

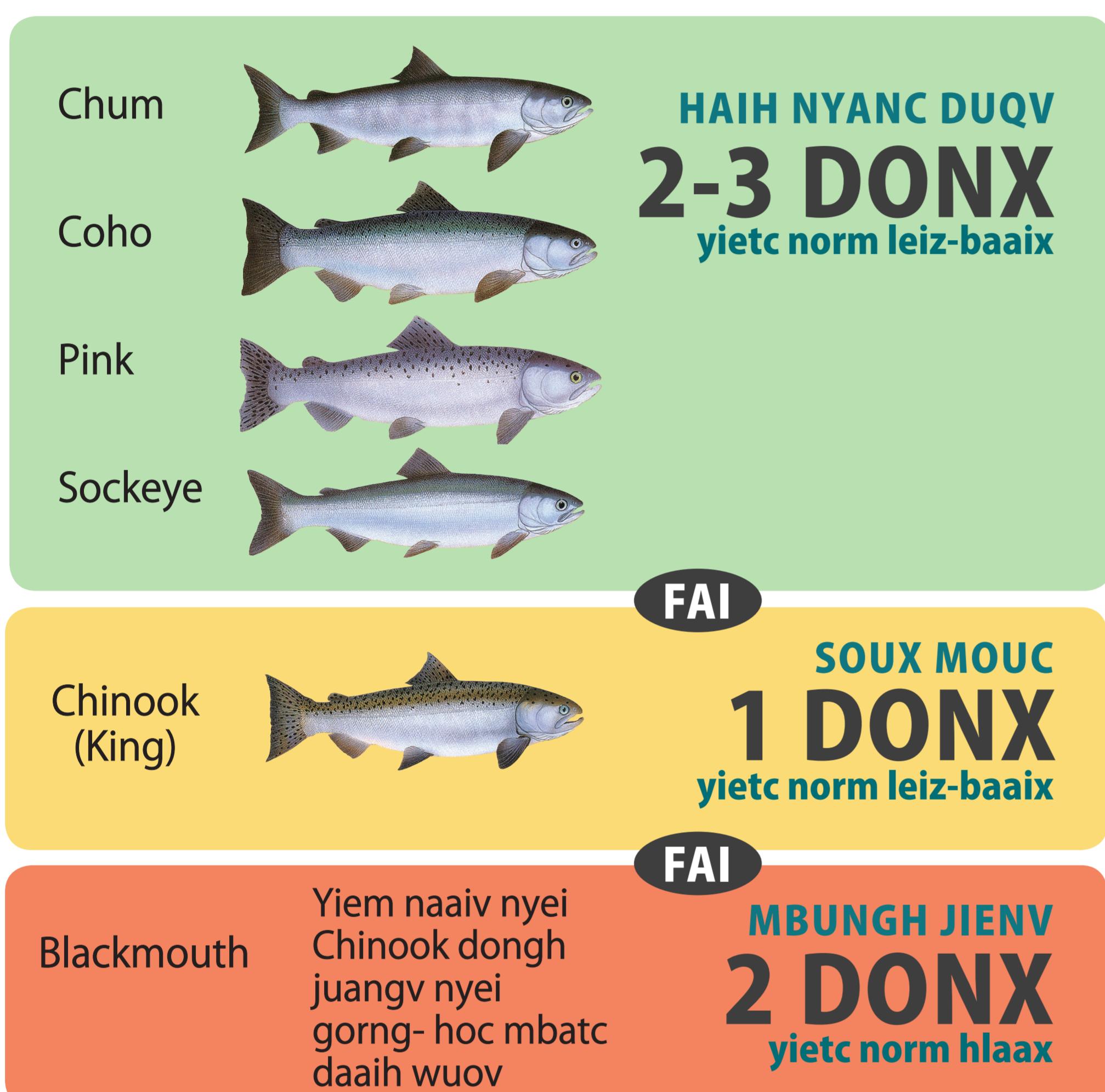
Meih mbatc Nyanc Duqv nyei Ga'Naaiv yiem Duwamish River fai? Nyanc Salmon maah.

Nyanc Salmon se Gauh Longx Bun Buonv-Sin

Mbatc mbiauz se longc jienv bun mbuo nyei sin, hnyouv hnamv nyei jauv, caux tengx mbuo hoqc hiuv yaac jiu-tong zuangx mienh. Nyanc mbiauz se tengx duqv mbuo nyei buonv-sin longx henv.

