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ຂ່າວສານຖາວເທດ



TAI DAM NEWSLETTER

April 15, 1976

Governor's Task Force for Indochinese Resettlement
523 E. 12th, Des Moines, Iowa 50319
Toll free 800.362.2780

No. 7

ATTENTION HOUSEWIVES!

As I mentioned in an article in the fourth newsletter, pork is not safe to eat unless it has been thoroughly cooked. Pork contains parasites that cause trichinosis, a painful, miserable and sometimes fatal disease.

The U.S. Department of Agriculture (USDA) places a stamp of approval on each cut of meat, but this stamp does not mean the pork has been checked for trichinosis. Only heat will destroy the parasites that cause trichinosis and that is the responsibility of the housewife who cooks the meat.

If you read the Des Moines Tribune on Sunday, March 28th, you can see just how miserable trichinosis really is. It causes the face to swell, double vision and nausea that can often last for months. It may even cause death!

So be sure to cook your pork until it loses its pink color completely and then you can be sure it is safe to eat.

CLOTHING.

Many Tai Dam refugees received winter clothing when they arrived arrived in America. The Tai Dam who did not receive it previously can get it from the Salvation Army.

The Salvation Army is interested in making this opportunity available to as many refugees as possible.

To receive winter clothing, contact your local chapter of the Salvation Army (it will be in the telephone book) for an application form or write to:

The Salvation Army
Southern Territorial Headquarters
675 Seminole Avenue, N.E.
Atlanta, Georgia 30307

After you fill out the form (ask your sponsor for some help), the Salvation Army will mail the clothing directly to you at no cost. It will be on a first come, first serve basis. Send your completed application forms to:

The Salvation Army
P.O. Box 452
Barling, Arkansas 72923

FINDING A JOB.

Iowa has government operated employment services which direct workers to employers who are interested in the process of hiring additional help.

The local employment service office is an excellent place to begin. It has information from many employers and can advise you on what job to seek and how to look for work.

Newspapers carry 'help wanted' notices in their classified advertising sections. These are carefully studied every day by people looking for work, so it is to your advantage to respond quickly to a notice that interests you. You may need some help from an experienced job-hunter at first to understand the special abbreviated vocabulary used in the help-wanted advertisements.

Jobs are often found through friends. Once you are employed, you may hear of other job opportunities in your field of work and will be better able to decide if you should apply.

It is important that you notify your employer a week or two in advance if you plan to quit. This is done out of consideration as the employer must be given some time to find a replacement for your job.

SCHOLARSHIPS.

According to Dr. James Kauffman, Vice President for Student Affairs and Admissions, Cornell College, in Mount Vernon, Iowa, presently has five refugees who are receiving scholarship assistance. These students have made wonderful progress and have received excellent grades.

Kauffman said Cornell is willing to grant five or six more scholarships for the coming school year. Those refugees who are interested in this opportunity shoul contact:

Dr. James Kauffman
Vice President for Student Affairs and Admissions
Mount Vernon, Iowa 52314

ATTENTION SHORT WAVE RADIO OWNERS.

If you have a short wave radio, you may like to listen to the Voice of America (VOA) programs which are broadcast in Vietnamese and Lao twice daily on the following frequencies:

From 6 to 8 a.m. on the 31.06 and 48.82.

From 4:30 to 5 p.m. on the 16.76 and 19.67 meters.

FAMILY PLANNING.

Because raising children is a difficult and demanding job, it is important to plan ahead for the number of children you wish to have in your family.

You may wish to avoid having children until you have time and money necessary to provide them with the love, security and the stability that they need. The major forms of birth control are described in the chart on the following page. The forms listed are safe, effective, natural and medical means to allow you to have children only when you want them!

For more information, contact your doctor, city or county health department, or the nearest Planned Parenthood Center.

Planned Parenthood is the largest family planning organization. In Des Moines, if a woman wants to be examined by a female, rather than a male doctor, she can call Planned Parenthood at (515) 280-7000, where specially trained nurses can handle the examinations.

If the woman chooses a method of family planning, the nurse or doctor will explain how to properly use it. Be sure to ask questions as the doctor or nurse may not realize you do not under-

stand something.

