꯡꯕ ꯑꯗꯨ
ꯎꯏꯗꯨꯅ ꯂꯩ, ꯃꯄꯨꯛꯅꯤꯡ ꯆꯪꯕ ꯉꯝꯗꯦ꯫ ꯊꯦꯡꯅ ꯇꯨꯝꯈ꯭ꯔꯕ
ꯑꯉꯥꯡ ꯑꯗꯨꯕꯨ ꯅꯣꯡꯉꯥꯜꯂꯝꯗꯥꯏꯗ ꯑꯃꯨꯛ ꯍꯧꯗꯣꯛꯇꯨꯅ ꯂꯥꯏꯔꯤꯛ
ꯄꯥꯍꯜꯂꯤ꯫ ꯄꯔꯤꯈꯥ ꯆꯠꯂꯝꯗꯥꯏꯗ ꯃꯐꯤ ꯃꯔꯣꯂ ꯁꯦꯠꯂꯒ
ꯁꯨꯃꯥꯡꯗ (ꯕ꯭ꯔꯤꯟꯗꯥꯗꯦꯕꯤꯗ) ꯇꯨꯂꯁꯤꯕꯣꯡꯗ ꯂꯥꯏ ꯈꯨꯔꯨꯝꯕꯗ ꯃꯍꯥꯛ
ꯋꯥꯟꯊꯔꯛꯇꯨꯅ ꯃꯍꯥꯛ ꯄꯔꯤꯈꯥ ꯆꯠꯄ ꯉꯝꯈꯤꯗꯦ, ꯗꯣꯛꯇꯔꯗ
ꯄꯨꯈꯤ꯫ ꯗꯣꯛꯇꯔꯅ ꯃꯄꯥ ꯃꯃꯥ ꯑꯅꯤꯕꯨ ꯃꯆꯥꯒ ꯐꯝꯃꯤꯅꯍꯜꯂꯒ
ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯗ ꯁꯥꯟꯅꯕꯅ ꯀꯟꯅꯕ ꯄꯤꯕꯒꯤ ꯄꯥꯎꯇꯥꯛꯁꯤꯡ
ꯁꯟꯗꯣꯛꯅ ꯍꯥꯏꯗꯨꯅ ꯈꯪꯍꯟꯈꯤ꯫ ꯗꯥꯛꯇꯔꯅ ꯄꯤꯈꯤꯕ ꯃꯃꯜ
ꯌꯥꯝꯂꯕ ꯄꯥꯎꯇꯥꯛꯁꯤꯡ ꯑꯗꯨꯃꯛ ꯚꯥꯕꯛꯁꯤꯡꯒꯤ ꯑꯅꯧꯕ ꯄꯥꯔꯥ
ꯑꯃꯅꯤ, ꯃꯍꯥꯛꯅ ꯍꯥꯏ ꯃꯗꯨꯗꯤ, ꯁꯥꯟꯅꯕꯅ ꯍꯛꯆꯥꯡꯗ ꯄꯤꯔꯤꯕ
ꯀꯥꯟꯅꯕꯁꯤꯡ ꯈꯛꯇ ꯅꯠꯇꯅ ꯃꯁꯤꯅ ꯂꯥꯏꯔꯤꯛ ꯄꯥꯔꯨꯕꯒꯤ
ꯆꯣꯛꯊꯔꯕ ꯍꯛꯆꯥꯡꯒꯤ ꯀꯌꯥꯠꯁꯤꯡ ꯑꯗꯨ ꯄꯣꯠꯊꯥꯍꯜꯂꯤ
ꯑꯃꯗꯤ ꯃꯈꯣꯏꯗ ꯄꯥꯡꯒꯜ ꯑꯃꯗꯤ ꯁꯛꯇꯤ ꯍꯦꯟꯒꯠꯍꯜꯂꯤ꯫
ꯃꯃꯥꯅ ꯑꯉꯥꯡ ꯑꯗꯨꯕꯨ ꯄꯨꯔꯒ ꯃꯃꯥꯟꯅꯕꯁꯤꯡꯅ ꯁꯥꯟꯅꯕ ꯑꯗꯨ \
ꯥꯎꯍꯟꯈꯤ꯫ ꯁ꯭ꯔꯤꯅꯥ ꯃꯆꯥꯅꯨꯄꯥꯒꯤ ꯁꯛꯇꯝ ꯑꯃꯗꯤ ꯁꯗꯥꯅꯟꯗ
ꯑꯃꯁꯨ ꯇꯣꯟꯊꯣꯏꯅ ꯃꯊꯪꯁꯤꯠꯅ ꯃꯄꯥ ꯑꯃꯗꯤ ꯃꯃꯥꯒꯤ ꯁꯛꯇꯝ
ꯂꯧꯈꯤꯕꯒ ꯂꯣꯏꯅꯅ ꯗꯣꯛꯇꯔ ꯂꯦꯅꯤꯅ ꯗꯣꯛꯇꯔꯒꯤ ꯁꯛꯇꯝ
ꯂꯥꯡꯈꯤ꯫

ꯐꯤꯂꯝ ꯑꯁꯤꯒꯤ ꯗꯤꯔꯦꯛꯇꯔ ꯂꯨꯀꯥꯅꯟꯗꯕꯨ ꯃꯍꯥꯛꯀꯤ ꯈꯣꯡꯖꯪ
ꯑꯁꯤꯗ ꯃꯥꯏ ꯄꯥꯛꯅꯕ ꯃꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯄꯤꯕ ꯑꯄꯣꯛꯄ ꯁ꯭ꯔꯤ
ꯕꯤꯃꯣꯂ ꯈꯦꯇ꯭ꯔꯤꯃꯌꯨꯝ ꯑꯃꯥꯨꯡ ꯑꯄꯣꯛꯄꯤ ꯗꯥꯛꯇꯔ ꯑꯦꯂꯥꯡꯕꯝ
ꯁꯨꯆꯦꯇꯥ ꯗꯦꯕꯤꯁꯨ ꯑꯉꯥꯡꯒꯤ ꯏꯍꯨꯜ ꯈꯪꯕꯤꯗꯨꯅ ꯃꯆꯥꯕꯨ ꯂꯝꯖꯤꯡꯕꯤꯕ
ꯑꯃꯁꯤ ꯇꯝꯖꯅꯤꯉꯥꯏ ꯑꯣꯏ꯫ ꯑꯉꯥꯡꯁꯤꯡꯅ ꯆꯦꯟ ꯆꯣꯡꯗꯨꯅ
ꯁꯥꯟꯅꯕꯒꯤ ꯆꯥꯡ ꯋꯥꯠꯂꯛꯄ ꯑꯃꯗꯤ ꯆꯦꯟ ꯆꯣꯡꯗꯨꯅ ꯁꯥꯟꯅꯕꯗ
ꯁꯔꯨꯛ ꯌꯥꯗꯕ, ꯃꯁꯥꯒꯤ ꯍꯛꯆꯥꯡ ꯁꯥꯖꯦꯜ ꯋꯥꯠꯄ ꯃꯆꯤ ꯑꯣꯏꯗꯕ
ꯆꯤꯟꯖꯥꯛ ꯖꯪꯛ ꯐꯨꯗ ꯌꯥꯝꯅ ꯆꯥꯁꯤꯟꯕ, ꯐꯦꯠꯀꯤ ꯁꯔꯨꯛ ꯀꯥ ꯍꯦꯟꯅ
ꯌꯥꯎꯕ ꯑꯆꯥꯄꯣꯠꯁꯤꯡ ꯌꯥꯝꯅ ꯄꯥꯝꯅ ꯆꯥꯕ ꯑꯃꯗꯤ "ꯄꯣꯇꯦꯇꯣ
ꯀꯣꯆ" ꯀꯤ ꯄꯨꯟꯁꯤ ꯃꯑꯣꯡꯗ ꯂꯩꯕ ꯄꯥꯝꯕꯅ ꯍꯧꯖꯤꯛꯀꯤ ꯃꯇꯝꯒꯤ
ꯑꯉꯥꯡꯁꯤꯡ ꯑꯁꯤ ꯀꯥ ꯍꯦꯟꯅ ꯍꯛꯆꯥꯡ ꯅꯣꯏꯕꯒꯤ ꯃꯤꯁꯤꯡ
ꯅꯣꯡꯃ ꯅꯣꯡꯃꯒꯤ ꯌꯥꯝꯈꯠꯂꯛꯂꯤ꯫ ꯑꯉꯥꯡꯁꯤꯡꯒꯤ ꯃꯃꯥ ꯃꯄꯥ,
ꯁ꯭ꯀꯨꯜꯒꯤ ꯑꯣꯖꯥꯁꯤꯡ, ꯀ꯭ꯂꯕꯀꯤ, ꯀꯃ꯭ꯌꯨꯅꯤꯇꯤꯒꯤ ꯑꯃꯗꯤ
ꯁꯔꯀꯥꯔꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯑꯉꯥꯡꯁꯤꯡꯕꯨ ꯁꯥꯟꯅꯕꯗ ꯁꯔꯨꯛ \
ꯥꯍꯟꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯅꯕ ꯁꯤꯟꯕꯤꯒꯗꯕꯅꯤ꯫ ꯑꯁꯨꯝꯅ ꯇꯧꯕꯤꯔꯕꯗꯤ
ꯍꯛꯆꯥꯡ ꯅꯣꯏꯈꯠꯄꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯍꯜꯂꯀꯅꯤ꯫ ꯍꯛꯆꯥꯡ ꯀꯥ
ꯍꯦꯟꯅ ꯅꯣꯏꯈꯠꯄꯅ ꯍꯥꯔ꯭ꯠꯀꯤ ꯂꯥꯏꯅꯥ ꯂꯩꯍꯜꯂꯤ, ꯍꯥꯔ꯭ꯠ ꯑꯦꯇꯦꯛ
ꯇꯧꯗꯨꯅ ꯌꯥꯝꯅ ꯅꯧꯄ ꯄꯨꯟꯁꯤ ꯃꯥꯡꯏ꯫ ꯗꯥꯏꯕꯦꯇꯤꯁꯁꯨ ꯃꯁꯥ ꯅꯣꯏꯕ
ꯑꯍꯥꯎꯕ ꯆꯥꯒꯟꯕ ꯁꯥꯖꯦꯜ ꯋꯥꯠꯄ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯂꯥꯏꯅꯥꯅꯤ꯫
ꯚꯥꯔꯠꯇ ꯑꯉꯥꯡ ꯃꯤꯜꯂꯤꯌꯟ 15 ꯍꯦꯟꯅ ꯑꯣꯕꯦꯁꯤꯇꯤ ꯑꯣꯏ,
ꯃꯁꯥ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯕ, ꯑꯗꯨꯕꯨ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯕ ꯑꯉꯥꯡꯁꯤꯡꯒꯤ
ꯃꯁꯤꯡꯗꯤ ꯆꯍꯤꯒꯤ ꯑꯣꯏꯅ ꯍꯦꯟꯒꯠꯂꯛꯂꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ
TI 2015 ꯗ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯕ ꯑꯉꯥꯡ ꯃꯁꯤꯡ ꯃꯤꯜꯂꯤꯌꯟ 70
ꯌꯧꯒꯅꯤ ꯍꯥꯏꯅ ꯄꯥꯟꯅꯔꯤ꯫ TI 2013 ꯗ ꯃꯥꯂꯦꯝ ꯑꯁꯤꯗ ꯑꯉꯥꯡ
ꯃꯤꯜꯂꯤꯌꯟ 42 ꯀꯥ ꯍꯦꯟꯅ ꯃꯁꯥ ꯅꯣꯏ꯫ TI 1980 ꯗꯒꯤ TI 2013
ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯥꯂꯦꯝ ꯑꯁꯤꯗ ꯑꯉꯥꯡ ꯆꯥꯗ 47.3 ꯀ ꯍꯦꯟꯅ
ꯅꯣꯏꯈꯠꯄꯒꯤ ꯔꯦꯀꯣꯔ꯭ꯗ ꯇꯧꯔꯤ꯫ ꯗꯤꯚꯜꯄꯤꯡ ꯀꯟꯇ꯭ꯔꯣꯁꯤꯡ
ꯆꯥꯎꯈꯠꯂꯛꯂꯤꯕ ꯂꯩꯕꯥꯛ ꯚꯥꯔꯇ ꯑꯃꯁꯨꯡ ꯆꯥꯏꯅꯥꯗ ꯑꯉꯥꯡ
ꯅꯣꯏꯈꯠꯂꯛꯄꯒꯤ ꯆꯥꯡ ꯑꯁꯤ ꯍꯦꯟꯒꯠꯂꯛꯂꯤ ꯍꯥꯏꯕ ꯋꯥꯔ꯭ꯜ ꯍꯦꯜ
ꯐꯤꯔꯦꯞ ꯆꯨꯝꯗ꯭ꯔꯤꯕ ꯐꯥꯎꯕ ꯏꯍꯧ ꯍꯟꯒꯗꯕ ꯃꯥꯟꯗꯦ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯜ ꯄꯥꯏꯗꯨꯅ ꯁꯥꯟꯅꯕꯒꯤ ꯂꯧꯁꯤꯡ ꯊꯥꯗꯣꯛꯂꯁꯤ
ꯃ ꯅꯤꯄꯨꯔꯒꯤ ꯇꯨꯡꯒꯤ ꯂꯥꯏꯕꯛ ꯂꯦꯞꯄ ꯍꯥꯏꯕꯁꯤꯅ ꯁꯤꯕ ꯆꯪꯕꯗꯒꯤ
ꯍꯦꯟꯅ ꯃꯔꯨ ꯑꯣꯏ ꯍꯥꯏꯕꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯃꯤꯌꯥꯝꯒꯤ ꯑꯆꯦꯠꯄ
ꯐꯤꯔꯦꯞꯅꯤ꯫ ꯇꯨꯡꯒꯤ ꯁꯨꯛꯈꯟ ꯈꯟꯗꯕ ꯂꯩꯉꯥꯛꯅ ꯊꯧꯁꯥꯍꯧꯗꯕꯗꯒꯤ ꯉꯁꯤꯒꯤ ꯃꯤꯔꯣꯜꯅ ꯌꯦꯜꯍꯧꯃꯤꯁꯤꯡ ꯃꯨꯠꯈꯤꯒꯗ꯭ꯔꯥ ꯍꯥꯏꯕꯒꯤ ꯆꯥꯎꯅ ꯅꯨꯡꯅꯥꯡꯕ ꯄꯣꯛꯂꯛꯄꯅꯤ꯫ ꯃꯃꯥꯡꯊꯛꯇ ꯃꯊꯪ ꯃꯊꯪ ꯂꯩꯔꯛꯈꯤꯕ ꯂꯩꯉꯥꯛꯀꯤ ꯑꯄꯨꯟꯕꯅ ꯄꯨꯕ ꯃꯥꯟꯕ ꯅꯤꯇꯤ ꯅꯤꯌꯝ ꯌꯥꯎꯗꯕ ꯂꯩꯉꯥꯛꯅ ꯑꯣꯏꯍꯜꯂꯝꯕ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯐꯤꯚꯝ'ꯁꯤ ꯉꯁꯤꯒꯤ ꯂꯩꯉꯥꯛꯅ ꯈꯨꯗꯨꯡ ꯏꯟꯗꯨꯅ ꯃꯈꯥ ꯇꯥꯅ ꯂꯩꯍꯟꯅꯕ ꯍꯣꯠꯅꯔꯛꯄ ꯃꯥꯟꯕ ꯊꯧꯑꯣꯡ ꯆꯠꯊꯔꯛꯄ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯂꯥꯏꯕꯛ ꯊꯤꯕꯅꯤ꯫ ꯅꯣꯡꯃ-ꯅꯣꯡꯃꯒꯤ ꯃꯤꯇꯣꯞꯁꯤꯡ ꯆꯪꯁꯤꯜꯂꯛꯄꯗꯒꯤ ꯉꯁꯤꯗꯤ ꯁꯟꯗ꯭ꯔꯦꯝꯕꯤ ꯏꯃꯥꯗꯤ ꯈ꯭ꯋꯥꯡ \ꯧꯔꯦ ꯍꯥꯏꯕ ꯐꯤꯚꯝ ꯌꯧꯔꯛꯄꯅꯤ꯫ ꯇꯥꯟꯖꯥꯁꯤꯗꯗꯤ ꯃꯅꯤꯄꯨꯔꯅ ꯍꯟꯕ ꯂꯩꯇꯅ ꯊꯦꯡꯅꯗꯨꯅ ꯏꯃꯥ ꯂꯩꯕꯥꯛ, ꯏꯔꯝꯗꯝꯒꯤ ꯌꯦꯜꯍꯧꯃꯤꯁꯤꯡꯒꯤ ꯈꯣꯡꯒꯨꯜ ꯃꯥꯡꯈꯤꯗꯅꯕ ꯈꯣꯡꯖꯪ ꯆꯪꯁꯤꯜꯂꯛꯄꯅꯤ꯫ ꯈꯣꯡꯖꯪ ꯑꯁꯤꯅ ꯑꯃꯁꯨꯡ ꯈꯣꯡꯖꯪ ꯑꯁꯤꯕꯨ ꯊꯤꯡꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯂꯩꯉꯥꯛꯅ ꯑꯔꯩꯕ ꯁ꯭ꯇꯦꯠ ꯐꯣꯔ꯭ꯁ ꯑꯃꯗꯤ ꯄꯔꯥ ꯃꯤꯂꯤꯇꯔꯤ ꯐꯣꯔ꯭ꯁꯀꯤ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯊꯥꯗꯣꯛꯇꯨꯅ ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡ ꯂꯧꯈꯠꯂꯛꯄꯗ ꯃꯤꯆꯝ ꯃꯤꯌꯥꯝꯗꯤ ꯍꯥ-ꯀꯥꯔ ꯂꯥꯎꯗꯦ ꯍꯥꯏꯕꯗꯃꯛ ꯉꯥꯏꯔꯦ꯫ ꯑꯋꯥꯕ ꯀꯣꯡꯒꯥꯏ
ꯀꯌꯥ ꯃꯥꯌꯣꯛꯅꯕ ꯂꯩꯔꯒꯁꯨ ꯌꯦꯜꯍꯧꯃꯤꯁꯤꯡꯒꯤ ꯑꯄꯟ-ꯑꯋꯥꯛ ꯅꯠꯇ꯭ꯔꯒ \ꯩꯈꯥꯏ ꯊꯤꯟꯒꯥꯏꯕ ꯊꯣꯛꯂꯣꯏꯗꯕ ꯂꯤꯛꯂꯝ ꯑꯃ ꯁꯦꯝꯗꯨꯅ ꯃꯗꯨꯗ ꯈꯣꯡꯍꯥꯏ ꯆꯥꯅ ꯆꯠꯆꯟꯕ ꯍꯣꯠꯅꯕ ꯑꯗꯨꯅ ꯍꯦꯟꯅ ꯐꯩ ꯍꯥꯏꯕ ꯋꯥꯈꯜ ꯆꯞ ꯌꯨꯡꯅ ꯈꯟꯅꯔꯦ꯫ ꯂꯩꯉꯥꯛꯅ ꯂꯥꯟꯅ ꯊꯥꯡꯖꯤꯜꯂꯨꯕ ꯈꯣꯡꯐꯝ ꯍꯟꯗꯣꯛꯈꯤꯕ ꯑꯣꯏꯔꯒꯁꯨ ꯃꯔꯣꯂ ꯃꯔꯤ ꯁꯦꯡꯗꯕ ꯋꯥꯔꯣꯜ ꯐꯣꯡꯗꯣꯛꯇꯨꯅ ꯂꯩꯕꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯄꯨꯛꯅꯤꯡ ꯅꯦꯝꯊꯕ ꯉꯝꯗ꯭ꯔꯤ꯫ ꯃꯔꯛ'ꯁꯤꯗ ꯅꯣꯡꯃꯒꯤ ꯉꯁꯤ ꯅꯣꯡꯃꯒꯤ ꯑꯣꯏꯕ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯃꯤꯐꯝ ꯐꯝꯗꯨꯅ ꯃꯤꯐꯝꯅ ꯄꯥꯁ ꯇꯧꯈꯤꯕ ꯕꯤꯜ-ꯗ ꯃꯅꯤꯄꯨꯔ ꯔꯦꯒ꯭ꯌꯨꯂꯦꯁꯟ ꯑꯣꯐ ꯚꯤꯖꯤꯇ꯭ꯔꯁ, ꯇꯦꯅꯥꯟꯠꯁ ꯑꯦꯟ ꯃꯥꯏꯒ꯭ꯔꯦꯟ ꯋꯥꯔꯀꯔ꯭ꯁ ꯕꯤꯜ ꯍꯟꯗꯣꯛꯅꯕ ꯋꯥꯔꯦꯞ ꯂꯧꯒꯗꯧꯔꯤ꯫ ꯑꯗꯨꯝꯃꯛꯄꯨ ꯃꯤꯌꯥꯝꯅ ꯄꯦꯝꯗ꯭ꯔꯕ ꯕꯤꯜ ꯑꯁꯤꯒꯤ ꯃꯍꯨꯠ ꯁꯤꯟꯅꯕ ꯀꯔꯤ ꯀꯔꯝꯕ ꯊꯕꯛ ꯂꯧꯈꯠꯀꯗꯒꯦ ꯍꯥꯏꯕꯗꯨꯗꯤ ꯍꯧꯖꯤꯛꯀꯤ ꯑꯣꯏꯅꯗꯤ ꯂꯩꯈꯥꯏ ꯇꯥꯕ ꯂꯩꯇ꯭ꯔꯤ꯫ ꯇꯁꯦꯡꯅꯃꯛ ꯍꯥꯏꯔꯕꯗ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯜ ꯅꯦꯝꯊꯕ ꯉꯥꯏꯕꯒꯤ ꯃꯑꯣꯡ ꯃꯥꯜꯂꯦ ꯍꯥꯏꯕꯁꯤ ꯃꯤꯌꯥꯝꯗ ꯆꯤꯡꯅꯕ ꯄꯣꯛꯍꯜꯂꯦ꯫ ꯍꯟꯗꯛꯀꯤ ꯇꯥꯟꯖꯥ
