

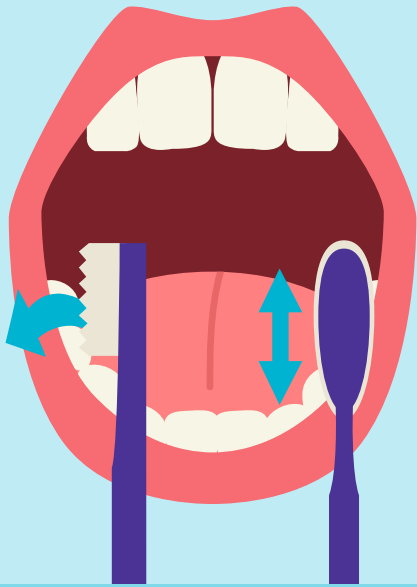


ÑIEN JOĐIKDIK

Ilo aṃ jipañ jođikdik ro ñan keememej in karreoiki ñier im kōjparok bwe ren jab jorrāān, kwōnaaj kapen ke loñier renaaj emṃan wōt ñan jinoin aer rūtto im ālikin.



Kapen ke nājūṃ jođikdik ej etal wōt ilo an būraj ruo iien kajjojo raan im ke ej kōjerbal to ak floss aolep raan.



Kāālōt bwil me kāre kōn jukwa.



Rej aikuj in kōjerbal kein kōjparok loñi (mouth guard) ko ilo enañin aolepan ikkure ko ilo iien kōmmālmel im iien game ko.



Ṃanit ko renana an jođikdik remaroñ in kokkure ājmuurin loñin ñe erūttoḷok.

Ba “jab” ñan iili loen ak tien.



Kōjjeṃḷok kola im mōñā nana ak “junk food” ko.



Aolep ñien rūtto ren waḷok mokta jān 13 iio ded.

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