ꯄꯦꯡ ꯆꯣꯏꯔꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯃꯠꯇꯅ ꯄꯥꯝꯗꯕ ꯊꯕꯛꯅꯤ꯫ ꯑꯗꯨꯕꯨ
ꯆꯣꯏꯔꯤꯕ ꯃꯁꯥꯃꯛꯇꯤ ꯈꯪꯂꯔꯣꯏ, ꯇꯣꯉꯥꯟꯕ ꯇꯥꯏꯕꯪ ꯑꯃꯗ ꯂꯩꯈ꯭ꯔꯕꯅꯤꯅ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯐꯤꯚꯝꯁꯤ ꯀꯔꯤ ꯀꯔꯤꯗꯒꯤ ꯑꯣꯏꯔꯛꯄꯒꯦ ꯍꯥꯏꯕꯒꯤ
ꯃꯇꯥꯡꯗ ꯊꯤꯖꯤꯟꯕꯒꯤ ꯊꯕꯛ ꯀꯌꯥ ꯂꯦꯞꯇꯅ ꯄꯥꯏꯈꯠꯂꯤ, ꯑꯗꯨꯒ ꯃꯁꯤꯕꯨ
ꯊꯦꯡꯅꯅꯕ ꯂꯥꯜꯂꯣꯡꯁꯨ ꯊꯤꯔꯤ꯫ ꯑꯗꯨꯅ ꯅꯣꯡꯃ ꯅꯠꯇ꯭ꯔꯒ ꯅꯣꯡꯃꯗꯤ ꯄꯦꯡ
ꯆꯣꯏꯕ ꯃꯤ ꯃꯥꯂꯦꯝꯗ ꯂꯩꯔꯛꯇꯕ ꯌꯥꯏ ꯅꯠꯇ꯭ꯔꯒ ꯃꯈꯣꯏꯒꯤ ꯃꯁꯤꯡ ꯌꯥꯝꯅ
ꯍꯟꯊꯔꯛꯄꯁꯨ ꯌꯥꯏ꯫ ꯃꯁꯤꯒꯤꯗꯃꯛ ꯑꯩꯈꯣꯏ ꯍꯣꯡꯂꯛꯂꯤꯕ ꯌꯥꯑꯣꯜꯁꯤꯒ
ꯅꯛꯁꯤꯟꯅꯗꯕ ꯌꯥꯔꯛꯇ꯭ꯔꯦ, ꯃꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯈꯪꯕꯒꯤ ꯃꯊꯧ ꯇꯥꯔꯛꯂꯦ꯫

ꯃꯔꯝ ꯑꯁꯤꯅ ꯅꯧꯅ ꯄꯨꯊꯣꯔꯛꯂꯤꯕ ꯀꯌꯥꯁꯤ ꯑꯩꯈꯣꯏ ꯄꯨꯟꯅ ꯈꯪꯃꯤꯟꯅꯁꯤ
ꯍꯥꯏꯕꯒꯤ ꯄꯥꯟꯗꯝꯗ ꯋꯥꯔꯦꯡꯁꯤ ꯎꯖꯕꯅꯤ꯫

ꯑꯦꯟꯇꯤꯀꯣꯂꯤꯅꯔꯖꯤꯛ ꯑꯣꯏꯕ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯍꯦꯟꯖꯤꯟꯅ ꯆꯥꯕ
ꯅꯠꯇ꯭ꯔꯒ ꯃꯇꯝ ꯀꯨꯏꯅ ꯁꯤꯖꯤꯟꯅꯔꯛꯄ ꯃꯇꯝꯗ ꯑꯜꯖꯩꯃꯔꯁ ꯗꯤꯖꯤꯖ
(ꯑꯦ ꯗꯤ) ꯌꯥꯎꯅ ꯄꯦꯡ ꯆꯣꯏꯔꯛꯄ (ꯗꯤꯃꯦꯟꯥꯤꯌꯥ) ꯌꯥꯕꯒꯤ ꯑꯣꯏꯊꯣꯛꯄ
ꯂꯩ ꯍꯥꯏꯅ ꯊꯤꯖꯤꯟꯕ ꯑꯃꯗꯒꯤ ꯈꯪꯕ ꯉꯝꯂꯦ ꯍꯥꯏꯔꯤ꯫ ꯑꯦꯁꯤꯇꯣꯀꯣꯂꯥꯏꯟ
ꯍꯥꯏꯕꯁꯤ ꯑꯇꯩ ꯁꯦꯜꯁꯤꯡꯗ ꯄꯥꯎ ꯄꯤꯅꯕꯒꯤꯗꯃꯛ ꯅꯔꯚ ꯁꯦꯜꯁꯤꯡꯅ
ꯊꯥꯗꯣꯛꯔꯛꯄ ꯀꯦꯃꯤꯀꯦꯜ ꯍꯥꯏꯕꯗꯤ ꯅ꯭ꯌꯨꯔꯣꯇ꯭ꯔꯥꯟꯁꯃꯤꯇꯔ ꯑꯃꯅꯤ꯫

ꯃꯁꯤꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ FON ꯑꯃꯁꯨꯡ ꯑꯇꯩ ꯍꯛꯆꯥꯡꯒꯤ ꯁꯔꯨꯛꯁꯤꯡꯗ
ꯃꯊꯧ ꯇꯧꯏ꯫ ꯑꯦꯁꯤꯇꯣꯀꯣꯂꯥꯏꯟꯒꯤ ꯑꯣꯏꯕ ꯍꯤꯗꯥꯛ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯍꯤꯗꯥꯛꯁꯤꯡꯁꯤ ꯑꯍꯜ ꯑꯣꯏꯔꯕ ꯃꯤꯁꯤꯡꯅ ꯇꯣꯏꯅ
ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯍꯤꯗꯥꯛ ꯑꯃꯒꯤ ꯃꯃꯤꯡ ꯄꯜꯂꯒꯗꯤ ꯑꯈꯪ-

ꯑꯍꯩꯒꯤ ꯑꯌꯥꯕ ꯌꯥꯎꯗ꯭ꯔꯕꯁꯨ ꯍꯤꯗꯥꯛ ꯌꯣꯟꯕ ꯗꯨꯀꯥꯟꯁꯤꯡꯅ ꯂꯣꯛ
ꯊꯨꯡꯕ, ꯍꯥꯛꯀꯆꯕ, ꯅꯥꯇꯣꯟ ꯃꯍꯤ ꯆꯦꯟꯕ ꯑꯃꯁꯨꯡ ꯑꯇꯩ ꯑꯦꯂꯔꯖꯤꯒ
ꯃꯔꯤ ꯂꯩꯅꯕ ꯑꯅꯥꯕ ꯈꯔ ꯐꯍꯟꯅꯕ ꯍꯦꯛ ꯍꯦꯛ ꯄꯤꯒꯗꯕ ꯕꯦꯅꯥꯗ꯭ꯔꯤꯜ
(ꯖꯦꯅꯦꯔꯤꯛ ꯃꯃꯤ: ꯗꯥꯏꯐꯦꯟꯍꯥꯏꯗ꯭ꯔꯃꯤꯟ) ꯄꯟꯕ ꯌꯥꯏ꯫

ꯖꯔꯅꯦꯜ ꯑꯣꯐ ꯗꯤ ꯑꯃꯦꯔꯤꯀꯥꯟ ꯃꯦꯗꯤꯀꯦꯜ ꯑꯦꯁꯣꯁꯤꯑꯦꯁꯟ (ꯖꯥꯃꯥ)
ꯒꯤ ‘ꯖꯥꯃꯥ ꯏꯟꯇꯔꯅꯦꯜ ꯃꯦꯗꯤꯁꯤꯟ’ (ꯃꯥꯔꯆ 2015) ꯗ ꯈꯣꯡꯈꯤꯕ ꯄꯥꯎꯗꯝ
ꯑꯃꯒꯤ ꯃꯇꯨꯡ ꯏꯟꯅ ꯑꯦꯟꯇꯤꯀꯣꯂꯤꯅꯔꯖꯤꯛ ꯑꯣꯏꯕ ꯍꯤꯗꯥꯛꯁꯤꯡꯅ
ꯄꯦꯡ ꯆꯣꯏꯍꯜꯂꯛꯄ ꯌꯥꯕꯒꯤ ꯑꯣꯏꯊꯣꯛꯄ ꯂꯩ ꯍꯥꯏꯈꯤꯕꯅꯤ꯫ ꯄꯥꯎꯗꯝꯁꯤꯕꯨ
ꯏꯔꯛꯈꯤꯕ ꯊꯤꯖꯤꯜꯂꯣꯏꯁꯤꯡꯅ ꯆꯍꯤ ꯇꯔꯦꯠꯇꯒꯤ ꯍꯦꯟꯅ ꯐꯥꯔꯃꯥꯔꯥꯤꯗꯒꯤ
ꯐꯪꯕ ꯔꯦꯀꯣꯔꯗꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯈꯤ꯫ ꯍꯧꯖꯤꯛ ꯑꯩꯈꯣꯏꯅ ꯑꯣꯚꯔ ꯗ
ꯀꯥꯎꯟꯇꯔ, ꯁꯝꯅ ꯑꯣ ꯇꯤ ꯁꯤ ꯍꯥꯏꯅ ꯈꯪꯅꯕ, (ꯑꯈꯪ-ꯑꯍꯩ, ꯗꯥꯛꯇꯔꯒꯤ
ꯑꯌꯥꯕ ꯌꯥꯎꯗꯅ ꯍꯥꯏꯕꯗꯤ ꯄ꯭ꯔꯤꯁꯀ꯭ꯔꯤꯞꯁꯟ ꯌꯥꯎꯗꯅ ꯂꯩꯕ ꯌꯥꯔꯕ)
ꯍꯤꯗꯥꯛ ꯌꯥꯝꯅ ꯁꯤꯖꯤꯟꯅꯔꯤ꯫ ꯑꯣ ꯇꯤ ꯁꯤ ꯑꯣꯏꯔꯦ ꯍꯥꯏꯅ ꯂꯥꯎꯊꯣꯛꯇ꯭ꯔꯤꯕ
ꯍꯤꯗꯥꯛꯁꯤꯡꯕꯨꯁꯨ ꯑꯣ ꯇꯤ ꯁꯤꯒꯤ ꯂꯤꯁꯠꯇ ꯌꯥꯎꯍꯟꯅꯕ ꯀꯝꯄꯦꯅꯤꯁꯤꯡꯅ
ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯗꯥꯛꯇꯔꯁꯤꯡꯗ ꯁꯦꯜ ꯌꯥꯝꯅ ꯄꯤꯔꯒ ꯋꯥꯅꯣꯝꯂꯝꯕꯁꯨ \

ꯥꯔꯤꯕꯅꯤ꯫ ꯃꯔꯝꯗꯤ ꯑꯁꯤꯒꯨꯝꯕ ꯍꯤꯗꯥꯛ ꯃꯌꯥꯝ ꯑꯃ ꯗꯨꯀꯥꯟ ꯈꯨꯗꯤꯡꯃꯛꯇ

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ꯣꯟꯕ ꯌꯥꯔꯛꯂꯕꯗꯤ ꯁꯦꯟꯗꯣꯡ ꯌꯥꯝꯅ ꯇꯥꯟꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯅꯤꯄꯨꯔꯒꯤ
ꯑꯣꯏꯅ ꯌꯦꯡꯂꯨꯔꯕꯗꯤ ꯑꯣ ꯇꯤ ꯁꯤ ꯅꯠꯇꯕ ꯍꯤꯗꯥꯛ ꯃꯌꯥꯝ ꯑꯃ ꯐꯥꯔꯃꯥꯔꯁꯤ
ꯐꯝꯕꯁꯤꯡꯅ ꯄ꯭ꯔꯤꯁꯀ꯭ꯔꯤꯞꯁꯟ ꯌꯥꯎꯗꯅ ꯑꯗꯨꯝ ꯌꯣꯜꯂꯤ꯫ ꯃꯤꯆꯝ ꯃꯤꯌ
ꯥꯝꯁꯨ ꯑꯗꯨꯝ ꯂꯩꯅꯩ꯫ ꯃꯁꯤꯃꯛ ꯇꯧꯔꯣꯏꯗꯕ ꯑꯃꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯈꯨꯟꯅꯥꯏꯁꯤꯗ
ꯍꯤꯡꯂꯤꯕ ꯈꯨꯗꯤꯡꯃꯛ ꯊꯥꯛ ꯃꯥꯟꯅꯗꯕ ꯅꯠꯇ꯭ꯔꯒ ꯍꯦꯟꯅ ꯑꯣꯏꯖꯕ ꯄꯥꯝꯕ,
ꯃꯗꯨꯃꯛ ꯅꯠꯇ꯭ꯔꯒꯁꯨ ꯂꯥꯞꯅ ꯆꯠꯅꯤꯡꯗꯕ ꯑꯃꯁꯨꯡ ꯉꯥꯏꯕ ꯇꯟꯕꯗꯒꯤ ꯑꯣ
ꯇꯤ ꯁꯤ ꯅꯠꯇ꯭ꯔꯒ ꯍꯤꯗꯥꯛ ꯌꯣꯟꯕ ꯗꯨꯀꯥꯟꯒꯤ ꯄꯥꯎꯇꯥꯛꯇ ꯍꯦꯛꯇ ꯍꯤꯗꯥꯛ
ꯂꯩꯕꯁꯤ ꯇꯧꯅꯔꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ‘ꯑꯦꯗꯜꯠ ꯆꯦꯟꯆꯖ TE FOG’ (ꯑꯦ
ꯁꯤ ꯇꯤ ꯅꯠꯇ꯭ꯔꯒ ꯑꯦꯛ) ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯊꯤꯖꯤꯟꯕꯗꯨꯗ ꯌꯥꯎꯈꯤꯕ ꯑꯦꯝ ꯑꯦꯁ
ꯁꯦꯜꯂꯤ ꯒ꯭ꯔꯦꯟꯅ ꯍꯥꯏ.’ ‘ꯣꯦꯛꯅꯗ adults should ꯨꯅ ꯃꯄꯃꯗꯅ that

many medications - including some available without

a prescription, such as over-the-counter sleep aids

- have strong anticholinergic effects’ ! aKgxg afkir

ꯑꯩꯈꯣꯏꯅ ꯌꯥꯝꯅ ꯈꯟꯊꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯅ ꯂꯩꯔꯦ꯫

ꯊꯤꯖꯤꯟꯕꯒꯤ ꯊꯕꯛꯁꯤ ꯋꯥꯁꯤꯡꯇꯟꯒꯤ ‘ꯒ꯭ꯔꯨꯞ ꯍꯦꯜꯊ’ ꯀ ‘\

ꯨꯅꯤꯚꯥꯔꯁꯤ ꯑꯣꯐ ꯋꯥꯁꯤꯡꯇꯟ’ ꯒ ꯈꯨꯝꯁꯝꯅꯗꯨꯅ ꯄꯥꯏꯈꯠꯈꯤꯕꯅꯤ, ꯑꯗꯨꯒ

‘ꯅꯦꯁꯅꯦꯜ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ ꯑꯣꯟ ꯑꯦꯖꯤꯡ’ ꯅ ꯁꯦꯟꯊꯪ ꯄꯤꯈꯤꯕꯅꯤ꯫