ꯑꯁꯤꯗꯗꯤ ꯂꯩꯉꯥꯛꯅ ꯑꯔꯩꯕ ꯄꯥꯡꯒꯜ, ꯁꯛꯇꯤ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯂꯝꯍꯨꯏ ꯂꯧꯁꯤꯡ ꯁꯥꯟꯅꯔꯛꯄ ꯊꯣꯛꯂꯕꯗꯤ ꯃꯗꯨꯒꯤ ꯆꯞ ꯆꯥꯕ ꯃꯍꯏ ꯐꯪꯒꯗꯕ ꯃꯥꯜꯂꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯈꯣꯜꯂꯥꯎ ꯃꯨꯟꯅ ꯇꯥꯗꯅ ꯂꯥꯏ ꯂꯝꯂꯥꯟꯕꯒꯤ ꯃꯑꯣꯡꯗ ꯈꯣꯡ ꯊꯥꯡꯂꯨꯕꯗ ꯑꯔꯥꯛ-ꯑꯈꯪꯅꯕ ꯂꯩꯔꯛꯄ ꯌꯥꯏ꯫ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤꯗ ꯄꯥꯁ ꯇꯧꯈꯤꯕ ꯕꯤꯜ ꯑꯣꯏꯕꯅ ꯑꯃꯨꯛ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤꯗ ꯈꯟꯅꯔꯒ ꯕꯤꯜ ꯑꯁꯤ ꯍꯟꯗꯣꯛꯇꯕ ꯌꯥꯗꯕꯅꯤꯅ ꯅꯣꯡꯃꯒꯤ ꯃꯤꯐꯝ ꯀꯧꯕꯅꯤ꯫ ꯃꯈꯥ ꯇꯥꯅ ꯑꯇꯩ ꯍꯤꯔꯝ ꯑꯃꯠꯇ ꯈꯟꯅꯅꯤꯡꯉꯥꯏ ꯂꯩꯇꯦ ꯍꯥꯏꯕꯅꯤ꯫ꯍꯟꯗꯣꯛꯇꯕ ꯌꯥꯗꯕ ꯕꯤꯜ ꯍꯟꯗꯣꯛꯅꯕꯒꯤ ꯂꯤꯛꯂꯝ ꯀꯥꯏꯗꯅ ꯆꯠꯄ ꯍꯥꯏꯕꯁꯤ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯗ ꯆꯠꯅꯔꯤꯕ ꯂꯩꯉꯥꯛꯂꯣꯟꯒꯤ
ꯇꯧꯗꯕ ꯌꯥꯗꯕ ꯃꯊꯧꯅꯤ꯫ ꯍꯧꯖꯤꯛ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯔꯤꯕ ꯑꯗꯨꯗꯤ ꯃꯤꯌꯥꯝꯅ ꯈꯣꯡꯖꯪ ꯆꯪꯁꯤꯜꯂꯤꯕ ꯑꯁꯤ ꯕꯤꯜ ꯑꯁꯤ ꯍꯟꯗꯣꯛꯈꯤꯕꯅ ꯂꯦꯞꯍꯟꯕ ꯉꯝꯂꯣꯏ꯫ ꯑꯥꯏ ꯑꯦꯜ ꯄꯤ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯒ ꯆꯞ ꯃꯥꯟꯅꯕ ꯂꯦꯖꯤꯁꯂꯦꯁꯟ ꯑꯃ ꯆꯠꯅꯍꯜꯂꯨ ꯍꯥꯏꯅ ꯃꯤꯌꯥꯝꯅ ꯑꯋꯥ-ꯑꯅꯥ ꯀꯌꯥ ꯇꯨꯡꯑꯣꯏꯅꯔꯒ ꯑꯀꯟꯕ ꯈꯣꯡꯖꯪ ꯆꯪꯁꯤꯜꯂꯛꯄꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯩꯉꯥꯛꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯈꯣꯜꯂꯥꯎ ꯇꯥꯕꯒꯤ ꯃꯍꯨꯠꯇ ꯃꯃꯜ ꯄꯋꯥꯔ ꯎꯠꯇꯨꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯜ ꯄꯥꯏꯗꯨꯅ ꯁꯥꯟꯅꯔꯛꯄꯗꯒꯤ ꯃꯃꯜ ꯌꯥꯝꯂꯕ ꯃꯍꯩꯔꯣꯏ ꯑꯃ ꯁꯤꯈ꯭ꯔꯦ, ꯀꯌꯥ ꯑꯃꯅ ꯑꯁꯣꯛ ꯑꯄꯟ ꯅꯪꯈ꯭ꯔꯦ꯫ ꯄꯨꯝꯅꯃꯛ ꯑꯁꯤ ꯐꯥꯒꯤ-ꯐꯔꯥꯡ ꯑꯣꯏꯅ ꯂꯧꯔꯛꯄꯗꯒꯤ ꯃꯑꯣꯡꯗ ꯃꯈꯥꯇ ꯗꯤꯂꯦꯌꯤꯡ ꯇꯦꯛꯇꯤꯁ ꯁꯥꯟꯅꯒꯦ ꯍꯥꯏꯕ ꯋꯥꯈꯜ ꯈꯛ SEWA ꯊꯣꯛꯇꯦ꯫ ꯑꯋꯥ-ꯑꯅꯥ ꯀꯌꯥꯒꯤ
ꯃꯩꯁꯥ ꯂꯥꯡꯂꯁꯨ ꯃꯥꯂꯦꯝ'ꯁꯤꯗ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯌꯦꯜꯍꯧꯃꯤꯁꯤꯡꯒꯤ ꯈꯣꯡꯒꯨꯜ ꯃꯨꯠꯄ ꯌꯥꯔꯣꯏ, ꯃꯨꯠꯍꯟꯅꯕ ꯍꯣꯠꯅꯔꯛꯄ ꯂꯝꯕꯤ ꯊꯤꯡꯅꯕ ꯏꯍꯧ ꯂꯩꯔꯛꯄꯗ ꯋꯥꯈꯜ ꯇꯥꯕ, ꯂꯣ ꯌꯥꯝꯅ ꯈꯪꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯍꯧꯖꯤꯛꯇ ꯂꯧꯁꯤꯡ ꯁꯥꯟꯅꯔꯛꯄꯒꯤ _ꯥꯍꯟꯊꯣꯛ ꯀꯔꯤꯅꯣ? ꯍꯥꯟꯅꯗꯤ ꯀꯩꯗꯧ ꯂꯩꯊꯣꯛꯏ ꯍꯥꯏꯅ ꯃꯤꯌꯥꯝꯅ ꯍꯪꯅꯔꯛꯀꯅꯤ꯫ ꯍꯧꯖꯤꯛ ꯂꯩꯉꯥꯛꯅ ꯏꯍꯧ ꯆꯪꯁꯤꯜꯂꯤꯕ ꯃꯤꯌꯥꯝꯕꯨ ꯂꯝꯖꯤꯡꯂꯤꯕ ꯖꯦ ꯁꯤ ꯑꯥꯏ ꯑꯦꯜ ꯄꯤ ꯑꯦꯁꯀꯤ ꯃꯤꯍꯨꯠꯁꯤꯡꯒ ꯅꯤꯡꯊꯤꯅ ꯐꯃꯤꯟꯅꯗꯨꯅ ꯋꯥꯔꯤ ꯁꯥꯟꯅꯔꯒ ꯃꯤꯌꯥꯝꯒꯤ ꯑꯄꯥꯝꯕꯗꯨ ꯊꯕꯛꯇ ꯑꯣꯟꯊꯣꯛꯅꯕ ꯃꯇꯝ ꯄꯤꯐꯝ ꯊꯣꯛꯏ꯫ ꯀꯟꯗꯤꯁꯟ ꯑꯃꯠꯇ ꯊꯝꯗꯅ ꯈꯣꯡꯊꯥꯡ ꯑꯁꯤ ꯂꯧꯈꯠꯇꯨꯅ ꯃꯗꯨꯒꯤ ꯆꯞ ꯆꯥꯕ ꯊꯕꯛ ꯄꯥꯏꯈꯠꯄ ꯍꯥꯏꯕꯁꯤꯅ ꯑꯗꯨꯝꯕ ꯃꯥꯏꯑꯣꯟ ꯑꯣꯏꯒꯅꯤ꯫ ꯑꯗꯨ ꯐꯥꯎꯕꯗ ꯃꯤꯌꯥꯝꯒꯤ ꯈꯣꯡꯍꯧꯗꯤ ꯍꯟꯒꯅꯤ ꯊꯥꯖꯗꯦ꯫ ꯆꯞ ꯆꯥꯕ ꯇꯕꯛ ꯂꯧꯈꯠꯂꯦ ꯍꯥꯏꯕꯒꯤ ꯑꯁꯦꯡꯕ ꯑꯃ ꯍꯦꯛ ꯈꯪꯂꯕ ꯃꯇꯝꯗ ꯃꯤꯌꯥꯝꯅ ꯅꯦ-ꯇꯥꯕ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯒꯅꯤ꯫ ꯋꯥꯐꯝ ꯑꯃꯅ ꯗꯦꯃꯣꯀ꯭ꯔꯦꯇꯤꯛ ꯑꯣꯏꯕ ꯃꯤꯌꯥꯝꯒꯤ ꯏꯍꯧꯕꯨ ꯈꯣꯏꯁꯥꯎꯅꯕ ꯄꯣꯛꯍꯟꯗꯨꯅ ꯚꯥꯏꯑꯣꯂꯦꯟꯁ ꯂꯥꯛꯍꯟꯅꯕ ꯂꯩꯉꯥꯛꯅ ꯄꯣꯔꯝ ꯁꯦꯝꯗꯕ ꯐꯩ꯫ ꯄꯨꯂꯤꯁꯅ ꯃꯤꯆꯝ ꯀꯌꯥ ꯁꯥ-ꯉꯥꯒꯨꯝ ꯆꯩꯐꯝ ꯅꯥꯏꯅ ꯐꯨꯕ ꯌꯥꯎꯔꯛꯄ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯂꯩꯉꯥꯛꯅ ꯇꯨꯃꯤꯟꯅ ꯂꯩꯁꯤꯟꯐꯝ ꯊꯣꯛꯇꯦ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ

...ꯑꯦꯗꯤꯇꯔꯗ ꯊꯥꯔꯛꯄ ꯆꯤꯊꯤ...

ꯍꯧꯖꯤꯛꯀꯤ ꯑꯣꯏꯔꯤꯕ ꯑꯥꯏ ꯑꯦꯜꯒꯤ ꯐꯤꯚꯝ
ꯏꯀꯦꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯑꯦꯗꯤꯇꯔ,
ꯃꯃꯥꯡ ꯊꯛꯇ ꯀꯌꯥꯔꯛ ꯍꯟꯅ ꯃꯅꯤꯄꯨꯔꯗ
ꯑꯥꯏ ꯑꯦꯜ ꯄꯤ ꯆꯠꯅꯍꯜꯂꯨ ꯍꯥꯏꯗꯨꯅ ꯂꯥꯎ-
ꯈꯣꯡꯗꯨꯅ ꯆꯠꯈꯤꯕ ꯔꯦꯜꯂꯤ, ꯐꯝꯈꯤꯕ ꯃꯤꯐꯝ
ꯑꯃꯗꯤ ꯃꯈꯜ-ꯃꯊꯦꯜ ꯀꯌꯥꯒꯤ ꯈꯣꯡꯖꯪꯁꯤꯡꯕꯨ
ꯉꯁꯤꯒꯤ ꯄꯥꯜꯂꯤꯕ ꯒꯚꯔꯃꯦꯟꯠꯅ ꯀꯔꯤꯁꯨ
ꯅꯥꯆꯨꯡꯕꯤꯗꯅ ꯐꯝꯂꯤꯕ ꯆꯧꯒ꯭ꯔꯤꯗꯒꯤ
ꯍꯦꯟꯗꯣꯛꯇꯕ ꯑꯗꯨꯒꯤ ꯂꯝꯗꯝꯁꯤꯒꯤ
ꯃꯤꯌꯥꯝꯅ ꯄꯦꯟꯗꯕ ꯄꯣꯛꯂꯛꯄ ꯑꯃꯗꯤ
ꯍꯧꯔꯤꯕ ꯏꯍꯧ ꯑꯁꯤꯕꯨ ꯑꯩꯈꯣꯏ ꯈꯛꯀꯤꯔꯥ
ꯍꯥꯏꯕ ꯋꯥꯍꯪ ꯂꯥꯛꯄ ꯑꯃꯗꯤ ꯂꯩꯕꯥꯛ ꯉꯥꯛꯂꯤꯕ
ꯐꯝꯅꯥꯏꯕꯁꯤꯡ ꯃꯄꯥꯜ ꯂꯝꯗꯒꯤ ꯅꯦꯛꯇꯨꯅ
ꯉꯥꯛꯍꯟꯕꯒꯤ ꯃꯑꯣꯡꯗ ꯑꯩ ꯈꯛ ꯍꯤꯡꯂꯒ
ꯂꯣꯏꯔꯦ ꯑꯇꯩꯗꯤ ꯈꯪꯗꯦ ꯍꯥꯏꯕꯒꯤ ꯃꯑꯣꯡ
ꯃꯇꯧꯒꯨꯝ ꯄꯣꯛꯃꯤꯟꯅꯕ ꯃꯃꯥ-ꯃꯄꯥ, ꯃꯆꯤꯜ-
ꯃꯅꯥꯎ, ꯃꯔꯤ-ꯃꯇꯥꯁꯤꯡꯕꯨ ꯀꯔꯤꯁꯨ ꯑꯣꯏꯅ
ꯎꯔꯛꯇꯕ ꯀꯌꯥ ꯑꯁꯤꯅ ꯍꯦꯟꯅ ꯆꯥꯎꯕ
ꯀ꯭ꯔꯥꯏꯝ ꯀꯌꯥ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯂꯥꯛꯂꯣꯏ
ꯍꯥꯏꯅꯤꯡꯉꯥꯏ ꯂꯩꯇꯦ꯫ ꯍꯟꯗꯛꯀꯤ ꯊꯋꯥꯏ
ꯈꯨꯕꯥꯛꯇ ꯍꯥꯞꯇꯨꯅ ꯆꯪꯁꯤꯜꯂꯤꯕ ꯑꯦꯖꯤꯇꯦꯁꯟ
ꯑꯣꯏꯕ ꯈꯣꯡꯗꯪ ꯑꯁꯤꯗꯗꯤ ꯃꯃꯥꯡꯒꯤ
ꯃꯇꯧꯒꯨꯝ ꯇꯨꯃꯤꯟꯅ ꯂꯩꯊꯣꯛꯄ ꯉꯝꯂꯔꯣꯏ,