On April 19th, from 9:30-11:30 a.m., Planned Parenthood will be speaking at the YWCA at 717 Grand Avenue in Des Moines, about family planning. This is an excellent opportunity for you to ask questions. For more information contact: Planned Parenthood of Iowa

851 19th Street
Des Moines, Iowa 50314

Methods of birth control	Pill	I.U.D.	Diaphragm	Condom • Foam	Natural family planning	Sterilization
What Is it?	A pill made of a combination of synthetic hormones almost the same as those produced by the ovaries in a woman.	A small plastic object with nylon threads attached. Inserted into the uterus.	A small, flexible, capshaped device made of soft rubber.	The condom is a thin covering made of rubber or similar material, used by the male. Foam is a chemical inserted in the vagina. Comes in an aerosol container.	A method of avoiding pregnancy which uses a woman's own body signs. This makes it a completely natural or non-artificial birth control method.	The male operation is called vasectomy. The female operation is called tubal ligation.
How does it work?	Prevents the ovary from releasing an egg cell. With no egg cell present a woman cannot become pregnant.	Exactly how it works is not known. The most widely accepted theory is that it prevents the egg from implanting in the uterus.	Prevents sperm from passing into the womb. Cream and jelly kills sperm.	Both prevent the sperm from reaching the egg.	The NFP method shows a woman the days she can get pregnant (fertile days) and the time she can safely have sex (nonfertile days).	Cutting and tying of the tubes in male or female to permanently prevent sperm or eggs from moving into reproductive system.
How is it used?	One pill must be taken each day according to instructions.	Once inserted, the IUD may be left in place indefinitely. After each menstrual period, the woman should check the threads to make sure the IUD is in place.	Is inserted in the vagina before intercourse and used with vaginal cream or jelly. Can be inserted up to 4 hours before intercourse and must not be removed before 8 hours after.	The condom is placed on the man's penis (like a glove) after erection but long before the climax. Foam should be used according to instructions on package. Used before each act of intercourse.	There are three ways of using NFP: (1) by recording temperatures (2) by observing mucus made by the cervix, (3) by combining temperature and mucus signs. Each one has specific instructions. Ask the Natural Family Planning counselor.	Consult a doctor, Planned Parenthood or other family planning clinic.
How reliable?	Highly effective if used according to directions.	Highly effective. Not as effective as the pill.	Highly effective if used correctly.	Each is effective. Highly effective if used together.	If used as taught — highly effective.	The most effective method of birth control.
Are there side effects?	May cause weight gain, breast tenderness, nausea. Normally, these minor side effects disappear within three months. Not recommended for women with certain medical problems. May clear acne, lessen cramps and lessen and regulate menstrual flow.	Many women have no problem but the IUD cannot be used by all women. Sometimes the body "pushes" it out. May cause cramps, bleeding or spotting.	Some women may have difficulty placing it correctly.	Condoms are an excellent method of preventing VD. Both condom and foam may cause irritation in rare cases.	Absolutely none.	All surgery has some risk, but new procedures make these operations simple and safe.
Does it affect sex?	Convenient, reliable and not messy. Does not interfere with sex act. May relieve anxiety over pregnancy, thus improving sexual relations.	Is not felt by either partner. May relieve anxiety over pregnancy, thus improving sexual relations.	If properly inserted, neither partner should feel it.	May be messy. Some may not like having to use a contraceptive before each sex act.	It does restrict sex to certain times of the month.	Has no effect on sex drive. Many feel that removing fear of pregnancy improves sexual relations.
Where can I get it?	A medical examination and a prescription are necessary.	During a medical exam it is inserted into the uterus.	After a medical exam the woman is fitted for the diaphragm.	From a drugstore. No prescription necessary.	See a person qualified as a Natural Family Planning counselor. No exam is needed.	Vasectomy can be done in a doctor's office. Tubal ligation, at present, involves short hospitalization.

THE POLITICAL SYSTEM IN AMERICA. (Third in a series)

The Legislative Branch.

As you may recall, the Federal Constitution was drawn up to provide only the broad outlines of the nation's government. New laws are constantly being made and old ones are being revised. This is the job of Congress which consists of the Senate and the House of Representatives.