ꯊꯤꯖꯤꯜꯂꯣꯏꯁꯤꯡꯅ ꯒ꯭ꯔꯨꯞ ꯍꯦꯜꯊꯀꯤ ꯃꯤꯑꯣꯏ 3,500 ꯅ ꯐꯥꯔꯃꯥꯔꯁꯤꯗꯒꯤ
ꯆꯍꯤ ꯇꯔꯦꯠꯇ ꯂꯩꯈꯤꯕ ꯍꯤꯗꯥꯛꯁꯤꯡꯒꯤ ꯔꯦꯀꯣꯔꯗ ꯌꯦꯡꯂꯒ ꯆꯥꯡꯌ
ꯦꯡꯁꯤ ꯄꯥꯡꯊꯣꯛꯈꯤꯕꯅꯤ꯫ ꯊꯤꯖꯤꯟꯕꯗ ꯁꯔꯨꯛ ꯌꯥꯈꯤꯕ ꯑꯌꯥꯝꯕ ꯃꯤꯁꯤꯡꯅ
ꯁꯤꯖꯤꯟꯅꯈꯤꯕ ꯍꯤꯗꯥꯛꯁꯤꯡꯗꯤ ꯗꯣꯛꯁꯣꯄꯤ (ꯁꯤꯅꯦꯀ꯭ꯋꯥꯟ) ꯒꯨꯝꯕ
ꯇ꯭ꯔꯥꯏꯁꯥꯏꯛꯂꯤꯛ ꯑꯦꯟꯇꯤꯗꯤꯄ꯭ꯔꯦꯁꯦꯟꯠꯁꯤꯡ, ꯀ꯭ꯂꯣꯔꯐꯦꯅꯤꯔꯑꯦꯃꯤꯟ
(ꯀ꯭ꯂꯣꯔꯇ꯭ꯔꯥꯏꯃꯦꯇꯣꯟ) ꯒꯨꯝꯕ ꯑꯍꯥꯟꯕ ꯖꯦꯅꯦꯔꯦꯁꯟꯒꯤ
ꯑꯦꯟꯇꯤꯍꯤꯁꯇꯥꯃꯤꯟꯁꯤꯡ ꯑꯃꯥꯨꯡ ꯑꯣꯛꯁꯤꯕ꯭ꯌꯨꯇꯥꯏꯅꯤꯟ 9ꯗꯥꯏꯇ꯭ꯔꯣꯄꯥꯟ)
ꯒꯨꯝꯕ ꯕ꯭ꯂꯦꯗꯔ ꯀꯟꯇ꯭ꯔꯣꯜꯗ ꯁꯤꯖꯤꯟꯅꯕ ꯑꯦꯟꯇꯤꯃꯨꯁꯀꯥꯔꯤꯅꯤꯛꯁꯤꯡꯅꯤ꯫

ꯊꯤꯖꯤꯟꯕꯁꯤꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯃꯗ ꯗꯣꯛꯁꯣꯄꯤꯟ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 10,
ꯀ꯭ꯂꯣꯔꯐꯦꯅꯤꯔꯑꯦꯃꯤꯟ ꯃꯤꯂꯤꯒ꯭ꯔꯝ 4 ꯅꯠꯇ꯭ꯔꯒ ꯑꯣꯛꯁꯤꯕ꯭ꯌꯨꯇꯥꯏꯅꯤꯟ
ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 5 ꯒꯤ ꯆꯥꯡꯗ ꯆꯍꯤ ꯑꯍꯨꯝ ꯍꯦꯟꯅ ꯆꯥꯔꯛꯂꯕꯗꯤ ꯄꯦꯡ
ꯆꯣꯏꯍꯜꯂꯛꯄ ꯌꯥꯕꯒꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯋꯥꯡꯏ ꯍꯥꯏꯕ ꯈꯪꯈꯤꯕꯅꯤ꯫ ꯑꯗꯨꯅ
ꯑꯁꯤꯒꯨꯝꯕ ꯍꯤꯗꯥꯛꯁꯤꯡꯁꯤꯒꯤ ꯃꯍꯨꯠꯇ ꯗꯥꯛꯇꯔ ꯒ꯭ꯔꯦꯅ ꯗꯣꯛꯁꯦꯄꯤꯟ
ꯑꯃꯁꯨꯡ ꯀ꯭ꯂꯣꯔꯐꯦꯅꯤꯔꯑꯦꯃꯤꯟꯒꯤ ꯃꯍꯨꯠꯇ ꯗꯤꯄ꯭ꯂꯦꯁꯟꯒꯤ ꯑꯣꯏꯅ
ꯁꯤꯇꯥꯂꯣꯄ꯭ꯂꯥꯝ (ꯁꯦꯂꯦꯛꯁꯥ) ꯅꯠꯇ꯭ꯔꯒ ꯐ꯭ꯂꯨꯑꯣꯛꯁꯤꯇꯤꯟ (ꯄ꯭ꯂꯣꯖꯥꯛ)
ꯑꯗꯨꯒ ꯑꯦꯅꯔꯖꯤꯒꯤ ꯑꯣꯏꯅꯗꯤ ꯂꯣꯔꯥꯇꯥꯗꯥꯏꯟ (ꯀ꯭ꯂꯥꯔꯤꯇꯤꯟ) ꯒꯨꯝꯕ
ꯑꯅꯤꯁꯨꯝꯕ ꯖꯦꯅꯔꯦꯁꯟꯒꯤ ꯑꯦꯟꯇꯤꯍꯤꯁꯇꯥꯃꯤꯟꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯅꯕ
ꯍꯥꯏꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯕ꯭ꯂꯦꯗꯔ ꯀꯟꯇ꯭ꯔꯣꯜꯒꯤ ꯑꯣꯏꯗꯅꯤ ꯃꯍꯨꯠ ꯁꯤꯟꯕ \

ꯥꯕꯁꯤ ꯏꯔꯩ ꯂꯩꯇ꯭ꯔꯤ ꯍꯥꯏꯅ ꯋꯥꯐꯝꯁꯨ ꯃꯍꯥꯛꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫ ꯀꯅꯥꯒꯨꯝꯕ ꯂꯥꯌ
ꯦꯡꯂꯤꯕ ꯗꯥꯛꯇꯔ ꯑꯃꯅ ꯑꯅꯥꯕꯗꯨꯒꯤꯗꯃꯛ ꯑꯦꯟꯇꯤꯀꯣꯂꯤꯅꯔꯖꯤꯛꯀꯤ
ꯍꯤꯗꯥꯛꯁꯤꯡ ꯄꯤꯖꯕ ꯇꯥꯔꯒꯁꯨ ꯏꯐꯦꯛꯇꯤꯚꯇꯤ ꯑꯣꯏꯕ ꯈ꯭ꯋꯥꯏꯗꯒꯤ \

ꯥꯝꯗꯕ ꯆꯥꯡꯗ ꯄꯤꯖꯒꯗꯕꯅꯤ꯫ ꯂꯣꯏꯅꯅ ꯌꯥꯝꯅ ꯀꯨꯞꯅ ꯌꯦꯡꯁꯤꯟꯕꯒꯤ ꯃꯊꯧ
ꯇꯥꯏ꯫ ꯀꯔꯤꯒꯨꯝꯕ ꯐꯪꯗ꯭ꯔꯕꯗꯤ ꯈꯨꯗꯛꯇ ꯂꯦꯞꯀꯗꯕꯅꯤ ꯍꯥꯏꯕ ꯃꯍꯥꯛꯀꯤ
ꯃꯣꯠ ꯄꯤꯔꯤ꯫

ꯃꯤꯑꯣꯏꯕꯒꯤ ꯊꯣꯞꯁꯤꯡ ꯍꯛꯆꯥꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯂꯩꯔꯤꯕ ꯀꯌꯥꯠꯁꯤꯡꯒꯤ
ꯃꯅꯨꯡꯗ ꯏ-ꯎꯇꯣꯡꯁꯤꯡꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯏꯅꯥꯛꯈꯨꯟꯕ ꯅꯦꯠꯋꯥꯛ ꯑꯃꯅꯤ꯫

ꯅꯦꯠꯋꯥꯛꯁꯤꯗ ꯏ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯐꯪꯂꯛꯇ꯭ꯔꯕ ꯃꯇꯝꯗ ꯊꯣꯞꯀꯤ ꯁꯦꯜꯁꯤꯡꯗ
ꯑꯣꯛꯁꯤꯖꯦꯟ ꯑꯃꯁꯨꯡ ꯃꯆꯤꯟꯖꯥꯛ ꯋꯥꯠꯂꯛꯏ꯫ ꯑꯁꯨꯝꯅ ꯃꯇꯝ ꯀꯨꯏꯅ
ꯂꯩꯔꯛꯄ ꯃꯇꯝꯗ ꯋꯥꯈꯜ ꯈꯟꯕ, ꯅꯤꯡꯁꯤꯡꯕꯅꯆꯤꯡꯕꯒꯤ ꯁꯛꯇꯤ ꯇꯞꯅ
ꯇꯞꯅ ꯍꯟꯊꯔꯛꯏ꯫ ꯃꯁꯤꯗꯒꯤ ꯚꯥꯁꯀꯨꯂꯔ ꯗꯦꯃꯦꯟꯁꯤꯌꯥ ꯑꯣꯏꯔꯛꯄ \

ꯥꯏ꯫ ꯃꯁꯤꯒ ꯃꯔꯤ ꯂꯩꯅꯅ ꯊꯤꯖꯤꯟꯕ ꯑꯃꯗ ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕꯅ ꯃꯔꯝ
ꯑꯣꯏꯔꯒ ꯚꯥꯁꯀꯨꯂꯥꯔ ꯗꯦꯃꯣꯟꯁꯤꯌꯥ ꯑꯣꯏꯔꯛꯄ ꯌꯥꯕꯒꯤ ꯆꯥꯡ ꯆꯍꯤ 30-50
ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯂꯩꯕ ꯃꯤꯁꯤꯡꯗ 62% ꯍꯦꯟꯅ ꯋꯥꯡꯅ ꯂꯩ ꯍꯥꯏꯔꯤ꯫ ‘ꯖꯔꯖ
ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ ꯐꯣꯔ ꯒ꯭ꯂꯣꯕꯦꯜ ꯍꯦꯜꯊ’ꯀꯤ ꯄ꯭ꯔꯣꯐꯦꯁꯔ ꯀꯥꯖꯦꯝ ꯔꯍꯤꯃꯤꯅ
ꯐꯣꯡꯗꯣꯛꯄꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ, ꯃꯥꯂꯦꯝꯒꯤ ꯑꯣꯏꯅ ꯚꯥꯁꯀꯨꯂꯔ ꯗꯦꯃꯦꯟꯁꯤꯌ
ꯥꯅ ꯅꯥꯕ ꯃꯤꯒꯤ ꯃꯁꯤꯡꯁꯤ ꯅꯣꯡꯃ ꯅꯣꯡꯃꯒꯤ ꯍꯦꯟꯒꯠꯂꯛꯄꯅ ꯆꯥꯎꯈꯠꯂꯕ
ꯑꯃꯗꯤ ꯆꯥꯎꯈꯠꯂꯛꯂꯤꯕ ꯂꯩꯕꯥꯛꯁꯤꯡꯗ ꯃꯁꯤꯅ ꯁꯦꯟꯃꯤꯠꯂꯣꯟ ꯑꯃꯗꯤ
ꯈꯨꯟꯅꯥꯏꯒꯤ ꯑꯣꯏꯕ ꯄꯣꯠꯂꯨꯝ ꯍꯦꯟꯅ ꯄꯨꯍꯜꯂꯒꯅꯤ ꯍꯥꯏꯔꯤ꯫ ꯃꯥꯂꯦꯝꯒꯤ
ꯑꯣꯏꯅ ꯃꯤꯑꯣꯏ ꯂꯥꯈ 93 ꯗ ꯑꯗꯨꯒ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯣꯏꯅ ꯂꯥꯈ 7 ꯇ ꯑꯅꯥꯕꯁꯤ
ꯊꯦꯡꯅꯩ ꯍꯥꯏꯅꯁꯨ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫

ꯖꯔꯖ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠꯀꯤ ꯊꯤꯖꯤꯟꯕ ꯑꯁꯤꯗ ꯃꯤꯑꯣꯏ ꯂꯥꯈ 42.8 ꯀꯤ
ꯃꯦꯗꯤꯀꯦꯜ ꯔꯦꯀꯣꯔꯗꯁꯤꯡ ꯅꯩꯅꯈꯤ꯫ ꯆꯍꯤ ꯇꯔꯦꯠ ꯆꯨꯞꯅ ꯅꯩꯅꯔꯛꯂꯕ
ꯇꯨꯡꯗ ꯃꯤꯑꯣꯏ 11,114 ꯗ ꯚꯥꯁꯀꯨꯂꯔ ꯗꯦꯃꯦꯟꯁꯤꯌꯥꯒꯤ ꯑꯅꯥꯕꯁꯤꯡ
ꯄꯣꯛꯂꯛꯈꯤꯕ ꯊꯦꯡꯅꯔꯝꯃꯤ꯫ ꯆꯍꯤ 30-50 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯂꯩꯕ ꯕ꯭ꯂꯗ
ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕ ꯃꯤꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ 62% ꯗ ꯂꯥꯏꯅꯥꯁꯤ ꯅꯥꯔꯛꯄ ꯌꯥꯕꯒꯤ
ꯆꯥꯡ ꯍꯦꯟꯅ ꯊꯦꯡꯅꯈꯤ ꯑꯗꯨꯒ ꯆꯍꯤ 51-70 ꯐꯥꯎꯕꯗ ꯂꯩꯕ ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ _

ꯥꯡꯕꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ 26% ꯈꯛ ꯂꯩ ꯍꯥꯏꯅ ꯊꯤꯖꯤꯜꯂꯣꯏꯁꯤꯡꯅ ꯍꯥꯏ꯫ ꯑꯗꯨꯒ
ꯑꯩꯈꯣꯏꯅ ꯍꯥꯟꯅꯗꯒꯤꯁꯨ ꯈꯪꯂꯛꯂꯕ ꯑꯃꯗꯤ ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕꯁꯤꯅ
ꯑꯇꯩ ꯑꯇꯣꯞꯄ ꯀꯌꯥꯠꯁꯤꯡꯗꯁꯨ ꯑꯃꯥꯡꯕ ꯊꯣꯛꯍꯜꯂꯤ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯑꯗꯨꯅ
ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯍꯟꯗꯕ ꯅꯠꯇ꯭ꯔꯒ ꯀꯟꯇ꯭ꯔꯣꯜ ꯇꯧꯕ ꯍꯥꯏꯕꯁꯤꯃꯛ
ꯇꯔꯥꯏꯅ ꯂꯧꯕ ꯌꯥꯗ꯭ꯔꯦ꯫ ꯁ꯭ꯇ꯭ꯔꯣꯛ ꯇꯥꯈ꯭ꯔꯒꯗꯤ ꯀꯌꯥꯃꯨꯛ ꯁꯥꯊꯤꯕꯒꯦ ꯍꯥꯏꯕꯁꯤ
ꯑꯩꯈꯣꯏ ꯑꯌꯥꯝꯕꯅ ꯈꯪꯅꯔꯕꯅꯤ꯫ ꯃꯤꯑꯣꯏꯄꯣꯛ ꯍꯥꯏꯕꯁꯤ ꯀꯟꯗꯕ ꯌꯥꯗꯦ
ꯃꯔꯝꯗꯤ ꯃꯁꯤ ꯇꯣꯞ ꯇꯣꯞꯄ ꯃꯄꯨꯒꯤ ꯈꯨꯠꯁꯦꯝꯅꯤ, ꯕ꯭ꯔꯝꯍꯃꯛꯅ ꯐꯪꯕ
ꯉꯝꯈꯤꯗ꯭ꯔꯕ꯫

ꯗꯦꯂꯤꯔꯤꯌꯝ ꯍꯥꯏꯕꯁꯤ ꯇꯧꯐꯝ-ꯆꯥꯐꯝ ꯈꯪꯗꯕ, ꯃꯤꯠꯇ ꯃꯁꯦꯟ-ꯃꯔꯥꯡ
ꯎꯕꯒꯨꯝꯕ ꯄꯨꯛꯅꯤꯡ -ꯋꯥꯈꯜꯒꯤ ꯐꯤꯚꯝ ꯁꯣꯟꯊꯔꯛꯄꯗꯒꯤ ꯑꯣꯏꯔꯛꯄꯅꯤ꯫

ꯃꯁꯤꯒ ꯄꯦꯡ ꯆꯣꯏꯔꯛꯄꯒ ꯀꯔꯤ ꯃꯔꯤ ꯂꯩꯅꯕꯒꯦ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯥꯡꯗ \

ꯨꯅꯤꯚꯔꯁꯤꯇꯤ ꯀꯣꯂꯦꯖ ꯂꯟꯗꯟ (ꯌꯨ ꯁꯤ ꯑꯦꯜ) ꯑꯃꯁꯨꯡ ꯀꯦꯝꯕ꯭ꯔꯤꯖ \

ꯨꯅꯤꯚꯔꯁꯤꯇꯤꯗ ꯊꯤꯖꯤꯟꯈꯤꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯑꯃ ‘ꯖꯥꯃꯥ ꯁꯥꯏꯀꯤꯌꯥꯇ꯭ꯔꯤ’ ꯗ
ꯆꯍꯤꯁꯤꯒꯤ ꯖꯥꯅꯨꯋꯥꯔꯤ ꯊꯥꯒꯤ 18 ꯗ ꯐꯣꯡꯗꯣꯛꯈ꯭ꯔꯦ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ,
ꯗꯦꯂꯤꯔꯤꯌꯝ ꯂꯩꯔꯕ ꯃꯤ ꯑꯃꯗ ꯄꯦꯡ ꯆꯣꯏꯔꯛꯄꯒꯤ ꯆꯥꯡꯁꯤ ꯌꯥꯝꯅ
ꯊꯨꯖꯤꯜꯂꯛꯏ ꯍꯥꯏꯕ ꯈꯪꯕ ꯉꯝꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯅ ꯗꯦꯂꯤꯔꯤꯌꯥꯝꯁꯤ ꯑꯣꯏꯔꯛꯂꯦ
ꯍꯥꯏꯕꯒꯤ ꯆꯤꯡꯅꯕ ꯂꯩꯔꯒꯗꯤ ꯊꯨꯅ ꯑꯈꯪ-ꯑꯍꯩ, ꯃꯔꯤ ꯂꯩꯅꯕ ꯗꯥꯛꯇꯔꯁꯤꯡ
ꯇꯥꯟꯅꯕꯤꯕ ꯌꯥꯔꯦ꯫ ꯃꯔꯝꯗꯤ ꯃꯁꯤꯗꯤ ꯌꯥꯝꯅ ꯆꯦꯛꯁꯤꯟꯅ ꯂꯣꯏꯅꯔꯒꯗꯤ
ꯐꯍꯟꯕ ꯉꯝꯕꯒꯤ ꯑꯣꯏꯊꯣꯛꯄ ꯂꯩ꯫ ꯃꯁꯤꯅ ꯄꯦꯡ ꯆꯣꯏꯔꯛ ꯍꯟꯗꯕꯗꯁꯨ
ꯃꯇꯦꯡ ꯄꯥꯡꯒꯗꯧꯔꯤꯕꯅꯤ꯫

ꯀꯦꯝꯕ꯭ꯔꯤꯖ ꯑꯃꯁꯨꯡ ꯌꯨ ꯁꯤ ꯑꯦꯜꯒꯤ ꯊꯤꯖꯤꯟꯕꯁꯤ ꯐꯤꯟꯂꯦꯟ,
ꯀꯦꯝꯕ꯭ꯔꯤꯖ ꯑꯃꯗꯤ ꯌꯨꯅꯥꯏꯇꯦꯗ ꯀꯤꯡꯗꯝꯗ ꯂꯩꯕ ꯃꯤꯁꯤꯡꯗ ꯆꯠꯊꯈꯤꯕꯅꯤ꯫

ꯃꯈꯣꯏꯅ ꯆꯍꯤ 65 ꯑꯃꯁꯨꯡ ꯃꯁꯤꯒꯤ ꯃꯊꯛꯇ ꯂꯩꯕ ꯃꯤꯑꯣꯏ 987 ꯀꯤ
ꯊꯣꯞꯀꯤ ꯁ꯭ꯄꯦꯁꯤꯃꯦꯟꯁꯤꯡ ꯂꯧꯔꯒ ꯅꯩꯅꯈꯤ꯫ ꯗꯦꯂꯤꯔꯤꯌꯝ ꯂꯩꯔꯕ ꯃꯤ
ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯅꯤꯡꯁꯤꯡꯕꯒꯤ ꯁꯛꯇꯤ, ꯋꯥꯈꯜ ꯈꯟꯕꯒꯤ ꯃꯑꯣꯡꯁꯤ ꯆꯍꯤ
ꯇꯔꯥ ꯍꯦꯟꯅ ꯌꯦꯡꯁꯤꯟꯈꯤ꯫ ꯃꯈꯣꯏꯗ ꯄꯦꯡ ꯆꯣꯏꯍꯜꯂꯛꯄ ꯌꯥꯕ ꯑꯜꯖꯩꯃꯔ
ꯑꯃꯗꯤ ꯑꯇꯩ ꯑꯇꯣꯞꯄ ꯗꯦꯃꯦꯟꯁꯤꯌꯥꯁꯤꯡꯒ ꯆꯥꯡꯗꯝꯅꯕꯗ, ꯗꯦꯂꯤꯔꯤꯌꯝ
ꯅꯥꯔꯕꯁꯤꯡꯗꯅ ꯍꯦꯟꯅ ꯊꯨꯅ ꯄꯦꯡ ꯆꯣꯏꯔꯛꯄꯁꯤ ꯃꯈꯣꯏꯅ ꯊꯦꯡꯅꯔꯝꯃꯤ꯫

ꯃꯁꯤꯗ ꯑꯍꯛꯄ ꯃꯤꯠꯌꯦꯡ ꯆꯪꯕꯒꯤ ꯃꯊꯧ ꯇꯥꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯥꯏꯕꯛ ꯊꯤꯕꯗꯤ
ꯗꯦꯂꯤꯔꯤꯌꯝ ꯑꯌꯥꯝꯕꯗꯤ ꯀꯅꯥꯅꯁꯨ ꯍꯛꯆꯤꯟꯅ ꯂꯧꯅꯗꯦ, ꯍꯥꯏꯕꯗꯤ ꯗꯦꯂꯤꯔꯤꯌ
ꯝꯅ ꯅꯥꯔꯦ ꯍꯥꯏꯕꯁꯤ ꯈꯪꯅꯗꯦ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯍꯧꯖꯤꯛꯅ ꯌꯨ ꯁꯤ ꯑꯦꯜꯗ
ꯂꯩꯔꯕ, ꯍꯥꯟꯅ ꯀꯦꯝꯕ꯭ꯔꯤꯖ ꯌꯨꯅꯤꯚꯔꯁꯤꯇꯤꯗ ꯂꯩꯔꯤꯉꯩꯗ ꯊꯤꯖꯤꯟꯕꯁꯤꯁꯨ
ꯂꯨꯆꯤꯡꯈꯤꯕ ꯗꯥꯛꯇꯔ ꯗꯦꯅꯤꯑꯦꯜ ꯗꯦꯚꯤꯁꯅ ꯍꯥꯏ ‘Unfortunately,

most delirium goes unrecognized. In busy hospitals,

a sudden change in confusion not be noticed by

hospital staff. Patients can be transferred several

times and staff often switch over - it requires everyone

to ‘think delirium’ and identify that a patient’s brain

function has changed.’ rlzgKe aSk fke WOirOdmgqrg

ꯗꯦꯂꯤꯔꯤꯌꯝ ꯈꯪꯗꯣꯛꯅꯕ, ꯉꯥꯛꯊꯣꯛꯅꯅꯕ ꯑꯃꯁꯨꯡ ꯂꯥꯌꯦꯡꯅꯅꯕ ꯂꯩꯖꯕꯤ
ꯊꯥꯛꯇ ꯍꯣꯠꯅꯕꯒꯤ ꯃꯇꯝ ꯑꯣꯏꯔꯦ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫

IMPHAL, WEDNESDAY, APRIL 26, 2017 ꯌꯨꯝꯁꯀꯩꯁ, ꯁꯖꯤꯕꯨꯒꯤ 30 ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3415 ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
2 SOjgmOM HUEIYEN LANPAO

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ

...ꯑꯦꯗꯤꯇꯔꯗ ꯊꯥꯔꯛꯄ ꯆꯤꯊꯤ...

ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯑꯦꯗꯤꯇꯔ
ꯃꯤꯇꯩ ꯐꯨꯔꯨꯞꯀꯤ ꯑꯣꯏꯅ ꯃꯃꯥꯡꯗꯒꯤ
ꯆꯠꯅꯔꯝꯕ ꯊꯧꯔꯝꯕꯨ ꯅꯝꯍꯥꯠꯇꯨꯅ ꯂꯩꯕꯥꯛꯀꯤ
ꯅꯤꯡꯊꯧꯅ ꯆꯠꯅꯍꯟꯗꯅ ꯆꯍꯤ ꯀꯌꯥ ꯊꯝꯂꯨꯔꯕ
ꯃꯇꯨꯡꯗ ꯆꯍꯤ ꯈꯔꯒꯤ ꯃꯃꯥꯡꯗꯒꯤ ꯃꯤꯇꯩꯒꯤ
ꯆꯠꯅꯕꯤꯗ ꯍꯟꯖꯤꯜꯂꯛꯅꯕ ꯍꯣꯠꯅꯗꯨꯅ ꯂꯥꯛꯂꯤ꯫

ꯑꯗꯨꯕꯨ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯍꯪꯅꯤꯡꯂꯤꯕ ꯑꯃꯗꯤ
ꯈꯪꯅꯤꯡꯂꯤꯕ ꯋꯥꯍꯪꯗꯤ ꯁꯖꯤꯕꯨ ꯊꯥꯒꯤ ꯑꯍꯥꯟꯕ ꯅꯣꯡꯃ
ꯄꯥꯟꯕ ꯅꯨꯃꯤꯠ ꯑꯁꯤꯕꯨ ꯃꯤꯇꯩꯁꯤꯡꯅ ꯆꯍꯤ ꯍꯧꯕ
ꯍꯥꯏꯅ ꯈꯪꯅꯗꯨꯅ ꯂꯥꯛꯏ꯫ ꯑꯗꯨꯕꯨ ꯆꯌꯦꯠꯅꯔꯤꯕꯗꯤ
ꯁꯖꯤꯕꯨꯒꯤ ꯅꯣꯡꯃ ꯄꯥꯟꯕ ꯑꯁꯤꯕꯨ ꯁꯖꯤꯕꯨ
ꯆꯩꯔꯥꯎꯕ ꯍꯥꯏꯅꯁꯨ ꯃꯤꯇꯩꯁꯤꯡꯅ ꯆꯩꯔꯥꯎꯕꯒꯤ
ꯊꯧꯔꯝꯁꯨ ꯄꯥꯡꯊꯣꯛꯅꯔꯤ꯫ ꯃꯁꯤꯕꯨ ꯆꯍꯤ
ꯍꯧꯕꯒꯤ ꯊꯧꯔꯝꯅꯤ ꯍꯥꯏꯒꯗꯧꯔꯤꯕ꯭ꯔ ꯅꯠꯇ꯭ꯔꯒ
ꯆꯩꯔꯥꯎꯕꯒꯤ ꯊꯧꯔꯝ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯀꯗꯧꯔꯤꯕꯔ
ꯅꯠꯇ꯭ꯔꯒꯅ ꯑꯅꯤꯃꯛ ꯑꯣꯏꯅ ‘ꯃꯤꯇꯩ ꯆꯩꯔꯥꯎꯕ,
ꯃꯤꯇꯩ ꯆꯍꯤ ꯍꯧꯕ’ ꯍꯥꯏꯒꯗꯧꯔꯤꯕꯔ?

ꯒꯧꯔꯥ ꯂꯥꯏꯅꯤꯡꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ ꯆꯩꯔꯥꯎꯕ
ꯆꯍꯤ ꯍꯧꯕꯒꯤ ꯊꯧꯔꯝ ꯍꯧꯖꯤꯛꯅ ꯆꯔꯛ ꯄꯨꯖꯥ
ꯍꯥꯏꯅ ꯈꯪꯅꯔꯤꯕ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ ꯃꯌ
ꯦꯛ ꯁꯦꯡꯅ ꯂꯩꯕꯒꯨꯝ ꯇꯧꯏ꯫ ꯑꯅꯤ ꯑꯁꯤ \

ꯦꯠꯁꯤꯟꯅꯗꯦ꯫ ꯆꯩꯔꯥꯎꯕꯒꯤ ꯊꯧꯔꯝ ꯂꯣꯏꯔꯒ
ꯅꯣꯡꯉꯥꯟꯕꯗ ꯆꯍꯤ ꯍꯧꯕ (ꯁꯤꯜ ꯍꯦꯟꯕ) ꯍꯥꯏꯗꯨꯅ
ꯂꯩꯔꯤ꯫ ꯑꯩꯈꯣꯏꯒꯤꯁꯨ ꯃꯇꯧ ꯑꯁꯨꯝꯅ ꯂꯝꯇ ꯊꯥꯒꯤ
ꯑꯔꯣꯏꯕ ꯊꯥꯁꯤ ꯍꯥꯏꯔꯒ ꯈꯪꯅꯕ ꯃꯤꯇꯩꯁꯤꯡꯅ ꯊꯥꯁꯨ
ꯍꯥꯏꯅꯕ ꯅꯨꯃꯤꯠ ꯑꯁꯤꯗ ꯆꯍꯤ ꯂꯣꯏꯕꯒꯤ ꯊꯧꯔꯝ
ꯆꯩꯔꯥꯎꯔꯒ ꯁꯖꯤꯕꯨ ꯊꯥꯒꯤ ꯑꯍꯥꯟꯕ ꯅꯨꯃꯤꯠꯄꯨ
ꯍꯆꯤ ꯍꯧꯕ ꯅꯨꯃꯤꯠ ꯍꯥꯏꯅ ꯄꯥꯂꯟ ꯇꯧꯕꯗ ꯀꯔꯤ
ꯑꯀꯥꯏꯕ ꯂꯩꯕꯒꯦ? ꯊꯧꯔꯝꯁꯤ ꯃꯌꯦꯛ ꯁꯦꯡꯅ
ꯈꯪꯖꯅꯤꯡꯕꯅ ꯑꯁꯦꯡꯕꯗꯨ ꯈꯪꯅꯕ
ꯊꯝꯖꯕ ꯋꯥꯐꯝꯅꯤ꯫

ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯊꯝꯖꯅꯤꯡꯕ ꯋꯥꯐꯝ
ꯑꯃꯇꯪꯒ ꯈꯪꯖꯅꯤꯡꯏ ꯃꯗꯨꯗꯤ ꯃꯤꯇꯩꯒꯤꯕꯨ
ꯑꯣꯏꯔꯣ꯫ ꯒꯧꯔꯒꯤꯕꯨ ꯑꯣꯏꯔꯣ ꯆꯩꯔꯥꯎꯕ
ꯑꯅꯤꯃꯛꯇ ꯑꯩꯈꯣꯏꯅ ꯅꯨꯃꯤꯠ ꯑꯗꯨꯗ4 ꯉꯝꯖꯕ
ꯆꯥꯛ ꯑꯦꯟꯖꯥꯡ ꯈꯔ ꯊꯣꯡꯂꯤꯕ ꯑꯗꯨ ꯀꯣꯟꯊꯣꯡ
ꯀꯣꯟꯊꯣꯡꯗ ꯂꯥꯏꯁꯤꯡꯒꯤꯗꯃꯛ ꯆꯥꯛꯂꯨꯛ
ꯑꯃꯃꯝ ꯀꯠꯊꯣꯛꯇꯨꯅ ꯂꯥꯛꯏ꯫ ꯑꯗꯨꯕꯨ ꯀꯨꯝꯖꯥ
2017 ꯀꯤ ꯅꯣꯡꯃ ꯄꯥꯟꯕ ꯆꯩꯔꯥꯎꯕꯒꯤ ꯃꯇꯥꯡꯗ
ꯀꯣꯟꯊꯣꯡꯁꯤꯡꯗ ꯀꯠꯊꯣꯛꯂꯤꯕ ꯆꯥꯛꯂꯨꯛꯄꯨ ꯑꯍꯨꯝ
ꯑꯍꯨꯝ ꯀꯠꯀꯗꯕꯅꯤ ꯍꯥꯏꯅ ꯄꯨꯊꯣꯔꯛꯂꯤꯕꯁꯤꯅ
ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯋꯥꯈꯜꯂꯣꯟꯅꯣ?

ꯉꯁꯤꯗꯒꯤꯅ ꯁꯥꯡꯂꯕ ꯆꯍꯤ 70 ꯔꯣꯝꯒꯤ
ꯃꯃꯥꯡꯗꯗꯤ ꯆꯥꯛꯂꯨꯛ 3 ꯒꯤ ꯋꯥꯐꯝ ꯑꯁꯤ
ꯍꯥꯏꯔꯛꯇ꯭ꯔꯤꯕ ꯀꯔꯤꯒꯤꯅꯣ? ꯑꯩꯈꯣꯏꯒꯤ
ꯐꯨꯔꯨꯞꯁꯤ ꯄꯪꯍꯥꯏꯗ ꯍꯥꯏꯖꯅꯕꯗ ꯍꯩꯅꯕꯤ
ꯑꯣꯏꯍꯟꯕꯁꯤꯕꯨ ꯑꯁꯤꯡꯕꯅꯤ ꯍꯥꯏꯁꯤꯔ?

ꯀꯨꯝꯖꯥ 2020 ꯗꯗꯤ ꯆꯥꯛꯂꯨꯛ 5 ꯊꯥꯒꯗꯕꯅꯤ ꯍꯥꯏꯅ
ꯄꯨꯊꯣꯔꯛꯀꯗꯧꯔꯤꯕ꯭ꯔ?

ꯑꯩꯈꯣꯏ ꯑꯁꯦꯡꯕ ꯆꯠꯅꯂꯣꯟꯆꯠ ꯈꯪꯕ
ꯄꯥꯝꯃꯤ꯫ ꯆꯠꯅꯔꯤꯕ ꯊꯧꯔꯝꯁꯤꯡ ꯑꯁꯤ
ꯑꯆꯨꯝꯕ ꯑꯔꯥꯟꯕꯕꯨ ꯑꯩꯈꯣꯏ ꯈꯪꯗꯦ ꯇꯧꯕꯇꯕꯨ
ꯏꯄꯥ ꯏꯄꯨꯁꯤꯡꯅ ꯆꯠꯅꯔꯝꯕ ꯊꯧꯔꯝꯅ ꯍꯥꯏꯗꯨꯅ
ꯄꯥꯡꯊꯣꯛꯄꯇꯅꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯏꯄꯥ
ꯏꯄꯨꯁꯤꯡ ꯑꯗꯨꯅ ꯆꯠꯅꯔꯝꯕ ꯑꯆꯨꯝꯕ ꯊꯧꯔꯝ
ꯑꯗꯨ ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯂꯥꯏꯑꯣꯏꯈ꯭ꯔꯕ ꯏꯄꯥ
ꯏꯄꯨꯁꯤꯡꯒꯤ ꯃꯐꯝꯗ ꯉꯝꯖꯕ ꯈꯔꯗꯪ ꯀꯠꯄ
ꯄꯥꯝꯖꯕꯗꯒꯤ ꯊꯕꯖꯕ ꯋꯥꯐꯝꯅꯤ꯫

ꯑꯗꯣꯝꯒꯤ- ꯂꯥꯏꯁ꯭ꯔꯝ ꯃꯅꯥꯎꯌꯥꯏꯃ ꯁꯤꯡꯍ
ꯅꯝꯕꯣꯜ ꯃꯈꯥ ꯂꯩꯀꯥꯏ
ꯁꯖꯤꯕꯨ ꯅꯣꯡꯃ ꯄꯥꯟꯕ
ꯃ꯭ꯌꯥꯟꯃꯥꯔꯒꯤ ꯋꯥꯇꯔ ꯐꯦꯁꯇꯤꯕꯦꯜ
ꯂꯝ-ꯂꯝꯒꯤ ꯊꯥꯖꯅꯕꯤ ꯃꯇꯨꯡ ꯏꯟꯅ ꯆꯍꯤ ꯍꯧꯕꯒꯤ
ꯅꯨꯃꯤꯠ ꯑꯁꯤ ꯈꯦꯟꯅꯩ꯫ ꯃꯤꯇꯩꯒꯤꯁꯨ ꯁꯖꯤꯕꯨꯒꯤ ꯅꯣꯡꯃꯥ
ꯄꯥꯟꯕꯗ ꯆꯍꯤ ꯍꯧꯕꯒꯤ ꯊꯧꯔꯝ ꯄꯥꯡꯊꯣꯛꯏ꯫ ꯆꯍꯤ ꯍꯧꯕꯒꯤ
ꯈꯨꯠꯄꯥꯏꯁꯨꯕ ꯀꯥꯡꯕꯨꯁꯤꯡꯅ ꯅꯨꯃꯤꯠ ꯁꯨꯏ ꯁꯨꯗꯦ ꯍꯥꯏꯕꯒꯤ
ꯋꯥꯐꯣꯡ ꯀꯌꯥ ꯐꯣꯡꯂꯕꯁꯨ ꯊꯥꯖꯅꯕꯤ ꯑꯃꯒꯤ ꯃꯇꯨꯡ ꯏꯟꯅ
ꯁꯖꯤꯕꯨꯒꯤ ꯅꯣꯡꯃꯥ ꯄꯥꯟꯕ ꯅꯨꯃꯤꯠ ꯑꯁꯤ ꯆꯍꯤ ꯍꯧꯕꯅꯤ ꯍꯥꯏꯅ
ꯑꯃꯠꯇ ꯑꯣꯏꯅ ꯂꯧꯅꯗꯨꯅ ꯃꯤꯇꯩ ꯌꯨꯝꯊꯣꯡ ꯑꯌꯥꯝꯕꯗ ꯊꯧꯔꯝ
ꯑꯁꯤ ꯂꯥꯏ-ꯇꯤꯜ ꯈꯨꯔꯨꯝꯖꯕꯒ ꯂꯣꯏꯅꯅ ꯊꯧꯅꯤ ꯊꯧꯔꯝꯁꯤꯡ
ꯄꯥꯡꯊꯣꯛꯏ ꯑꯗꯨꯒ ꯂꯣꯏꯅꯅ ꯃꯊꯦꯜ ꯂꯨꯀꯣꯏ ꯁꯦꯝꯗꯨꯅ ꯏꯃꯨꯡ
ꯃꯅꯨꯡꯒꯤ ꯑꯃꯗꯤ ꯌꯨꯝꯊꯪꯅꯅ ꯂꯩꯃꯤꯟꯅꯕ ꯄꯨꯝꯅꯃꯛꯁꯤꯡꯒ
ꯂꯣꯏꯅꯅ ꯃꯊꯦꯜ ꯂꯥꯟꯅꯗꯨꯅ ꯍꯔꯥꯨ ꯇꯌꯥꯝꯅ ꯆꯥꯃꯤꯟꯅꯕꯅ
ꯃꯔꯨꯑꯣꯏꯕ ꯊꯧꯔꯝ ꯑꯣꯏꯔꯤ꯫