ꯃꯁꯤꯗꯁꯨ ꯇꯨꯃꯤꯟꯅ ꯂꯩꯁꯤꯟꯈ꯭ꯔꯕꯗꯤ
ꯉꯁꯤꯒꯤ ꯄꯥꯜꯂꯤꯕ ꯒꯚꯔꯃꯦꯟꯠ ꯑꯁꯤꯅ
ꯇꯁꯦꯡꯅꯃꯛ ꯂꯝꯗꯝꯁꯤꯗ ꯃꯥꯏꯒ꯭ꯔꯦꯟꯠ
ꯑꯣꯏꯅ ꯂꯩꯔꯤꯕ ꯃꯌꯥꯡꯁꯤꯡꯕꯨ ꯀꯤꯖꯕ ꯑꯃꯗꯤ
ꯃꯌꯥꯡꯁꯤꯡꯗꯒꯤ ꯀꯥꯟꯅꯕ ꯐꯪꯂꯔꯣꯏ ꯈꯟꯖꯕ
ꯃꯇꯧ ꯑꯗꯨ ꯎꯊꯣꯛꯆꯕꯅꯤ꯫
ꯑꯔꯣꯏꯕꯗ, ꯋꯥꯍꯩ ꯍꯥꯏꯕ ꯑꯁꯤꯁꯨ \
ꯥꯝꯅ ꯂꯨꯕꯅꯤ ꯉꯥꯡꯅꯤꯡꯂꯦ ꯍꯥꯏꯗꯨꯅ ꯍꯦꯛꯇꯃꯛ
ꯉꯥꯡꯂꯣꯏꯗꯕꯅꯤ꯫ ꯁꯪꯁꯥꯔ ꯑꯁꯤꯗ ꯈ꯭ꯋꯥꯏꯗꯒꯤ
ꯂꯨꯄꯥ ꯋꯥꯍꯩꯗꯤ "ꯑꯩꯒꯤ" ꯍꯥꯏꯕ ꯋꯥꯍꯩ ꯑꯁꯤꯅꯤ꯫
ꯑꯗꯨꯕ ꯍꯤꯡꯂꯤꯉꯩ ꯄꯨꯟꯁꯤ ꯃꯇꯦꯛ ꯈꯔꯥ ꯑꯁꯤꯗ
ꯅꯨꯡꯁꯤ-ꯆꯥꯟꯅꯅ ꯊꯃꯣꯏ ꯑꯃꯠꯇ ꯑꯣꯏꯅ
ꯍꯤꯡꯃꯤꯟꯅꯕꯅ ꯍꯦꯟꯅ ꯐꯒꯗ꯭ꯔꯥ ꯅꯤꯡꯖꯩ꯫
ꯑꯗꯣꯝꯒꯤ,
ꯁꯪꯒꯣꯝꯁꯨꯝꯕꯝ ꯌꯨꯅꯨꯁ ꯈꯥꯟ
ꯊꯧꯕꯥꯜ
ꯄꯤꯈꯤꯕꯒꯦ? ꯏꯍꯧ ꯑꯗꯨ ꯁꯔꯨꯛ ꯌꯥꯈꯤꯕ ꯃꯍꯩꯔꯣꯏꯁꯤꯡ
ꯑꯃꯗꯤ ꯃꯤꯌꯥꯝꯕꯨ ꯀꯔꯝꯕ ꯂꯝꯗꯝꯒꯤ ꯂꯥꯟꯗꯥꯕ ꯂꯥꯛꯄ \
ꯦꯛꯅꯕ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯈꯜꯂꯨꯔꯤꯕꯒꯤ ꯃꯔꯝ ꯀꯔꯤꯒꯤꯅꯣ?
ꯃꯈꯣꯏꯅ ꯍꯥꯏꯖꯔꯤꯕ ꯑꯗꯨ ꯃꯅꯤꯄꯨꯔ ꯊꯨꯒꯥꯏꯔꯁꯤ ꯍꯥꯏꯕꯗꯤ
ꯅꯠꯇꯦꯗꯅ ꯃꯅꯤꯄꯨꯔ ꯀꯟꯁꯤ ꯍꯥꯏꯕ ꯅꯠꯈꯤꯗꯕ꯭ꯔꯥ?
ꯑꯆꯧ-ꯑꯁꯥꯡ ꯄꯨꯝꯅꯃꯛ ꯏꯛꯅ ꯇꯨꯝꯅ ꯃꯥꯡꯍꯜꯂꯒꯦ
ꯍꯥꯏꯅ ꯇꯦꯝꯁꯤꯡꯅꯗꯨꯅ ꯊꯣꯔꯛꯄ ꯑꯣꯏꯅ ꯎꯔꯨꯕꯒꯤꯔꯥ,
ꯆꯩꯇꯨꯞ-ꯋꯥꯇꯨꯞ ꯅꯨꯡꯗꯨꯝ ꯄꯥꯏꯗꯨꯅ ꯏꯍꯧꯔꯣꯏꯁꯤꯡꯒ
ꯑꯣꯟꯁꯤꯟꯅꯗꯨꯅ ꯆꯞ ꯆꯥꯅ ꯂꯥꯟ ꯊꯦꯡꯅꯈꯤꯕꯗꯨ ꯑꯣꯟꯊꯣꯛꯅ
ꯌꯦꯡꯍꯩꯗꯕ ꯇꯧꯍꯩꯗꯕ ꯑꯃꯗꯤ ꯇꯧꯐꯝ ꯊꯣꯛꯇꯕ ꯑꯃ ꯑꯣꯏꯅ
ꯎꯈꯤ꯫ ꯅꯥꯀꯜ ꯑꯃꯔꯣꯝꯗ ꯗ꯭ꯌꯨꯇꯤ ꯇꯧꯖꯔꯤꯕ ꯑꯩꯈꯣꯏꯒꯤ
ꯄꯨꯂꯤꯁꯁꯤꯡ ꯊꯧꯅꯥ ꯂꯩꯇꯦ ꯍꯥꯏꯕꯗꯤ ꯌꯥꯔꯣꯏ꯫ ꯍꯟꯗꯛꯇ
ꯅꯠꯇꯅ ꯇꯝꯄꯥꯛꯇ ꯊꯣꯛꯄ ꯃꯤꯌꯥꯝꯒꯤ ꯏꯍꯧꯗ ꯑꯩꯈꯣꯏꯒꯤ
ꯄꯨꯂꯤꯁ ꯂꯤꯡꯖꯦꯜ ꯎꯗꯨꯅꯇ ꯂꯥꯛꯂꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯅꯦꯁꯅꯦꯜ
ꯍꯥꯏꯋꯦ ꯑꯅꯤꯗ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯇꯅ ꯕꯟ ꯇꯧꯔꯤꯕ, ꯂꯝꯕꯤꯗ
ꯊꯣꯛꯇꯨꯅ ꯑꯆꯠ-ꯑꯑꯣꯛꯁꯤꯡꯗꯒꯤ ꯁꯦꯟ ꯃꯨꯜꯂꯤꯕ, ꯐꯤ
ꯃꯨꯜꯂꯤꯕ ꯌꯥꯗ꯭ꯔꯒꯅ ꯇꯝꯊꯤꯅ ꯑꯣꯠ ꯅꯩꯔꯤꯕ ꯀꯌꯥ ꯑꯁꯤꯗꯗꯤ
ꯊꯧꯅꯥ ꯐꯨꯗꯣꯛꯄ ꯀꯌꯥ ꯉꯝꯗꯦ꯫ ꯃꯗꯨꯅ ꯀꯔꯤꯒꯤꯅꯣ? ꯋꯥꯍꯪ
ꯃꯌꯥꯝ ꯑꯃ ꯍꯧꯖꯤꯛꯇꯤ ꯃꯤꯌꯥꯝꯅ ꯍꯪꯅꯕ ꯊꯣꯔꯛꯂꯦ꯫ _
ꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯀꯅꯥꯅ ꯄꯤꯒꯗꯧꯔꯤ? ꯂꯝꯕꯤꯗ
ꯐꯤꯃꯨꯟ-ꯁꯦꯟꯃꯨꯟꯕꯁꯨ ꯊꯤꯡꯕ ꯉꯝꯗꯕ ꯇꯧꯅꯤꯡ ꯇꯧꯅꯤꯡꯕ
ꯇꯧꯍꯜꯂꯤꯕ ꯑꯁꯤꯕꯨꯗꯤ ꯍꯟꯅ ꯌꯦꯡꯗ꯭ꯔꯒ ꯑꯄꯤꯛꯄ
ꯅꯍꯥ ꯃꯆꯥ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯗ ꯑꯣꯟꯁꯤꯟ ꯑꯣꯟꯁꯤꯟꯗꯨꯅ \