Mv baac Duwamish River nyei wuom se laih hlopv weic zuqc maaih ndie bieqc wuom mingh yungz yiem naav nyie mbiauz, mbungv-mbaih, caux nqingh nquaiz dongh yietc liuz yiem naav norm ndoqv wuov deix.

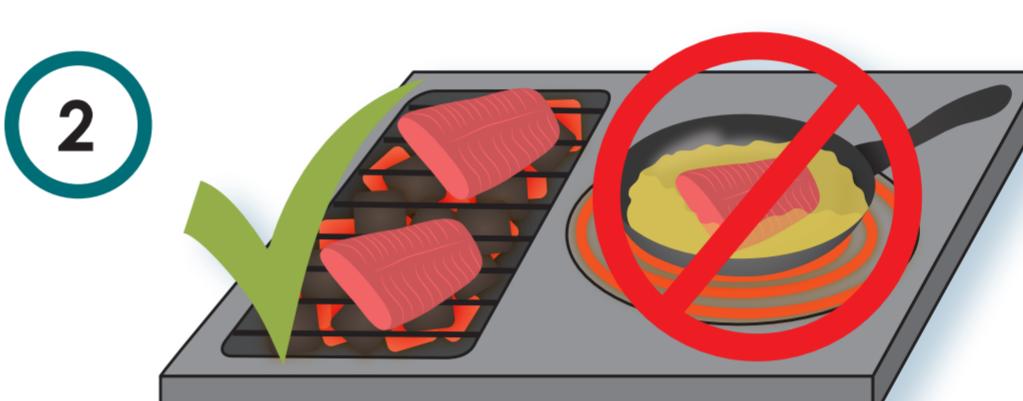
Salmon se gauh longx jiex wuov nyungc mbiauz weic zuqc ninh mbuo yiem ndoqv maih lauh. Nyanc yaac tengx duqv buonv-sin yaac maaih Omega-3 dongh tengx duqv mbuo nyei hnyouv caux m'nqongv-faamv henv.



Njaaux Tengx Buonv-Sin Wangc Siangx



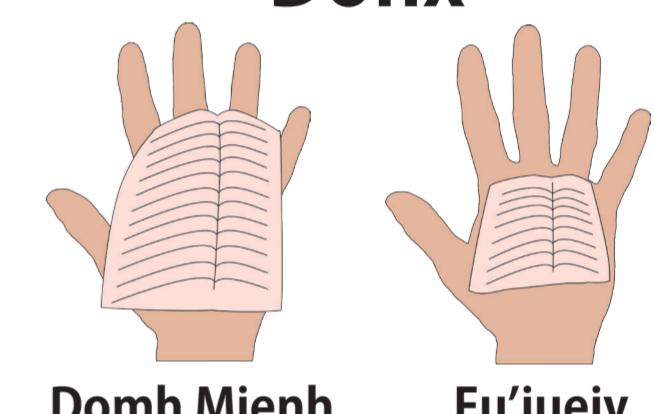
Gaatv guangc ndopv, hmei, caux gu'nyuoz jaangh



Lorngx douz-nzauc ziqv, dapv douz-louh ziqv fai zaang bun hmei ndiepv guangc mingh. MAIV DUNGZ liouh hmei daaih zoux nzauv-suiv fai longc zouv torng.

3 Nyanc mbiauz-lunx, mbiauz-dorn (longc horpc leiz). Naaiv deix maaih ndie gau zoqc.

Hnaangx Donx



Yietc donx se njietv yietc buoz-zaangv jangv caux ndongc yietc buoz-zaangv hoz.

ZUANGX MIENH – MAIV DUNGZ NYANC YIEM DINGC NAAIV NDOQV NYEI MBIAUZ, MBUNGV-MBAIH, FAI NQINGH NQUAIZ

Lengc jeiv M'SIEQV DORN dongh maaih jienv fai haih MAAIH SIN, BUN GU'NGUAZ HOPV GANH NYEI NYORX NYEI MIENH, caux FU'JUEIV. Maaih ndie dongh haih hoic zuqc deng-deng hlo nyei gu'nguaaz caux fu'jueiv zoux bun ninh mbuo nyany caux hoic zuqc m'nqorngv-faamv.