ꯏꯟꯗꯤꯌꯥꯒ ꯌꯨꯝꯊꯪꯅꯅ ꯂꯩꯔꯤꯕ ꯃ꯭ꯌꯥꯟꯃꯥꯔꯒꯤꯁꯨ ꯆꯍꯤ
ꯍꯧꯕꯒꯤ ꯊꯧꯔꯝ ꯑꯁꯤ ꯑꯦꯄ꯭ꯔꯤꯜ ꯃꯅꯨꯡꯗ ꯄꯥꯡꯊꯣꯛꯏ
ꯀꯨꯝꯁꯤ ꯆꯍꯤꯒꯤ ꯑꯣꯏꯅ ꯑꯦꯄ꯭ꯂꯤꯜ 12 ꯗꯒꯤ 16 ꯐꯥꯎꯕ
ꯅꯨꯃꯤꯠ ꯃꯉꯥꯅꯤ ꯆꯨꯞꯅ ꯊꯧꯔꯝ ꯄꯥꯡꯊꯣꯛꯏ꯫ ꯊꯧꯔꯝ
ꯑꯁꯤ ꯃꯈꯣꯏꯒꯤ ꯂꯣꯟꯗ ꯊꯤꯡꯌꯥꯟ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯃꯌ
ꯥꯝꯅ ꯈꯪꯅꯕꯅ ꯋꯥꯇꯔ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯊꯧꯔꯝ
ꯑꯗꯨꯒꯤ ꯃꯄꯨꯡ ꯑꯣꯏꯅ ꯃꯁꯛꯇꯤ-ꯁꯤꯟꯊꯥ ꯄꯨꯝꯅꯃꯛ
ꯂꯦꯞꯇꯨꯅ ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛ ꯅꯨꯃꯤꯠ ꯃꯉꯥꯅꯤ ꯆꯨꯞꯅ
ꯍꯔꯥꯨ ꯇꯌꯥꯝꯕ, ꯏꯁꯩ ꯁꯛꯄ, ꯅꯥꯠꯀꯤ ꯑꯣꯏꯕ ꯖꯒꯣꯏ
ꯁꯥꯗꯨꯅ ꯍꯔꯥꯎ ꯇꯌꯥꯝꯕ ꯐꯣꯡꯗꯣꯛꯄ ꯂꯣꯏꯅꯅ ꯏꯁꯤꯡ
ꯍꯩꯅꯗꯨꯅ ꯁꯔꯨꯛ ꯌꯥꯔꯤꯕ ꯄꯨꯝꯅꯃꯛ ꯄꯨꯝꯆꯣꯠ ꯆꯣꯠꯄ
ꯑꯁꯤꯅꯤ꯫ ꯏꯁꯤꯡ ꯍꯩꯅꯔꯤꯕ ꯑꯁꯤꯒꯤ ꯅꯨꯡꯒꯤ ꯑꯣꯏꯕ
ꯐꯖꯕ ꯋꯥꯍꯟꯊꯣꯛ ꯂꯩꯔꯤ꯫ ꯃꯈꯣꯏꯅ ꯊꯥꯖꯩ ꯃꯗꯨꯗꯤ ꯍꯧꯈꯤꯕ
ꯆꯍꯤꯗ ꯃꯁꯥꯅ ꯂꯪꯖꯈꯤꯕ ꯄꯥꯞ, ꯐꯠꯇꯕ ꯂꯥꯏꯕꯛ,
ꯑꯋꯥꯕ ꯑꯃꯗꯤ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯄꯨꯝꯅꯃꯛ ꯏꯁꯤꯡ ꯍꯩꯗꯨꯅ
ꯆꯥꯝꯊꯣꯛꯄ ꯑꯗꯨꯒ ꯂꯣꯏꯅꯅ ꯑꯅꯧꯕ ꯆꯍꯤꯅ ꯂꯥꯛꯄꯒ
ꯂꯣꯏꯅꯅ ꯑꯁꯦꯡꯕ ꯊꯃꯣꯏ, ꯑꯁꯦꯡꯕ ꯄꯨꯟꯁꯤ ꯑꯃꯗꯤ
ꯅꯨꯡꯁꯤꯕ ꯃꯍꯤꯡ ꯑꯃꯗ ꯄꯨꯟꯅ ꯅꯨꯡꯉꯥꯏ ꯌꯥꯏꯐꯅ
ꯍꯤꯡꯃꯤꯟꯅꯕꯒꯤ ꯊꯥꯖꯅꯕꯤ ꯑꯗꯨꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯕ \

ꯥꯏ꯫ ꯂꯣꯏꯅꯅ ꯑꯍꯧꯕ ꯅꯨꯃꯤꯠꯇ ꯃꯁꯥ ꯄꯥꯟꯕ ꯎꯆꯦꯛ
(ꯌꯨꯝꯗ ꯌꯣꯛꯄ ꯑꯣꯏꯔꯕꯁꯨ) ꯑꯋꯥꯡꯕ ꯑꯇꯤꯌꯥꯗ
ꯊꯥꯗꯣꯛꯇꯨꯅ ꯃꯅꯤꯡ ꯇꯝꯅ ꯄꯥꯏꯍꯟꯕ (ꯑꯩꯈꯣꯏꯒꯤ
ꯆꯠꯅꯕꯤꯗ ꯍꯥꯏꯔꯒ ꯌꯦꯜꯍꯤꯡ ꯊꯥꯕ ꯑꯗꯨꯒꯨꯝꯕꯅꯤ)
ꯑꯃꯗꯤ ꯑꯆꯧꯕ ꯉꯥꯁꯤꯡ ꯏꯁꯤꯡꯗ ꯊꯥꯗꯣꯛꯇꯨꯅ ꯃꯅꯤꯡ
ꯇꯝꯍꯟꯕ, ꯂꯣꯏꯅꯅ ꯃꯤꯌꯥꯝ ꯄꯨꯟꯁꯤꯟꯅꯗꯨꯅ ꯑꯆꯧꯕ
ꯆꯥꯛꯂꯦꯟ ꯁꯤꯟꯗꯨꯅ ꯄꯨꯟꯅ ꯍꯔꯥꯎ ꯇꯌꯥꯝꯅ ꯆꯥꯃꯤꯟꯅꯕ
ꯑꯁꯤ ꯇꯧꯏ꯫ ꯃꯁꯤꯅ ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛꯄꯨ ꯅꯨꯡꯁꯤ
ꯆꯥꯟꯅꯅ ꯂꯩꯃꯤꯟꯅꯕꯒꯤ ꯃꯔꯨ/ꯌꯦꯟꯅꯤꯡ ꯍꯨꯜꯍꯜꯂꯤ꯫

ꯃ꯭ꯌꯥꯟꯃꯥꯔꯒꯤ ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛ ꯅꯨꯃꯤꯠ ꯃꯉꯥꯅꯤ
ꯑꯁꯤꯗ ꯃꯥꯏꯊꯣꯡ ꯃꯀꯥ ꯂꯥꯝꯅ ꯎꯕ WIT! ꯂꯥꯏꯔꯕ
ꯏꯅꯥꯛꯈꯨꯟꯕ ꯍꯥꯏꯕ ꯂꯩꯇꯅ ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛꯅ
ꯁꯔꯨꯛ ꯌꯥꯕ ꯊꯧꯔꯝꯅꯤ꯫ ꯃꯈꯣꯏꯒꯤ ꯂꯝꯒꯤ ꯃꯤꯈꯛꯇ
ꯅꯠꯇꯅ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯁꯤꯕꯨ ꯁꯔꯨꯛ ꯌꯥꯕ ꯂꯥꯛꯂꯤꯕ
ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛꯇ, ꯑꯐꯕ ꯑꯁꯦꯡꯕ ꯏꯁꯤꯡ ꯍꯩꯗꯨꯅ
ꯆꯣꯠꯍꯟꯕ ꯑꯃꯗꯤ ꯑꯊꯨꯝ ꯑꯍꯥꯎ ꯄꯤꯖꯗꯨꯅ ꯅꯨꯡꯉꯥꯏꯅ
ꯁꯔꯨꯛ ꯌꯥꯃꯤꯟꯅꯕ ꯑꯁꯤꯅ ꯊꯧꯔꯝ ꯑꯁꯤꯒꯤ ꯑꯄꯨꯟꯕ
ꯃꯁꯛꯅꯤ꯫ ꯂꯝꯕꯤꯒꯤ ꯈꯣꯡꯍꯥꯏ ꯆꯥꯕ ꯃꯐꯝ ꯌꯦꯡꯗꯨꯅ
ꯑꯆꯧꯕ ꯋꯥꯒꯤ ꯁ꯭ꯇꯦꯖ ꯁꯥꯏ꯫ ꯍꯧꯖꯤꯛꯇꯤ ꯋꯥꯒꯤ ꯃꯍꯨꯠꯇ
ꯎꯅꯥ ꯃꯍꯨꯠ ꯁꯤꯟꯗꯨꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯒꯤꯗꯃꯛ
ꯑꯈꯟꯅꯕ ꯂꯥꯡꯗꯨꯅ ꯊꯝꯂꯕ ꯑꯆꯧꯕ ꯁ꯭ꯇꯦꯖꯁꯤꯡ ꯁꯥꯗꯨꯅ
ꯑꯍꯧꯕ ꯁꯥꯎꯟ/ꯁ꯭ꯄꯤꯀꯔ ꯄꯥꯟꯗꯨꯅ ꯂꯩꯕ BT! ꯃ꯭ꯌ
ꯥꯟꯃꯥꯔꯒꯤ ꯑꯣꯀꯦꯁ꯭ꯇ꯭ꯔꯥꯁꯤꯡꯅ ꯅꯨꯡꯁꯤꯕ ꯅꯨꯡꯑꯣꯟꯕ
ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯃ꯭ꯌꯨꯖꯤꯛ ꯈꯣꯡꯗꯨꯅ ꯑꯔꯥꯞꯄꯁꯤꯡꯕꯨ
ꯄꯨꯛꯅꯤꯡ ꯂꯦꯞꯍꯜꯂꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯊꯧꯔꯝ ꯑꯁꯤ ꯃ꯭ꯌ
ꯥꯟꯃꯥꯔꯁꯤꯟꯕ ꯊꯨꯡꯅ ꯄꯥꯡꯊꯣꯛꯏ꯫

ꯃꯤ ꯑꯃꯒ ꯑꯃꯒꯒꯤ ꯃꯔꯛꯇ ꯏꯁꯤꯡ ꯍꯩꯅꯕꯒꯤ
ꯃꯑꯣꯡ ꯑꯁꯤ ꯃꯈꯜ ꯈꯔꯗ ꯄꯥꯡꯊꯣꯛꯏ꯫ ꯑꯆꯧꯕ
ꯕꯀꯦꯠꯇ ꯏꯁꯤꯡ ꯍꯥꯞꯂꯒ ꯈꯨꯠꯅ ꯄꯥꯏꯕ ꯅꯨꯡꯉꯥꯏꯕ
ꯄꯥꯇ꯭ꯔ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯀꯜꯂꯒ ꯂꯩꯅꯕꯤ, ꯂꯥꯡꯅꯕꯤ,
ꯋꯥꯇꯔ ꯒꯟ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯃꯤꯉꯣꯟ ꯀꯥꯞꯄ ꯁ꯭ꯄ꯭ꯔꯦ
ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯀꯥꯞꯄ ꯑꯃꯗꯤ ꯋꯥꯇꯔ ꯕꯦꯜꯂꯨꯟ
ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯏꯁꯤꯡ ꯍꯥꯜꯂꯒ ꯃꯤꯉꯣꯟꯗ ꯂꯪꯁꯤꯟꯕ,
ꯊꯣꯝꯅꯕ ꯑꯁꯤꯅꯤ꯫ ꯑꯀꯣꯟꯕꯒꯤ ꯑꯁꯤꯃꯗꯤ ꯃ꯭ꯌꯥꯟꯃꯥꯔ
ꯃꯅꯨꯡꯗ ꯍꯧꯈꯤꯕ ꯆꯍꯤ ꯈꯔꯗꯒꯤ ꯊꯤꯡꯕ ꯍꯧꯈ꯭ꯔꯦ,
ꯃꯔꯝꯗꯤ ꯃꯁꯤꯅ ꯃꯤꯉꯣꯟꯗ ꯄꯥꯟꯕ ꯃꯇꯝꯗ ꯆꯩꯅ ꯐꯥꯎꯕ
ꯑꯃꯗꯤ ꯈꯨꯗꯣꯡ ꯍꯦꯟꯅ ꯊꯤꯕ ꯌꯥꯎꯕꯗꯒꯤ ꯋꯥꯇꯔ ꯕꯦꯜꯂꯨꯟ
ꯂꯪꯕ ꯑꯁꯤꯃꯗꯤ ꯇꯣꯛꯅꯈ꯭ꯔꯦ꯫ ꯀꯔꯤꯒꯨꯝꯕ ꯃꯐꯝꯗꯗꯤ
ꯋꯥꯇꯔ ꯀꯦꯅꯨꯟ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯏꯁꯤꯡ ꯀꯥꯞꯅꯕꯒꯤ
ꯊꯧꯔꯝꯁꯨ ꯃꯐꯝ ꯈꯔꯗ ꯍꯥꯏꯕꯗꯤ ꯑꯆꯧꯕ ꯁꯤꯇꯤꯁꯤꯡꯗ
ꯇꯧꯅꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯃ꯭ꯌꯥꯟꯃꯥꯔ ꯒꯚꯔꯟꯃꯦꯟꯠꯅ ꯃꯁꯤꯁꯨ
ꯁ꯭ꯀꯤꯟꯗ ꯑꯃꯗꯤ ꯃꯤꯠꯇ ꯄꯥꯟꯕꯗ ꯈꯨꯗꯣꯡꯊꯤꯕ
ꯀꯌꯥ ꯊꯣꯛꯄꯗꯒꯤ ꯋꯥꯇꯔ ꯀꯦꯅꯨꯟ ꯁꯤꯖꯤꯟꯅꯕ \