A Senator (or member of the Senate) represents a whole state such as Iowa, for example. The people of each state elect two Senators. There are 100 members in the United States Senate as there are fifty different states.

There are certain qualifications for being a Senator. He or she must be at least 30 years-old and be a citizen of the United States for at least 9 years. He must be a resident of the state from which he is elected. The Senators representing Iowa are Richard Clark and John Culver. They serve for 6 years and may be reelected at the end of their term in office.

The Vice President of the United States serves as the head of the Senate. The President has no vote except in the case of a tie.

The Senate has its own special jobs shared by no other body in the federal government. It has the sole power to try the President of the United States should the House of Representatives decide he is incapable of running the country effectively.

Another of the Senate's special jobs is to serve as a check on the power of the President. As I mentioned in the last issue,

the President has the power to make treaties with foreign nations, but they are not law until the Senate votes and passes them. This right makes sure the President alone does not rule the country.

A Representative (or member of the House of Representatives) acts for the people in his congressional district of the state from which he is elected. There are 435 members in the House of Representatives. The basic difference between the House and the Senate is that every state is represented equally, regardless of population, in the Senate but the states with more people have greater power in the House of Representatives.

A Representative must be at least 25 years-old, an American citizen for 7 years or more and be a resident from the state from which he is elected in order to qualify.

A Representative's term in office is only two years as compared to that of six by the Senators.

The House of Representatives is the section of the Federal Government closest to the people of the United States. In keeping with the nature of this body, the powers allotted to the 'House' are the nearest and the dearest to the interests of the people of the nation such as the power of taxation. The tax power is jealously guarded and controlled by the House of Representatives. Should a government have the power to tax unwisely or too freely, the people would suffer. It must be the people who decide how much taxes should be. Because the House is closest to the people, it begins all tax laws.

Together the Senate and the House of Representatives make up Congress. The people of the United States can participate in their

government by recognising the need for new laws and supporting Congress in its efforts to pass the necessary ones into effect.

In the next issue, I will discuss the Judicial, or system of courts, in America.

A PLEA FOR HELP!

This is your newsletter in every sense of the word. It is written, printed and mailed expressly and solely for your needs. Take advantage of this tool and send me any questions and information you may have. The questions you raise may be shared by many other Tai Dam across the state.

I appreciate the letters I have received and hope to get more in the future.

Stan Fridstein -Editor

ປະກາດລົ້ວບອງເມຍ່ເຕືອນ .

ຄັ້ງທີ່ຂໍພະເຈົ້າໄດ້ກ່າວໄປແຮ່ງໃນຂ່າວສ່ານວະບັດທີ່ຂ່າວການລົ້ວບູ້ທີ່ປ່ຽນໃຫ້ສຸກໆ ມັນເປັນການປ່ຽນປອດຍັບ ອົນບູ້ມີເຊື້ອຍາດຫາວ (Trichonosis) ທີ່ຫ່າຍໃຫ້ເຕີດການປັດຕ່າງໆ ເລະ ບາງຕັ້ງກໍ່ວ່າດາມຕາຍກໍ ເປັນໄດ້.

ກະຊວງການກະເທດທະວັດທະນາ (USDA) ໄດ້ໃຫ້ການຮັບຮອງອົນທີ່ຂ່າຍແຕ່ລະຫຼິດໄດ້ເອົາສະແດຍຕິດຫຼາຍໄວ້ ສະແດຍຄັ້ງກ່າວທີ່ໄດ້ແຫຼ່ງພາຍໃນອົນນັ້ນບໍ່ມີເຊື້ອຍາດ Trichonosis ແຕ່ຢ່າງໂດຍ . ເຊີ່ແຕ່ຄາຍຮັນເຕົ້ານັ້ນຈະສ່າຍາດຂ້າເຊື້ອຍາດກັ່ງກ່າວໄດ້ຊີ່, ເປັນພາຣະໝໍາທີ່ຈະຢູ່ດູວ່າແມ່ຮົອນເກັ້ງຫຼູມຜູ້ທີ່ຄົນອົນ ມັນ .

ຖ້າພວກຫ່ານຫາກໄດ້ກ່າວໝັ້ງສື້ພິມ Des Moines Tribune ຮະບັບວັນອາທິດ ວັນທີ ໩ ປຸດສິດົມ ພິມາ ພວກທ່ານ ຖົກຈະຫຼຸດວ່າ ພາຍໃນ Trichonosis ເປັນພາຍາດໃຫ້ຮັບຮັງຂອງຂາຍໃດ ຖ້າເປັນພາຍາດດັ່ງກ່າວ ຫັນຕາກໍຈະໃກ້ ບາຍ , ເຫັນກຸບເປັນຮອງເຕີ່, ເລະຫ່າຍໃຫ້ມື່ນ ມີຊີ່ງວ່າການດັ່ງກ່າວນີ້ອາກະພີເຖິງເປັນດິອນ ທີ່ຊີ່ອາກະເປັນ ແຫ້ໃຫ້ ເກີດມີການຕາມກໍເປັນໄດ້ .

ກະນັ້ນ, ກ່າວຈະຕິ່ມອື້ນຂໍໃຫ້ພາກນົມ ຄວີໃຫ້ຊັ້ນນັ້ນທົມຄົນນີ້ແດງ ເລະ ໃຫ້ມັນສຸກດີ່ງເສັ່ງກ່ອນ ຕັ້ງນີ້ກໍເພີ້ງ

ຄວາມປອດຍັດ .

ເຄື່ອງນຸ່ງຫຼຸლົງຕ່າງໆ .

ຊາວໄຫດ່າຫລາຍ ກໍຄົນອາດຈະໄດ້ຮັບເຄື່ອງນຸ່ງກັນຫາວ່າບ່າງສິ່ງບ່າງຢ່າງຕອນທີ່ມາກອດສະຫະຮັດວະເມີນໃກ້ໃຫ້ນໍ້າ .
ຜູ້ທີ່ເປັ້ນໄດ້ຮັບອີດສີຍາດຂຶ້ນໄດ້ມີ່ວ່າ ອົງການເຜີຍແຜ່ສ່າສນາ ແລະ ຊຸ່ອຍຜູ້ຫຼຸລາຍ (SALVATION ARMY) .
ອົງການເຜີຍແຜ່ສ່າສນາ ແລະ ຊຸ່ອຍຜູ້ຫຼຸລາຍສົມໃຈຢ່າງຈະ ໃຫ້ໂຄງກາດນີ້ສ່ວນບຸກາວອົບພົບຫຼຸຍເຫັນທີ່ຈະຫຼຸຍໄດ້ .
ແພື່ອຢ່າກໄດ້ເຄື່ອງນຸ່ງຫຼຸລາຍກັນຫາວ່າ ຂໍໃຫ້ຕິດຕໍ່ກັບສ່າວັດທັງຖື່ນຂອງອົງການລົ່ງກ່າວ (ທີ່ຕັ້ງແລະ ເປີໂຫະເນັດສີ່ຫຼຸ
ໃນປີ່ມີໂທະສັບ) ຫຼືບໍ່ກໍ່ຂຽນຫາດັ່ງຕໍ່ໄປນີ້ :

The Salvation Army ,
Southern Territorial Headquarters
675 Seminole Avenue , N.E.
Atlanta , Georgia 30307

ຫຼຸ້ງຈາກຍັງຫ່າຍເກີດຄໍາຮ້ອງແລ້ວ (ຂໍໃຫ້ຖານຜູ້ຮັບຮ້ອງຊຸ່ອຍເຫຼື້ອ) ຫາງອົງການອາດຈະສົ່ງເຄື່ອງທີ່
ພັກຫ່າຍ ຂໍ້ນັ້ນຍາ ໃຫ້ແວກຫ້ານໂດຍຫາງປັບປຸງລົງລົດແລະ ເປີດຫ່າຍນີ້ໄດ້ສັງຄ່າຫຼັງໝົດ -
ການຊຸ່ອຍເຫຼື້ອແນວໃຈ ອົງການຈະຢູ່ໃນຫຼັກ ໃຜຂໍກ່ອນກໍຈະໄດ້ກ່ອນເປັນຕົ້ນ . ຂໍໃຫ້ຈັດສົ່ງຄໍາຮ້ອງໄປຍັງ :

The Salvation Army ,
P.O. Box 452
Barling , Arkansas 72923

ການຊຸ່ອຍຫາວູກການງານງານ .