ꯦꯛꯅꯕ ꯑꯃꯗ ꯌꯦꯡꯒꯗꯕ ꯃꯤꯠꯌꯦꯡ ꯌꯦꯡꯂꯤꯕ ꯑꯁꯤ ꯑꯧꯅ
ꯄꯦꯟꯅꯗ꯭ꯔꯦ ꯍꯥꯏꯅ ꯃꯥꯏꯀꯩ ꯀꯌꯥꯗꯒꯤ ꯍꯥꯏꯅꯔꯛꯂꯤꯕ _
ꯥꯐꯝꯁꯤꯡ ꯑꯁꯤ ꯑꯩꯈꯣꯏ ꯃꯁꯦꯜꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯨꯛꯅꯕ ꯑꯃ
ꯑꯁꯨꯝ ꯑꯁꯨꯝ ꯃꯈꯥ ꯇꯥꯅ ꯂꯩꯍꯧꯔꯒꯅꯤ꯫ ꯂꯝꯗꯝ ꯑꯁꯤꯗ
ꯏꯪ-ꯇꯞꯄ ꯄꯨꯟꯁꯤꯔꯣꯂ ꯑꯃ ꯑꯁꯨꯝ ꯑꯁꯨꯝ ꯃꯈꯥ ꯇꯥꯅ
ꯂꯩꯍꯧꯔꯒꯅꯤ꯫ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯏꯪ-ꯇꯞꯄ ꯄꯨꯟꯁꯤꯔꯣꯜ
ꯑꯃ ꯁꯦꯝꯒꯠꯄꯗ ꯁꯣꯏꯗꯅ ꯈꯨꯔꯧ ꯊꯥꯡꯂꯛꯀꯅꯤ꯫
ꯂꯩꯕꯥꯛ ꯑꯇꯩꯗꯁꯨ ꯃꯤꯌꯥꯝꯒꯤ ꯏꯍꯧ ꯍꯥꯏꯕꯁꯤ ꯑꯗꯨꯝ
ꯍꯧꯕ ꯆꯠꯅꯩ꯫ ꯑꯗꯨꯕꯨ ꯃꯤꯌꯥꯝꯕꯨ ꯉꯥꯛꯂꯤꯕ ꯄꯨꯂꯤꯁꯁꯤꯡꯅ
ꯌꯥꯝꯅ ꯏꯪꯅ ꯆꯤꯛꯅ ꯃꯤꯌꯥꯝꯒ ꯂꯣꯏꯅꯅꯕ ꯍꯣꯠꯅꯩ꯫ ꯃꯤꯌ
ꯥꯝꯅ ꯅꯨꯡꯅ ꯊꯣꯝꯂꯕꯁꯨ ꯉꯛꯇꯨꯅꯈꯨꯠ ꯍꯟꯗꯅ ꯇꯨꯃꯤꯟ ꯂꯩ꯫
ꯍꯦꯟꯗ ꯍꯦꯟꯖꯤꯜꯂꯛꯂꯒ ꯃꯣꯛ ꯕꯣꯝ/ꯁ꯭ꯃꯣꯛ ꯕꯣꯝ/ ꯔꯕꯔ
ꯕꯨꯂꯦꯠ 30 ꯗꯤꯒ꯭ꯔꯤꯒꯤ ꯃꯈꯥꯗ ꯑꯣꯟꯊꯗꯨꯅ ꯃꯤ ꯊꯣꯛꯇꯅꯕ
ꯀꯥꯞꯄ ꯇꯤ ꯚꯤ ꯆꯦꯅꯦꯜꯁꯤꯡꯗ ꯑꯩꯈꯣꯏꯅ ꯎꯕ ꯐꯪꯂꯤ꯫ ꯑꯗꯨꯅ
ꯃꯤꯌꯥꯝꯅ ꯌꯥꯝꯅ ꯀꯥ ꯍꯦꯟꯅ ꯄꯨꯂꯤꯁꯁꯤꯡꯗ ꯑꯣꯟꯁꯤꯟꯗꯦ꯫
ꯃꯔꯝꯗꯤ ꯃꯈꯣꯏꯗꯤ ꯗꯤꯃꯥꯟ ꯑꯗꯨ ꯄꯨꯂꯤꯁꯇ ꯇꯥꯟꯕ
ꯅꯠꯇꯦ꯫ ꯄꯨꯂꯤꯁꯅꯁꯨ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯣꯕ ꯀꯔꯝꯅ ꯀꯟꯇ꯭ꯔꯣꯂ
ꯇꯧꯒꯗꯒꯦ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅ ꯆꯦꯛꯁꯤꯟꯅ ꯍꯣꯠꯅꯩ꯫
ꯃꯅꯤꯄꯨꯔꯗꯗꯤ ꯃꯗꯨꯒꯤ ꯑꯣꯟꯅ-ꯇꯩꯅꯕ ꯑꯣꯏꯅ ꯎꯔꯤꯕ ꯑꯁꯤ
ꯃꯣꯕ ꯀꯟꯇ꯭ꯔꯣꯂ ꯇ꯭ꯔꯦꯅꯤꯡ ꯑꯃ ꯅꯧꯅ ꯇꯧꯕ ꯃꯊꯧ ꯇꯥꯔꯕ꯭ꯔꯥ
ꯍꯪꯅꯕ ꯋꯥꯍꯪ ꯑꯣꯏꯔꯛꯂꯦ꯫ ꯍꯟꯗꯛ ꯊꯣꯛꯈꯤꯕ ꯑꯗꯨꯅ
ꯑꯔꯣꯏꯕ ꯑꯣꯏꯒꯅꯤ ꯍꯥꯏꯕꯁꯨ ꯂꯩꯇꯦ ꯑꯗꯨꯅ ꯃꯁꯤꯒꯤ ꯃꯇꯥꯡ
ꯑꯁꯤ ꯃꯔꯤ ꯂꯩꯅꯕꯁꯤꯡꯅ ꯆꯦꯛꯁꯤꯟꯅ ꯌꯦꯡꯁꯤꯟꯍꯟꯕ
ꯃꯊꯧ ꯇꯥꯔꯤ꯫ ꯃꯇꯨꯡꯗ ꯄꯥꯝꯗꯕ ꯑꯃꯗꯤ ꯃꯤꯌꯥꯝꯗ ꯃꯥꯡꯍꯟ
ꯇꯥꯛꯍꯟꯕ ꯌꯥꯕ ꯊꯧꯑꯣꯡꯁꯤꯡꯗꯤ ꯌꯥꯔꯤꯕꯃꯈꯩ ꯇꯧꯍꯟꯗꯅ
ꯀꯔꯝꯅ ꯀꯟꯇ꯭ꯔꯣꯜ ꯇꯧꯒꯗꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯈꯟꯅꯕ ꯆꯨꯝꯃꯤ꯫

ꯂꯩꯁꯥꯡꯊꯦꯝ ꯑꯖꯤꯠ
ꯑꯣꯒꯅꯥꯏꯖꯦꯁꯟꯅ ꯆꯦꯔꯣꯂ ꯑꯃ ꯊꯣꯛꯂꯤ꯫ ꯍꯧꯈꯤꯕ ꯆꯍꯤ 30
ꯑꯁꯤꯗ ꯃꯥꯂꯦꯝꯒꯤ (1980-2010) ꯗ ꯆꯍꯤ 19 ꯒꯤ ꯃꯈꯥꯗ
ꯂꯩꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯕꯒꯤ ꯃꯤꯁꯤꯡ ꯆꯥꯗ 50
ꯍꯦꯟꯒꯠꯂꯤ꯫ ꯑꯁꯨꯝꯅ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯁꯤ
ꯃꯈꯜ ꯃꯈꯥ ꯀꯌꯥꯒꯤ ꯂꯥꯏꯅꯥ ꯅꯥꯔꯛꯏ, ꯗꯥꯛꯇꯔꯁꯤꯡꯅ ꯇꯥꯛꯄꯤꯕ
afbi TEe aSOTr ekxEq mkTekKgirg Diabetes-
Type B, Metabolic Syndrome, Subclinical
Inflammation, Polycystic Ovarian
Syndrome, Hypertension, Coronary
Artery ꯭ꯡꯀꯅꯃꯀꯅ ꯅꯆꯤꯡꯕꯅꯤ꯫
ꯆꯍꯤ 60/70 ꯔꯣꯝꯒꯤ ꯃꯃꯥꯡꯗ ꯁ꯭ꯀꯨꯜꯒꯤ ꯑꯣꯖꯥꯁꯤꯡ
ꯑꯃꯗꯤ ꯃꯄꯥ ꯃꯄꯥꯁꯤꯡꯅ ꯃꯆꯥ ꯃꯁꯨꯁꯤꯡꯕꯨ ꯁꯥꯟꯅꯕ ꯑꯁꯤ
ꯃꯇꯝ ꯃꯥꯡꯕꯅꯤ, ꯁꯥꯟꯅꯔꯤꯉꯩꯗ ꯅꯄꯨꯟꯁꯤ ꯑꯗꯨ ꯀꯔꯤꯁꯨ
ꯇꯧꯕ ꯉꯝꯃꯣꯏ, ꯃꯤ ꯑꯃ ꯑꯣꯏꯕ ꯉꯝꯃꯣꯏ ꯍꯥꯏꯕꯒꯤ _
ꯥꯈꯜꯂꯣꯟꯗ ꯑꯉꯥꯡ ꯑꯣꯏꯔꯤꯕ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯕꯨ ꯁꯥꯟꯅꯕꯗ
ꯁꯔꯨꯛ ꯌꯥꯍꯟꯅꯕ ꯃꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯂꯝꯗꯦ꯫ ꯃꯈꯣꯏꯗ
ꯃꯅꯤꯡ ꯇꯝꯅ ꯁꯥꯟꯅꯕꯒꯤ ꯇꯥꯟꯖꯥ ꯑꯃꯠꯇ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯗ
ꯄꯤꯅꯤꯡꯕꯒꯤ ꯋꯥꯈꯜ ꯋꯥꯠꯂꯝꯃꯤ꯫ ꯍꯧꯖꯤꯛꯇꯤ
ꯁꯥꯏꯀꯣꯂꯣꯖꯤꯁ ꯑꯃꯗꯤ ꯃꯍꯩ ꯃꯁꯤꯡ ꯍꯩꯕꯁꯤꯡꯅ
"ꯁꯥꯟꯅꯕ" ꯑꯁꯤ ꯃꯍꯩ ꯃꯁꯤꯡ ꯇꯝꯕꯗ ꯑꯆꯧꯕ ꯃꯐꯝ
ꯑꯃ ꯀꯟꯕ ꯉꯝꯍꯜꯂꯦ꯫ ꯁꯥꯟꯅ-ꯈꯣꯠꯅꯕꯗ ꯁꯔꯨꯛ \
ꯥꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯍꯛꯆꯥꯡ ꯅꯣꯏꯈꯠꯄ ꯉꯝꯗꯦ,
ꯃꯁꯤꯅ ꯍꯛꯆꯥꯡꯁꯨ ꯐꯍꯜꯂꯤ, ꯋꯥꯈꯜꯁꯨ ꯅꯨꯡꯉꯥꯏꯍꯜꯂꯤ,
ꯂꯝꯆꯠꯁꯨ ꯐꯖꯩ, ꯄꯨꯛꯆꯦꯜꯁꯨ ꯁꯦꯡꯏ, ꯃꯔꯨꯞ-ꯃꯥꯡ
ꯍꯦꯡꯒꯠꯂꯤ ꯑꯃꯁꯨꯡ ꯊꯛꯁꯤ ꯈꯥꯁꯤ ꯉꯥꯛꯅ ꯆꯠꯂꯤ꯫
ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯗ ꯂꯨꯆꯤꯡꯕ ꯑꯣꯏꯕꯒꯤ ꯃꯇꯤꯛ-ꯃꯒꯨꯟ
ꯌꯥꯎꯏ, ꯃꯤꯅ ꯇꯧꯕ ꯊꯕꯛꯇ ꯃꯇꯦꯡ ꯄꯥꯡꯅꯤꯏ, ꯃꯈꯣꯏ
ꯑꯁꯤ ꯄꯥꯟꯖꯜ ꯊꯣꯏꯔꯒ ꯅꯣꯜꯂꯨꯛꯏ ꯄꯥꯟꯖꯜ ꯄꯣꯔꯒ
ꯃꯊꯧꯅ ꯍꯦꯟꯒꯠꯂꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯑꯁꯤꯗꯅꯤ
ꯃꯤꯌꯥꯝꯅ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯕꯨ ꯑꯋꯥꯡꯕ ꯊꯥꯛꯇ ꯊꯝꯅꯔꯤꯕ
ꯑꯁꯤ꯫

ꯑꯉꯥꯡ ꯑꯣꯏꯔꯤꯕ ꯂꯨꯀꯥꯅꯟꯗꯒꯤ ꯑꯇꯦꯟꯕ ꯐꯤꯂꯝ ꯑꯁꯤꯗ
ꯌꯥꯎꯔꯤꯕ ꯅꯨꯡꯒꯤ ꯑꯣꯏꯕ ꯋꯥꯈꯜꯂꯣꯟꯗꯤ ꯉꯝꯈꯩ ꯂꯩꯇꯅ ꯄꯥꯛ
ꯆꯥꯎꯕ ꯍꯥꯏꯕ ꯑꯗꯨ ꯑꯣꯏꯔꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯄꯥꯎꯖꯦꯜ ꯑꯁꯤꯅ
ꯃꯤꯌꯥꯝꯁꯨ ꯁꯥꯟꯅꯕꯒꯤ ꯑꯐꯕ ꯃꯒꯨꯟꯁꯤꯡꯕꯨ ꯏꯀꯥꯏ ꯈꯨꯝꯅꯕꯤꯒꯅꯤ
ꯈꯜꯂꯤ꯫