ꯥꯔꯣꯏ ꯍꯥꯏꯕꯒꯤ ꯑꯊꯤꯡꯕꯗꯤ ꯊꯝꯈ꯭ꯔꯦ꯫ ꯏꯁꯤꯡ ꯂꯪꯅꯕ
ꯀꯥꯞꯁꯤꯟꯕ ꯑꯁꯤ ꯃꯣꯡꯛ (ꯂꯥꯏꯅꯤꯡꯕ-ꯂꯃꯕꯣꯏꯕ)
ꯑꯃꯗꯤ ꯄ꯭ꯔꯦꯒꯅꯦꯟꯠ ꯋꯤꯃꯦꯟ (ꯃꯤꯔꯣꯜꯂꯕꯤ
ꯅꯨꯄꯤꯁꯤꯡ) ꯗꯗꯤ ꯇꯧꯅꯗꯦ꯫ ꯀꯔꯤꯒꯨꯝꯕ ꯏꯁꯤꯡ
ꯆꯣꯠꯍꯟꯕ ꯀꯥꯎꯁꯤꯟꯕ ꯇꯧꯔꯨꯔꯕꯗꯤ ꯃꯅꯨꯒꯤ ꯇꯣꯉꯥꯟꯕ
ꯋꯥꯌꯦꯜ ꯑꯃ ꯆꯠꯊꯩ꯫ ꯑꯗꯨꯅ ꯌꯨꯝꯗ ꯃꯤ ꯑꯃꯠꯇ ꯂꯩꯅꯗꯅ
ꯃꯄꯥꯟꯗ ꯊꯣꯛꯇꯨꯅ ꯊꯧꯔꯝ ꯌꯥꯎꯔꯤꯕꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ
ꯃꯤꯔꯣꯟꯕꯤꯁꯤꯡꯗꯤ ꯀꯌꯥ ꯌꯥꯎꯗꯦ ꯎꯗꯦ꯫ ꯊꯧꯔꯝ ꯑꯁꯤ
ꯃ꯭ꯌꯥꯟꯃꯥꯔ ꯈꯛꯇ ꯅꯠꯇꯅ ꯊꯪꯅꯕ ꯂꯩꯕꯥꯛꯁꯤꯡ ꯁꯥꯎꯊ

TKG ꯑꯦꯁꯤꯌꯥꯗ ꯃꯔꯨꯑꯣꯏꯅ- ꯊꯥꯏ ꯁꯣꯡꯀ꯭ꯔꯥꯟꯗꯤ
ꯊꯧꯔꯝ ꯑꯁꯤꯒ ꯆꯞ ꯃꯥꯟꯅꯅ ꯄꯥꯡꯊꯣꯛꯂꯤ꯫ ꯊꯤꯡꯌ
ꯥꯟ (ꯋꯥꯇꯔ ꯐꯦꯁꯇꯤꯕꯦꯜ) ꯃꯅꯨꯡꯗ ꯃ꯭ꯌꯥꯟꯃꯥꯔ ꯃꯅꯨꯡꯗ
ꯂꯩꯕ ꯑꯣꯐꯤꯁ, ꯃꯥꯔꯀꯦꯠ ꯁꯦꯠꯁꯤꯡ ꯑꯃꯗꯤ ꯑꯇꯩ
ꯏꯁꯇꯥꯟꯕ꯭ꯂꯤꯁꯃꯦꯟꯠ ꯕ꯭ꯌꯨꯖꯤꯅꯦꯁ ꯄꯨꯝꯅꯃꯛ ꯊꯣꯡ
ꯂꯣꯜꯂꯤ꯫ ꯂꯝꯕꯤ ꯈꯨꯗꯤꯡꯃꯛ ꯕ꯭ꯂꯣꯛ ꯇꯧꯏ꯫ TKA

ꯁꯝꯅ ꯍꯥꯏꯔꯕꯗ, ꯃꯈꯣꯏꯒꯤ ꯊꯧꯔꯝ ꯑꯁꯤ ꯑꯩꯈꯣꯏꯒꯤ
ꯌꯥꯎꯁꯪꯒ ꯍꯥꯏꯔꯞ ꯃꯥꯟꯅꯩ ꯍꯥꯏꯅ ꯂꯧꯔꯕꯁꯨ ꯌꯥꯏ꯫

ꯌꯥꯝꯅ ꯅꯨꯡꯉꯥꯏꯔꯤꯕꯗꯤ, ꯃ꯭ꯌꯥꯟꯃꯥꯔꯒꯤ ꯋꯥꯇꯔ
ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯗꯨ ꯃꯅꯤꯄꯨꯔ ꯃꯆꯥꯅ ꯄꯤꯛ ꯊꯜꯂꯤ꯫

ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯌꯥꯝꯅ ꯆꯠꯇꯨꯅ ꯃꯈꯣꯏꯒꯤ
ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯗꯨ ꯃꯄꯨꯡ ꯐꯥꯍꯜꯂꯤ꯫ ꯀꯔꯤꯒꯨꯝꯕ
ꯃꯅꯤꯄꯨꯔ ꯃꯆꯥꯅ ꯁꯔꯨꯛ ꯌꯥꯗ꯭ꯔꯕꯗꯤ ꯃꯅꯨꯡ
ꯆꯪꯁꯤꯟꯈꯤꯕꯗꯤ ꯈꯪꯗ꯭ꯔꯦ, ꯇꯃꯨꯒꯨꯝꯕ ꯃꯐꯝꯗꯗꯤ ꯃꯄꯨꯡꯕꯨ
ꯐꯥꯔꯣꯏ ꯍꯥꯏꯅꯤꯡꯏ꯫ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯗꯨꯗ ꯃ꯭ꯌꯥꯟꯃꯥꯔꯗ
ꯁꯦꯜ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯊꯥꯗꯗꯨꯅ ꯃꯥꯡꯍꯜꯂꯤ꯫

ꯃꯅꯤꯄꯨꯔꯗꯁꯨ ꯁꯉꯥꯏ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯄꯥꯡꯊꯣꯛꯏ꯫ ꯃ꯭ꯌ
ꯥꯟꯃꯥꯔ ꯃꯆꯥ ꯑꯍꯨꯝ ꯃꯔꯤꯒ ꯂꯥꯛꯀꯅꯤ ꯍꯥꯏꯔꯕꯗꯤ
ꯑꯉꯛꯄ ꯐꯪꯅ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡ ꯂꯧꯈꯠꯇꯨꯅ ꯑꯃꯗꯤ
ꯂꯥꯏ ꯃꯆꯥ ꯂꯥꯛꯄꯗꯧꯅ ꯑꯁꯤꯟ ꯑꯔꯥꯡ ꯀꯥꯡꯕꯨꯅ
ꯃꯈꯣꯏꯒꯤꯗꯃꯛ ꯍꯣꯠꯅꯩ꯫ ꯃꯈꯣꯏꯒꯤ ꯂꯩꯐꯝ, ꯆꯥꯐꯝ
ꯍꯤꯞꯐꯝ ꯑꯃꯗꯤ ꯃꯈꯣꯏꯅ ꯅꯨꯡꯉꯥꯏꯅꯕ ꯃꯈꯜ ꯀꯌ
ꯥꯒꯤ ꯃꯑꯣꯡꯗ ꯍꯣꯠꯅꯩ꯫ ꯃꯅꯄꯨꯔꯒꯤ ꯆꯠꯅꯤꯡꯕ
ꯃꯐꯝꯁꯤꯡ ꯒꯚꯔꯟꯃꯦꯟꯠꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯁꯤꯟꯗꯨꯅ,
ꯒꯥꯔꯤ ꯄꯨꯊꯣꯛꯇꯨꯅ, ꯑꯣꯐꯤꯁꯤꯌꯦꯜ ꯃꯌꯥꯝ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ
ꯀꯣꯏꯍꯜꯂꯤ꯫ ꯃꯗꯨꯗ ꯅꯠꯇꯅ ꯍꯣꯁꯄꯤꯇꯥꯜ, ꯀꯩꯊꯦꯜ,
ꯕ꯭ꯌꯨꯖꯤꯅꯦꯁ ꯑꯦꯔꯤꯌꯥꯁꯤꯡ ꯃꯈꯣꯏꯅ ꯀꯣꯏꯕ ꯆꯠꯅꯕ
ꯍꯣꯠꯅꯕꯗ ꯑꯉꯛꯄ ꯊꯧꯔꯥꯡꯁꯤꯡꯡ ꯂꯥꯡꯗꯨꯅ ꯍꯣꯠꯅꯩ꯫

ꯃ꯭ꯌꯥꯟꯃꯥꯔꯒꯤ ꯋꯥꯇꯔ ꯐꯦꯁꯇꯤꯕꯦꯜꯗ ꯃꯅꯤꯄꯨꯔꯗꯒꯤ
ꯆꯠꯂꯤꯕ ꯃꯌꯥꯝ ꯑꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯃ꯭ꯌꯥꯟꯃꯥꯔꯤꯁ
ꯑꯃꯠꯇꯅ ꯀꯔꯤꯁꯨ ꯊꯑꯣꯏꯅ ꯈꯟꯕꯗꯤ ꯊꯦꯡꯅꯗꯦ꯫

ꯀꯔꯤꯒꯨꯝꯕ ꯆꯠꯂꯤꯕ ꯀꯥꯡꯕꯨꯅ ꯈꯔ ꯈꯖꯤꯛ ꯂꯥꯟꯕꯗ,
ꯃꯈꯣꯏꯒꯤ ꯍꯧꯅꯕꯤ ꯑꯣꯝꯁꯤꯟꯗꯨꯅ ꯐꯨ ꯆꯩꯕꯤꯕꯒꯤ ꯋꯥꯔꯤ
ꯐꯥꯎꯕ ꯂꯩ꯫ ꯍꯧꯈꯤꯕ ꯃꯃꯥꯡꯒꯤ ꯆꯍꯤꯗ, ꯃꯅꯤꯄꯨꯔꯗꯒꯤ _

ꯥꯇꯔ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯌꯦꯡꯕ ꯆꯠꯈꯤꯕ ꯃꯤ ꯑꯃ ꯁꯤꯈꯤꯕꯒꯤ
ꯋꯥꯐꯝ ꯐꯥꯎꯕ ꯂꯩꯈꯤ꯫ ꯃꯗꯨꯒꯤ ꯃꯔꯝꯗ ꯏꯟꯗꯤꯌ
ꯥꯒꯤ/ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯀꯔꯤꯁꯨ ꯊꯣꯏꯗꯣꯛꯅ
ꯋꯥꯀꯠꯂꯨꯕ ꯂꯧꯈꯤꯗꯦ꯫ ꯂꯥꯟꯅꯥꯏ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ _

ꯥꯀꯠꯂꯨꯔꯕꯁꯨ ꯃꯈꯣꯏꯅ ꯏꯔꯥꯏ ꯂꯥꯏꯅ ꯃꯈꯣꯏꯒꯤ ꯂꯥꯏꯅ
ꯂꯧꯕꯅꯤ ꯍꯥꯏꯅ ꯍꯥꯏꯔꯛꯂꯒ ꯋꯥ ꯂꯣꯏꯁꯤꯟꯈꯤꯕꯒꯤ ꯋꯥꯐꯝ
ꯂꯩꯈꯤ ꯍꯥꯏꯅ ꯍꯥꯏꯅꯔꯛꯂꯤ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯗꯨ ꯆꯪꯅꯕꯒꯤ ꯇꯥꯟꯖꯥ
ꯑꯃ ꯋꯥꯔꯦꯡꯖꯔꯤꯕꯁꯨ ꯐꯪꯈꯤ꯫ ꯏꯟꯗꯤꯌꯥꯟ ꯔꯦꯗ ꯀ꯭ꯔꯣꯁ
ꯁꯣꯁꯥꯏꯇꯤ, ꯃꯅꯤꯄꯨꯔ ꯁ꯭ꯇꯦꯠ ꯕ꯭ꯔꯥꯟꯁꯅ ꯔꯨꯇꯤꯟ
ꯄ꯭ꯔꯣꯒꯥꯝ ꯑꯃ ꯑꯣꯏꯅ 11 ꯁꯨꯕ ꯑꯥꯁꯥꯝ ꯔꯥꯏꯐꯜꯁꯇ
ꯐꯥꯔꯁꯠ ꯑꯦꯏꯗ ꯇ꯭ꯔꯦꯅꯤꯡ ꯑꯃꯗꯤ ꯃꯣꯛ ꯗ꯭ꯔꯤꯜ
ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝ ꯑꯃ ꯇꯧꯕ ꯆꯠꯄꯗ ꯇꯥꯟꯖꯥꯆ ꯆꯥꯗꯨꯅ ꯔꯦꯗ
ꯀ꯭ꯔꯣꯁꯀꯤ ꯇꯤꯝ ꯑꯃ ꯃ꯭ꯌꯥꯟꯃꯥꯔ ꯃꯅꯨꯡ ꯇꯃꯨꯗ ꯆꯪꯗꯨꯅ
ꯃꯈꯣꯏꯒꯤ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯗꯨ ꯌꯦꯡꯂꯨꯏ꯫ ꯇꯤꯝ ꯑꯗꯨꯗ
ꯁꯔꯨꯛ ꯌꯥꯔꯨꯕꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ- ꯗꯥ. ꯋꯥꯏ ꯃꯣꯍꯦꯜ
ꯁꯤꯡꯍ, ꯋꯥꯔꯦꯡꯖꯔꯤꯕ ꯏꯁꯥꯃꯛ, ꯗꯥ. ꯑꯦꯟ ꯑꯃꯨꯜꯀꯨꯃꯥꯔ
ꯁꯤꯡꯍ, ꯗꯥ. ꯑꯦ ꯗꯦꯕꯖꯤꯠ, ꯗꯥ. ꯁꯨꯅꯤꯜ ꯁꯦꯟꯖꯝ, ꯗꯥ. ꯇꯤ
ꯕꯟꯀꯤꯝ ꯁꯤꯡꯍ, ꯑꯦꯜ ꯀꯨꯔꯦꯔ, ꯇꯣꯛꯄꯝ ꯖꯤꯅꯦꯁ,
ꯑꯥꯔ ꯀꯦ ꯒꯥꯄꯥꯜ, ꯕꯁꯟꯇ, ꯂꯦꯅꯤꯅ, ꯁꯟꯖꯤꯠ, ꯈꯥꯒꯦꯝꯕ,
ꯑꯦ ꯒ꯭ꯌꯥꯅꯦꯁꯣꯔ ꯁꯔꯃ, ꯑꯦꯀꯦꯟ, ꯂꯨꯈꯣꯏ, ꯑꯕꯣꯏ,
ꯖꯦꯝꯁꯟꯆꯤꯡꯕꯅꯤ꯫ ꯇꯤꯝ ꯑꯁꯤꯅ 11 ꯁꯨꯕ ꯑꯥꯁꯥꯝ
ꯔꯥꯏꯐꯜꯁꯀꯤ ꯍꯦꯗꯀ꯭ꯋꯥꯇꯔꯗ ꯁꯤ ꯑꯣ ꯃꯅꯣꯖꯒ ꯂꯣꯏꯅꯅ
ꯂꯩꯔꯤꯕ ꯑꯥꯔꯃꯤꯁꯤꯡꯗ ꯐꯥꯔꯁꯠ ꯑꯦꯏꯗꯀꯤ ꯃꯔꯝꯗ
ꯁ꯭ꯄꯤꯁꯤꯌꯦꯜ ꯂꯦꯛꯆꯔꯔ/ ꯗꯦꯃꯣꯟꯁꯇ꯭ꯔꯦꯁꯟ ꯄꯤꯗꯨꯅ
ꯀꯔꯝꯅ ꯀꯦꯖꯨꯑꯦꯂꯤꯇꯤ ꯑꯃꯕꯨ ꯐꯥꯔꯁꯠ ꯑꯦꯏꯗ ꯄꯤꯔꯒ
ꯄꯨꯟꯁꯤ ꯀꯟꯒꯗꯒꯦ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯥꯡꯗ ꯁꯨꯒꯥꯏꯕ ꯊꯧꯔꯝ
ꯑꯃ ꯄꯥꯡꯊꯣꯛꯂꯕ ꯃꯇꯨꯡꯗ ꯕꯦꯝ ꯕ꯭ꯂꯥꯁꯠ ꯑꯃꯗ
ꯑꯁꯣꯛ ꯑꯄꯟ ꯅꯪꯂꯕꯁꯤꯡꯗ ꯀꯔꯝꯅ ꯃꯈꯣꯏꯒꯤ
ꯂꯥꯏꯐ ꯁꯦꯐ ꯇꯧꯅꯕ ꯐꯥꯔꯁꯠ ꯑꯦꯗ ꯄꯤꯒꯗꯒꯦ ꯑꯃꯗꯤ
ꯇꯧꯒꯗꯕ ꯇꯧꯔꯣꯏꯗꯕꯁꯤꯡ ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯥꯡꯗ
ꯃꯣꯛ ꯗ꯭ꯂꯤꯜ ꯑꯃ ꯎꯛꯇꯨꯅ ꯗꯦꯃꯣꯟꯁꯇ꯭ꯔꯦꯁꯟ ꯇꯧꯈꯤ꯫