ຫາງຮັດໄອໂອົວ ພີເຜແນກຈັດຫາງານຫີ່ມີຫຼັກທີ່ຈັດແນວໜ້າຄົນງານສໍາລັບນາຍຈ້າງຜູ້ທີ່ສົນໃຈຢ່າງຈະ
ໄດ້ຜູ້ຂໍ້ຊຸ່ອຍຫຼຸງການນີ້ .

ຜົນກາຈັດຫາງານຫຼັງຖື່ນ ເປັນບ່ອນອັນແນວໜ້າສົມທີ່ສຸດ ໃນການແລ້ມຕົ້ນ ຫາງຫຼອງການດັ່ງກ່າວ ສີ
ຂ່າວຈາກນາຍຈ້າງຫຼາຍເງົ່າ ບ່ອນທີ່ອາດກັບຍາດ ໃຫ້ຄົ່ງແນວໜ້າ ຫ່າຍໄດ້ດີທີ່ຫຼຸງກັບຫຼຸງການປະເພດຕ່າງໆ
ແລະ ວິທີຊູ້ອາຫາວູກການນັ້ນໄດ້ດີ .

ປະກາດຫາງານໜັງສືພິມ ໃນຫຼວດ " Help wanted " ດີ່ມີການສືກວ່າ ແລະ ປັນທິກອາໄຈຮັດຜູ້ທີ່ຊູ້ອາຫາ
ວູກການກໍເປັນອີກບ່ອນນີ້ ໃຫ້ພັກຫ່າຍຄວນເບີ່ງ ສ໘ນ້ອອາດຈະເປັນປະໂຍດທີ່ຫ່າຍນ່ອນເບີ່ງປະກາດດັ່ງກ່າວ
ນັ້ນ ຢູ່ເອັນຍໍ ດີ່ອາດຈະເຫີ່ງວູກການທີ່ຫ່າຍນີ້ໃຈ ຫ່າຍອາດຈະຂໍຄວາມຊຸ່ອຍເຫຼື້ອຜູ້ທີ່ດຸ່ມໃຊ້ນີ້
ຊູ້ອາຫາວູກການ ໃນຂັ້ນແລກ ເພື່ອໃຫ້ຂໍ້ໃຈ ຖ້າຫຼັງຂອງປະກາດ ໃນຫຼັງສືພິມນັ້ນ .

ເປັນສິ່ງທີ່ສໍາຄັນທີ່ພວກເຫົ່ານີ້ຄວນບອກນາມຈຳກັງ ອາທິດນີ້ຫຼືສອງອາທິດ ໄວໜ່ວຍໜັງໜັງກ່ອນພວກເຫົ່ານີ້
ຈະຂຶ້ນຕາງການແລ້ວ ໃຫ້ເຂົາເຈົ້າມີເວລາເງຸຽກ ດຶງການຊອກຫາຜູ້ຍາສັບປຸງນີ້ຮັດວຽກການທີ່ເຫັນຮັດ .

ଭିନ୍ନଗାନଶବ୍ଦା

Dr. James Kauffman, ករូវេសាទិភាពបំណិតវៀរភីរាយធម្មនក្រុងទេសជាតិបានបញ្ជីឡើងថា
មានវិទ្យាល័យ Cornell នៃ Mount Vernon, Iowa នៅចំពោះតារាងទីផ្សារលាបស់
ប៊ីនក្រុងខ្លួនឯងធម្មិតិយប់ទាំងអស់ និងខ្សោយក្រុងតារាងទីផ្សារលាបស់
នក្រុងត្រូវរាយការណ៍ និងបានបញ្ជីឡើងថា គឺត្រូវបានបញ្ជីឡើង។

ທ່ານ Kauffman ໄດ້ຖະແລງອີກວ່າ ບ້າງສະຖາບັນ Cornell ຍິນດີ ໃຫ້ເຫັນສຶກສາອີກ ແລ້ວ ເປັນ
ສ່າລັບສຶກສາ ຈະ ພາເກົ່າ ມັກສູງອືພົບຜົມ ໃດຍື ຄວາມສົນໃຈ ຂໍໃຫ້ຕິດຕໍ່ຫຼັງຕໍ່ໄປເປີ້ວ :

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Mount Vernon, Iowa 52314

ປະກາດ សົ່ວັລັບຜູ້ທີ່ໄດ້ອະນຸຍາດໃນສັນ (Sw)

ການວາງແຜນຄອບຄົວ

ການລູ່ງລູກຕົ້ນເປັນວິກທີ່ຫຍຸ້ງ ຍາດລ້າຄານແລະຕັ້ງການ ສະນັ້ນຈຶ່ງເຫັນວ່າສ້າງຄົນທີ່ກວມວາງແຜນ
ຮູ້, ໄວໜ້າວິວໜັງນີ້ຈ້າງມາດັກທີ່ພວກເຂົານຳປັກນີ້ຢູ່ກາຈະນີ້ໃນຄອບຄົວຂອງພວກເຂົານ

ພວກທ່ານ ອາດຖຸມາດໂຈ: ເອົວງາຈົນກວ່າເວລັບ ໜີ້ພວກທ່ານຂີ່ເງິນຄໍາລົງເກືອງ ໃຫ້ຄວາມຮັກໄຕ໌, ຄວາມປົກເພຍ ແລະ ຄວາມທຸນຫຼຸງທີ່ເຂົ້າເຈື້ອຕ້ອງການ. ວິທີຄູ່ກ່ຽວເນີນດ້າງໆ ໄດ້ວະທີບາບ ໃຫ້ພວກທ່ານໄດ່ຂົ້າ

ໃຈຢູ່ໃນຕາຍຕາຕະລາງບໍ່ຕໍ່ໄປ ອົງທິດັ່ງກ່າວທີ່ໄດ້ເອົາອອກຈະຕິບາຍສັ່ງ ເປັນວິທີຕິ່ມືຄວາມປອດຍັບ ພຶກສະເໜີແຫຼັງບານ, ຕາຍທັງມະນຸດ ແລະ ຕາຍຫຼັກການແຍດແພື່ອ ອົງທິດັ່ງບານທີ່ມີຄວາມປອດຍັບ
ທີ່ແຍກທ່ານຕ້ອງການ .

ເພື່ອລາຍນະອຸດກົງວັນປຣີ ດັ່ງກ່າວຂໍ ໃຫ້ແມ່ນຄືຕໍ່ທ່ານໝໍ ປະຈຳຄອບຄົວຂອງທ່ານ ພະເມັນກາງ
ນາຍພະເທັງຖຸນ ຫຼືທາຍເວດຕັ້ງ ທີ່ມີສູນວາງວາງ ແຜນສໍາລັບຜູ້ປັນເຢີ ແລະ ເມື່ອ

Planned Parenthood of Iowa

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କେବିଳାବୁନ୍ଦେଇ ମୁଣ୍ଡରେଖିଗା (ପଢ଼ିଲୁଗା)

ମୁଦ୍ରଣ (ନାମ) ଶିଖିପନ୍ତଙ୍କ

ພວກທີ່ນອາດຈະຈໍາໄດ້ວ່າກັບຍະນຸມງາງໄດ້ຕ່າງໆຫຼື້ນເພື່ອ ອິຫຼາມເປັນໂຄງ ກ່າວ ອົນລວັງ ຂວາງ ຂອງກັບນອງປະເທດເຕັ້ນນັ້ນ ກົດໝາຍໃຫຍ່ກໍໄດ້ຕ່າງໆຫຼື້ນຢູ່ຫຼາ ເວລາ ເລະ ກົດໝາຍເກົ່າກິກລັດແປງໄປ ເນື້ອຍ ຫຼື ຊຶ້ງວູກລົງກ່າວນີ້ເປັນຍາກະຫຼາຍທີ່ຂອງທີ່ກົດໝາຍເກົ່າປະກອບດັ່ງນັ້ນ (Senate) ເລະສະບູກ່າວ (House).