ꯃꯗꯨꯒꯤ ꯃꯇꯨꯡꯗ ꯄꯨꯈꯔ ꯑꯍꯥꯡꯕ ꯃꯇꯝ ꯐꯪꯗꯨꯅ ꯃ꯭ꯌ
ꯥꯟꯃꯥꯔꯒꯤ ꯊꯤꯡꯌꯥꯟ (ꯋꯥꯇꯔ ꯐꯦꯁꯇꯤꯕꯦꯜ) ꯌꯥꯎꯔꯨꯅꯕ
ꯆꯪꯂꯨꯕꯗ ꯃꯊꯛꯀꯤ ꯑꯦꯛꯁꯄꯔꯤꯑꯦꯟꯁꯤꯡ ꯑꯁꯤ
ꯃꯤꯌꯥꯝꯗ ꯁꯤꯌꯥꯔ ꯇꯧꯗꯨꯅ ꯋꯥꯈꯜ ꯂꯥꯛꯃꯤꯟꯅꯕꯒꯤ ꯋꯥꯐꯣꯡ
ꯑꯁꯤ ꯊꯝꯖꯕꯅꯤ꯫

ꯆꯥꯏꯊꯣꯔꯛꯄ ꯋꯥꯈꯜ
ꯅꯔꯦꯟꯗ꯭ꯔ ꯅꯤꯉꯣꯝꯕ
10 = ꯏꯃꯗꯃ
(Amada Phun)
ꯇꯥꯟ ꯀꯥꯏꯅ ꯆꯣꯡꯕ ꯊꯥꯕꯜ
ꯂꯝꯕꯤ ꯊꯤꯡꯂꯒ ꯊꯥꯕꯜ ꯆꯣꯡꯕꯒꯤ ꯑꯌꯥꯕ ꯅꯤꯡꯕꯁꯤꯡ ꯉꯥꯎꯕ꯭ꯔ?

ꯄꯣꯏꯅꯨ ꯊꯥꯗ ꯀꯩ ꯆꯣꯟꯅ ꯐꯧ ꯍꯥꯞꯂꯒ, ꯆꯍꯤ ꯑꯃ ꯁꯤꯖꯤꯟꯅꯕ ꯀꯣꯟꯅꯒꯗꯕ ꯁꯤꯡ ꯊꯝꯖꯤꯜꯂꯒ, ꯀꯣꯝ ꯑꯃ ꯏꯁꯤꯠꯂꯒ ꯉꯥ ꯇꯨꯡꯒꯣꯜ 5/10 ꯐꯥꯔꯒ ꯄꯪꯍꯤꯡ ꯍꯤꯡꯅꯔꯤꯉꯩ ꯃꯇꯝꯗꯗꯤ
ꯍꯔꯥꯎ ꯀꯨꯝꯃꯩ ꯃꯁꯤꯡ ꯈꯪꯗꯅ ꯄꯥꯡꯊꯣꯛꯄꯗ ꯊꯣꯏꯅ ꯑꯃꯥꯡꯕ ꯂꯩꯇꯦ ꯍꯥꯏꯅ ꯈꯟꯅꯔꯝꯕ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ
ꯑꯁꯤꯒꯨꯝꯕ ꯃꯈꯜꯒꯤ ꯍꯔꯥꯎ ꯀꯨꯝꯃꯩꯁꯤꯡ ꯑꯁꯤ ꯑꯁꯨꯝ ꯁꯝꯊꯔꯒ ꯂꯩꯈꯤꯁꯤ ꯍꯥꯏꯕ ꯇꯥꯔꯕꯗꯤ ꯃꯤꯑꯣꯏ
ꯀꯌꯥ ꯑꯃꯅ ꯌꯥꯔꯛꯀꯅꯤ ꯍꯥꯏꯕ ꯊꯥꯖꯗꯦ꯫ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯄꯨꯟꯁꯤꯒꯤ ꯈꯣꯡꯆꯠ ꯑꯃꯁꯨꯡ ꯈꯨꯟꯅꯥꯏ ꯑꯃꯗ
ꯐꯦꯁꯇꯤꯕꯦꯜ ꯄꯥꯡꯊꯣꯛꯄꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩ꯫ ꯃꯁꯤꯅ ꯈꯨꯟꯅꯥꯏ ꯑꯗꯨꯕꯨ ꯑꯋꯥꯡꯕ ꯊꯥꯛꯇ ꯊꯥꯡꯒꯠꯂꯤ
ꯍꯥꯏꯅ ꯂꯧꯔꯕꯁꯨ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯑꯋꯥꯡꯕ ꯊꯥꯛꯇ ꯈꯨꯟꯅꯥꯏ ꯑꯃꯕꯨ ꯄꯨꯈꯠꯂꯤ ꯍꯥꯏꯅꯔꯤꯕ ꯐꯦꯁꯇꯤꯕꯦꯜ
ꯑꯗꯨꯅ ꯅꯨꯃꯤꯠ ꯆꯨꯞꯄ ꯇꯧꯒꯅꯤ ꯍꯥꯏꯔꯕꯗꯤ ꯈꯨꯟꯅꯥꯏ ꯑꯗꯨ ꯃꯥꯡꯅꯅꯕꯒꯤ ꯃꯆꯥꯛ ꯑꯣꯏꯔꯛꯀꯅꯤ꯫

ꯃꯔꯝꯗꯤ ꯃꯁꯤꯅ ꯑꯔꯦꯝꯕꯗ ꯁꯦꯜ ꯆꯥꯗꯤꯡ ꯇꯧꯍꯟꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯟꯁꯤꯒꯤ ꯄꯥꯡꯒꯗꯕ ꯊꯧꯗꯥꯡꯁꯤꯡ
ꯃꯇꯝ ꯆꯥꯅ ꯄꯥꯡꯕ ꯉꯝꯗꯕꯗꯒꯤꯅꯤ ꯍꯥꯏꯕ ꯌꯥꯏ꯫ ꯆꯥꯎꯈꯠꯂꯕ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯤꯌꯥꯝꯒ ꯍꯤꯗꯥꯟꯅꯒꯦ ꯍꯥꯏꯕ
ꯇꯥꯔꯕꯗꯗꯤ ꯃꯅꯤꯄꯨꯔꯤꯁꯤꯡꯅ ꯆꯦꯜꯂꯤꯕ ꯂꯝꯖꯦꯜ ꯑꯁꯤꯗꯒꯤ ꯈꯣꯡꯖꯦꯜ ꯌꯥꯡꯈꯠꯅ ꯆꯦꯟꯕꯒꯤ ꯃꯊꯧ
ꯇꯥꯔꯛꯄ ꯃꯇꯝꯁꯤꯗꯗꯤ ꯍꯔꯥꯎ ꯀꯨꯝꯃꯩ ꯀꯌꯥꯃꯔꯨꯝ ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯑꯃꯤꯌꯥ ꯀꯥꯗꯨꯅ ꯂꯩꯊꯣꯛꯅꯤꯡꯗꯕ ꯃꯤꯑꯣꯏ
ꯀꯌꯥꯃꯔꯨꯝ ꯃꯅꯤꯄꯨꯔꯗꯁꯨ ꯂꯩꯔꯕꯅꯤ꯫ ꯂꯣꯟꯊꯣꯛꯇꯕꯒꯨꯝ ꯇꯨꯃꯤꯟꯅ ꯄꯨꯟꯁꯤꯒꯤ ꯁꯤꯟꯊꯥ ꯄꯥꯡꯂꯤꯕ ꯃꯤꯑꯣꯏ
ꯂꯤꯁꯤꯡ ꯀꯌꯥꯗꯤ ꯅꯣꯡꯃꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯨꯡ 5ꯗꯒꯤ ꯍꯦꯟꯟ ꯇꯨꯝꯗꯅ ꯃꯍꯩ ꯃꯁꯤꯡ ꯇꯝꯕ ꯑꯃꯗꯤ ꯑꯇꯩ
ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯃꯊꯧꯁꯤꯡ ꯄꯥꯡꯂꯒ ꯂꯩꯅꯔꯤꯕꯤ꯫ ꯃꯍꯧꯁꯥꯗꯒꯤ ꯍꯧꯅ ꯃꯩꯇꯩꯕꯥꯛꯇ ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯍꯔꯥꯎ
ꯀꯨꯝꯃꯩꯁꯤꯡ ꯄꯥꯡꯊꯣꯛꯅꯩ꯫ ꯍꯔꯥꯎ ꯀꯨꯝꯃꯩꯁꯤꯡꯤ ꯑꯗꯨꯒꯤ ꯃꯅꯨꯡꯗ ꯈꯔꯗꯪ ꯄꯟꯕ ꯇꯥꯔꯕꯗꯤ ꯒꯦꯒꯣꯂꯤꯌ
ꯥꯟ ꯀꯦꯂꯦꯟꯗꯔꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯖꯅꯨꯋꯥꯔꯤ ꯇꯥꯡ 1 ꯅ꯭ꯌꯨ ꯏꯌꯔ ꯗꯦ, ꯐꯦꯕ꯭ꯔꯨꯋꯥꯔꯤ 15 ꯗ ꯄꯥꯡꯊꯣꯛꯄ ꯂꯨꯏ-

ꯉꯥꯏ-ꯅꯤ ꯐꯦꯁꯇꯤꯕꯦꯜ, ꯃꯥꯔꯆ ꯊꯥꯗ ꯅꯨꯃꯤꯠ 5 ꯅꯤ ꯄꯥꯡꯊꯣꯛꯄ ꯌꯥꯎꯁꯪ ꯐꯦꯁꯇꯤꯕꯦꯜ, ꯃꯥꯔꯆ ꯅꯠꯇ꯭ꯔꯒ
ꯑꯦꯄ꯭ꯔꯤꯜ ꯊꯥꯗ ꯄꯥꯡꯊꯣꯛꯄ ꯆꯩꯔꯥꯎꯕ ꯑꯅꯤ, ꯅꯨꯃꯤꯠ ꯀꯌꯥꯅꯤꯔꯣꯝ ꯂꯩꯀꯥꯏ ꯈꯨꯗꯤꯡꯗ ꯄꯥꯡꯊꯣꯛꯄ ꯂꯥꯏ
ꯍꯔꯥꯎꯕꯒꯤ ꯊꯧꯔꯝ, ꯆꯥꯛꯆꯥ ꯍꯩꯖꯥꯅꯕꯒ ꯂꯣꯏꯅꯅ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥ ꯅꯠꯇ꯭ꯔꯒ ꯏꯁꯩ ꯅꯣꯡꯃꯥꯏ ꯃꯌꯥꯝꯁꯤꯡ
ꯑꯁꯤ ꯄꯟꯕ ꯌꯥꯏ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯐꯦꯁꯇꯤꯕꯦꯜꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯈꯔꯗꯤ ꯃꯤꯉꯣꯟꯗꯒꯤ ꯄꯨꯔꯨꯕ
ꯌꯥꯎꯏ꯫ ꯑꯩꯈꯣꯏꯅ ꯄꯨꯔꯨꯔꯤꯕ ꯃꯐꯝꯗꯨꯗꯤ ꯐꯦꯁꯇꯤꯕꯦꯜ ꯑꯁꯤ ꯅꯣꯡꯃꯗꯒꯤꯁꯨ ꯍꯦꯟꯅ ꯄꯥꯡꯊꯣꯛꯇꯦ꯫

ꯑꯗꯨꯒ ꯑꯩꯈꯣꯏꯒꯤ ꯃꯤꯔꯩꯕꯥꯛꯇꯅ ꯅꯨꯃꯤꯠ 5 ꯅꯤ ꯄꯥꯡꯊꯣꯛꯄꯒꯤ ꯋꯥꯍꯟꯊꯣꯛ ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕꯁꯤ
ꯍꯪꯅꯤꯡꯉꯥꯏꯅꯤ꯫ ꯃꯅꯤꯄꯨꯔꯗ ꯌꯥꯝꯅ ꯉꯜꯂꯤꯉꯩꯗꯒꯤ ꯍꯧꯅ ꯑꯧꯒ꯭ꯔꯤ ꯆꯣꯡꯕ/ ꯊꯥꯕꯜ ꯆꯣꯡꯕ ꯍꯥꯏꯕꯁꯤ
ꯂꯝꯇꯥꯒꯤ ꯄꯨꯔꯅꯤꯃꯥ ꯅꯨꯃꯤꯠꯇꯒꯤ ꯍꯧꯔꯒ ꯑꯀꯛꯅꯕ ꯃꯇꯝ ꯈꯔꯈꯛꯇ ꯄꯥꯡꯊꯣꯛꯅꯔꯝꯃꯤ꯫ ꯃꯇꯝꯗꯨꯗꯤ
ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛꯁꯤꯡꯒ ꯍꯤꯗꯥꯟꯅꯒꯅꯤ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯈꯜ ꯊꯣꯏꯅ ꯂꯩꯅꯔꯝꯗꯕꯅ ꯀꯨꯝꯃꯩ ꯐꯤꯌꯣꯡ ꯃꯇꯝ
ꯁꯥꯡꯅ ꯄꯥꯡꯊꯣꯛꯄꯒꯤ ꯑꯃꯥꯡꯕ ꯈꯪꯅꯔꯝꯗꯦ꯫ ꯍꯧꯖꯤꯛꯇꯤ ꯌꯨꯝꯙ SOE ꯈꯖꯤꯛꯇꯪ ꯀꯟꯅ ꯉꯥꯡꯕꯗ ꯑꯉꯥꯡ
ꯂꯥꯏꯔꯛ ꯄꯥꯕ ꯀꯥꯏꯒꯅꯤ ꯍꯥꯏꯅ ꯃꯃꯥ ꯃꯄꯥ ꯑꯣꯏꯕꯁꯤꯡꯅ ꯆꯤꯟꯕꯥꯟ ꯆꯤꯛꯁꯤꯟꯗꯨꯅ ꯂꯩꯅꯔꯤꯕꯅꯤ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯇꯥꯟꯐꯝ ꯑꯁꯤꯗ ꯌꯥꯎꯁꯪ ꯃꯅꯨꯡ ꯈꯛꯇꯗ ꯊꯥꯕꯜ ꯆꯣꯡꯁꯤ ꯍꯥꯏꯕ ꯁꯤꯚꯤꯜ ꯁꯣꯁꯥꯏꯇꯤ
ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯀꯌꯥꯒꯤ ꯑꯥꯄꯤꯜ ꯃꯔꯛꯇ ꯃꯐꯝ ꯀꯌꯥꯗ ꯊꯥꯕꯜ ꯆꯣꯡꯕ ꯊꯦꯡꯅꯔꯦ꯫ ꯅꯣꯡꯅ ꯐꯨꯔꯤꯠ
ꯐꯨꯅ ꯆꯨꯔꯕ, ꯂꯩꯈꯣꯝ ꯂꯩꯅꯥꯡꯅ ꯈꯨꯎ ꯌꯧꯔꯐꯥꯎꯕꯗꯁꯨ ꯈꯣꯡꯎꯞ ꯂꯧꯊꯣꯛꯂꯒ ꯅꯨꯄꯥ ꯅꯨꯄꯤ ꯈꯨꯠ ꯁꯝꯅꯕꯣꯏ
ꯁꯝꯅꯗꯕꯣꯏ ꯕꯣꯔ ꯗꯥꯟꯁꯀꯤ ꯃꯇꯧꯒꯨꯝꯅ ꯆꯣꯡꯕ ꯊꯥꯕꯜ ꯑꯗꯨꯗꯤ ꯇꯥꯟ ꯀꯥꯏꯅ ꯆꯣꯡꯕ ꯊꯥꯕꯜꯅꯤ ꯍꯥꯏꯗꯕ
ꯉꯝꯂꯣꯏ꯫ ꯅꯍꯥꯟꯃꯈꯩ ꯄꯨꯟꯁꯤꯟꯅꯔꯒ ꯂꯩꯀꯥꯏꯗꯨꯅ ꯊꯥꯕꯜ ꯆꯣꯡꯕ ꯌꯥꯎꯕ ꯅꯠꯇ꯭ꯔꯒ ꯌꯥꯎꯗꯕ ꯊꯤꯗꯅ
ꯑꯄꯨꯟꯕꯒꯤ ꯄꯥꯡꯒꯜ ꯁꯥꯒꯠꯄꯒꯨꯝꯅ ꯊꯥꯕꯜ ꯆꯣꯡꯕꯒꯤ ꯁꯦꯜ ꯈꯥꯏꯔꯤꯕꯁꯤꯡ ꯃꯇꯝ ꯅꯠꯇ꯭ꯔꯕꯗꯤ
ꯀꯔꯤꯒꯤꯗꯃꯛ ꯈꯥꯏꯔꯤꯕꯅꯣ ꯍꯥꯏꯕ ꯉꯝꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯠꯇ ꯊꯣꯔꯛꯇ꯭ꯔꯦ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯇꯥꯟ ꯀꯥꯏꯕ
ꯊꯥꯕꯜ ꯑꯁꯤꯅ ꯅꯣꯡ ꯉꯥꯟꯕꯗꯒ ꯇꯉꯥꯏꯐꯗꯕ ꯊꯕꯛꯁꯤꯡ ꯆꯠꯂꯨꯔꯒ ꯉꯥꯏꯍꯥꯛꯇꯪ ꯄꯣꯊꯥꯖꯅꯕ ꯐꯃꯨꯡꯗ
ꯆꯪꯖꯕ ꯃꯤꯑꯣꯏꯗ ꯀꯌꯥꯒꯤ ꯃꯇꯤꯛ ꯑꯀꯥꯏꯕ ꯄꯤ ꯍꯥꯏꯕ ꯈꯪꯅꯗ꯭ꯔꯦ꯫ ꯍꯌꯦꯡ ꯑꯌꯨꯛ ꯑꯉꯟꯕꯗ ꯊꯕꯛ
ꯆꯠꯀꯅꯤ, ꯈꯖꯤꯛꯇꯪ ꯉꯟꯅ ꯄꯣꯊꯥꯒꯦ ꯍꯥꯏꯅ ꯐꯃꯨꯡꯗ ꯆꯪꯕ ꯀꯥꯡꯕꯨꯗꯥꯨ ꯇꯨꯝꯕ ꯌꯥꯍꯟꯗ꯭ꯔꯦ꯫ ꯑꯁꯤꯒꯨꯝꯕ
ꯐꯤꯚꯝ ꯑꯁꯤꯗ ꯂꯟꯅꯥꯏ ꯃꯤꯑꯣꯏ 1/2 ꯅ ꯍꯦꯛ ꯋꯥꯀꯠꯂꯨꯕꯗ ꯂꯩꯀꯥꯏꯒꯤ ꯃꯥꯌꯣꯛꯇ ꯂꯩꯕ ꯇꯥꯍꯜꯂꯤꯕꯅꯤ꯫

ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯄꯟꯖꯅꯤꯡꯕ ꯋꯥꯐꯝꯗꯤ ꯍꯟꯗꯛꯇ ꯊꯧꯕꯥꯜ ꯗꯤꯁꯇ꯭ꯔꯛꯀꯤ ꯃꯅꯨꯡ ꯆꯟꯅ ꯂꯩꯕ
ꯎꯈꯣꯡꯁꯥꯡꯗ ꯊꯥꯕꯜ ꯆꯣꯡꯕꯒꯤ ꯊꯧꯗꯣꯛꯇ ꯄꯨꯂꯤꯁ ꯄꯥꯔꯁꯅꯦꯜ ꯑꯃꯅ ꯅꯣꯡꯃꯩꯅ ꯀꯥꯞꯄꯗꯤ ꯇꯨꯡꯒꯤ
ꯑꯆꯪꯕ ꯃꯤ ꯑꯣꯏꯔꯛꯀꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯅꯔꯤꯕ ꯃꯤꯑꯣꯏ ꯑꯃ ꯍꯥꯠꯈꯤꯕꯁꯤ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯊꯧꯗꯣꯛꯅꯤ꯫

ꯊꯧꯗꯣꯛꯇꯨꯗ ꯆꯦꯟꯅꯔꯤꯕ ꯄꯨꯂꯤꯁ ꯄꯥꯔꯁꯅꯦꯜꯒꯤ ꯃꯊꯛꯇ ꯂꯣꯒꯤ ꯑꯣꯏꯕ ꯑꯀꯟꯕ ꯊꯕꯛꯁꯤꯡ
ꯂꯧꯈꯠꯀꯗꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯩꯈꯣꯏꯅ ꯅꯩꯅꯕ ꯌꯥꯕ ꯋꯥꯐꯝ ꯑꯃꯗꯤ ꯊꯥꯕꯜ ꯆꯣꯡꯕ ꯍꯥꯏꯕꯁꯤ ꯏꯟꯈꯠꯂꯛꯂꯤꯕ
ꯄꯥꯈꯪ ꯂꯩꯁꯥꯁꯤꯡꯒꯤ ꯍꯔꯥꯎ ꯃꯊꯣꯏ ꯀꯥꯕ ꯊꯧꯔꯝꯅꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯆꯍꯤ ꯇꯥꯟꯐꯝ ꯑꯁꯤꯗ ꯃꯈꯣꯏꯅ
ꯀꯅꯥꯕꯨꯁꯨ ꯑꯀꯤꯕ ꯂꯩꯇꯦ꯫ ꯀꯔꯤꯒꯨꯝꯕ ꯃꯔꯝ ꯑꯃꯗꯒꯤꯁꯨ ꯀꯅꯥꯒꯨꯝꯕꯒ ꯅꯤꯉꯥꯏ ꯁꯪꯗꯥꯅꯔꯛꯄꯗꯒꯒꯤ
ꯈꯠꯅ ꯆꯩꯅꯕꯒꯤ ꯊꯧꯗꯣꯛ ꯊꯣꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏ꯫ ꯃꯇꯝ ꯅꯠꯇꯅ ꯊꯥꯕꯜ ꯆꯣꯡꯕ ꯑꯣꯏꯕꯅ ꯃꯈꯜ ꯃꯈꯥ
ꯀꯌꯥꯒꯤ ꯃꯤ ꯇꯤꯟꯕꯒꯤ ꯆꯥꯡꯁꯨ ꯍꯦꯟꯒꯠꯂꯛꯏ꯫ ꯃꯌꯥꯏ ꯀꯥꯕ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯁꯤꯟ ꯊꯛꯆꯤꯜꯂꯒ ꯈꯠꯅ
ꯆꯩꯅꯕꯒꯤ ꯊꯧꯗꯣꯛ ꯋꯥꯊꯣꯛꯁꯨ ꯋꯥꯡꯒꯅꯤ꯫ ꯃꯔꯝ ꯑꯗꯅꯨ ꯑꯁꯤꯒꯨꯝꯕ ꯃꯈꯂꯒꯤ ꯊꯥꯕꯜ ꯑꯁꯤ ꯂꯦꯞꯍꯟꯅꯕ
ꯗꯤꯁꯇ꯭ꯔꯛ ꯑꯣꯊꯣꯔꯤꯇꯅ ꯃꯤꯠꯌꯦꯡ ꯆꯪꯒꯗꯕꯅꯤ꯫ ꯃꯈꯣꯏꯅ ꯂꯥꯎꯗ ꯁ꯭ꯄꯤꯀꯔ ꯁꯤꯖꯤꯟꯅꯕꯒꯤ ꯑꯌ
ꯥꯕ ꯀꯅꯥꯅ ꯄꯤꯕꯒꯦ? ꯑꯌꯥꯕ ꯄꯤꯗꯕ ꯑꯣꯏꯔꯒꯗꯤ ꯉꯜꯂꯤꯉꯩꯗ ꯄꯨꯂꯤꯁꯅ ꯊꯥꯕꯜ ꯆꯣꯡꯕ ꯊꯤꯡꯍꯧꯗꯕꯒꯤ
ꯃꯔꯝ ꯀꯔꯤꯒꯤꯅꯣ ꯍꯥꯏꯕꯗꯨꯁꯨ ꯊꯤꯖꯤꯟꯕꯗ ꯌꯥꯎꯍꯟꯅꯤꯡꯏ꯫

ꯄꯦꯡ ꯆꯣꯏꯔꯕ ꯑꯍꯜꯁꯤꯡꯒꯤ ꯃꯔꯝꯗ ꯊꯤꯖꯤꯜꯂꯨꯕꯗꯒꯤ ꯀꯔꯤ ꯀꯔꯤ ꯈꯪꯂꯛꯂꯕ# 2
(ꯄꯦꯡ ꯆꯣꯏꯔꯛꯇꯅꯕꯒꯤ ꯆꯦꯛꯁꯤꯟ-ꯊꯧꯔꯥꯡ ꯂꯧꯍꯧꯔꯁꯤ)
ꯁꯥꯏꯟꯁꯀꯤ ꯈꯣꯡꯆꯠ
ꯀꯨꯟꯖꯣ ꯅꯥꯎꯔꯦꯝ