ສະຫວັນດີ່ງນະຍາສູງເປັນຜູ້ຕາງໜັກຂອງຮັດເຊື່ອນຮັດໄອໂອົງ, ເປັນຕົ້ນ. ປະຊາຊົນໃນແຕ່ລະກຳລົມ
ຕັ້ງອ້ອາສະຫວັນດີ່ງນະຍາສູງທອງທ່ານ ໃນສະບະຮັດອະເຍັນການີ້ນີ້ກັນ ແຕ່ ຮັດ ສະນັ້ນຈຶ່ງໃຫ້ສະຫວັນດີ່ງນະຍາ
ສູງທັງໝົດນີ້ກັນ ១០០ ທ່ານ

ວິທີຂອງການຄຸນກ່າວເມືດ

ສືບພິເວດອີກປ່າງນຶ່ງຂອງຮະຍາກູງທີ່ຕີ້ເປັນຜະແນນຄະບັບໃຫຼຸດເພື່ອກາວດຂັ້ນຕ້ານີ້ ດັ່ງນີ້ມີບັນດາ
ອ່າງ ຕັ້ງຂ້າພະເຈົ້າໄດ້ກ່າວຍາເວັນດີໃໝ່ສະບັບລ່ອງນັ້ນວ່າ ປະ ຫາວນໆທີ່ບັນດີມີອ້ານີ້ຄວບກັນຍາ, ກັບປະເທດຕະໜາ
ຫຼັງໆ ເພື່ອລ່າສັນຫຼຸດ ເຫຼື່ອນັ້ນຈະບໍ່ເປັນກົດໝາຍໃດຈົນກ່າວ່າ ຫາງຮະຍາກູງຈະ ລົງຄະແນນສູງ ແລະ ອະນຸຍາຫັດເສັງຫ້ນ
ຊື່ອ້ານີ້ຄວບຕັ້ງທີ່ວິ່ນໄດ້ໃຫ້ກ່າວຍາແມ່ນດູນໃຫ້ໄດ້ຕໍ່ເປັນຜະແນນປະຫານໆທີ່ບັນດີຜູ້ງໆ ເຊິ່ງນີ້ທີ່ຢັດຕອງປະເທດ.

ສະຫຼຸບຊີ້ານະຍາຕ່າງໆ ເປັນຜູ້ຕາງໜັງປະຊາຊົນ ແຂດຮັກນະຍາ ອິຜລາວຂອງແຕ່ລະຮັດນັ້ນ ໄ ນະຫຼຸບຊີ້ານະຍາຕ່າງໆ ພຶມບໍ່ຈ້າກັນທັງໝົດ ດັ່ງນີ້ແລ້ວ . ຄວາມເຕະກະຕົວຕ່າງໆ ຖະຫາວົາງນະຍານີ້ ແລະ ສະຍາຕ່າງໆ ພົມໃຫ້ແຕ່ລະຮັດ
ພື້ນຖານນະຫຼຸບຊີ້ານະຍາຕ່າງໆ ທີ່ກົມໂຄບບໍ່ໄດ້ຄົດວ່າຮັດນັ້ນມີປະຊາຊົນຫຼາຍ ຮັດນີ້ ເພີ້ມປະຊາຊົນນັ້ນພະຍາຍາ
ກົດໃດມີປະຊາຊົນຫຼາຍກ່າຍໃດທີ່ຜົນຫຼາຍ ໂດຍນະຍາຕ່າງໆ .

ກ່າວສົດລາວໄລ ກັບ ໄຊ້ຂອງນະຄູ ຊົກລະຍາຕີ ດີ ເປົ້າ ສ່ວນຂອງນະຄູ ຊົກລະຍາຕີ ເປົ້າ

ଶ୍ରୀକୃତ୍ୟାମ୍ବଦେଶ୍ମନାଲୁପ୍ତି

ຂ່າວນົມນີ້ຄືປັນເປົງພວກຕ່ານຊື່ເຕັກຄໍ່ວິທີ່ບູນ“ລະພິບອອກສົ່ງກະເພາະ ພວກຫ່ານ ເພື່ອຄວາມ
ຕັອງການເປົງພວກຫ່ານທີ່ນັ້ນ

ຂ້າພະເຈົ້າຍຸດໃຈນີ້ໜັງສືບຕີຂ້າພະເຈົ້າໄດ້ຮັບແລ້ວ ແລະ ພວັນຈີ່ທີ່ໄດ້ຮັບອີກຫຼຸມໃນອານຸຄົດ.

Stan Fridstein = ປັນຍາທິການ

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