



Lao Association of Connecticut, Inc



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Dear Readers: Sai Sungkom is a Newsletter of the Lao Association of Connecticut that intend to provide important information and activities of Lao-American community in Connecticut, such as Lao culture events, education, employment opportunity and other related issues that effect the quality of life of the Lao-American. If you have any news or announcements that you would like to make through our newsletter, please feel free to send your information to laoact@sbcglobal.net. Attention: Sai Sungkom Newsletter. In order for us to maintain this newsletter for future editions, your input are needed, such as ideas, positive story on how to promote education for our children, economic opportunities for unemployed people, equal access to services and other information that you know will benefit the Lao-American community.

ສະບາຍດີທ່ານຜູ້ອ່ານທີ່ນັບຊື່ ແລະຮັກແພງ:

ສາຍສັງຄົມນີ້ແມ່ນຊ່ວຍສາມຂອງສະມາຄົມລາວ ຮັດຄອນເນກຕິເຄອດ.ສາຍສັງຄົມຈະພະຍາຍາມຮັບໃຊ້ນຳສົ່ງຊ່ວຍສາມຕ່າງໆໃຫ້ພີ່ນ້ອງຊາວລາວ ໄດ້ຮູ້ຈັກເຫດການ, ການເຄື່ອນໄຫວທີ່ເກີດຂຶ້ນໃນສັງຄົມລາວ, ເຊັ່ນ ການສຶກສາ, ເສດຖະກິດ ແລະ ສັງຄົມ ຕ່າງໆພາຍໃນ ແລະນອກຮັດຄອນເນກຕິເຄອດ. ສາຍສັງຄົມສົ່ງເສີມ ການສຶກສາ, ວັດທະນະທັມ, ເສດຖະກິດ ແລະ ຄວາມກ່າວຫນ້າຂອງສັງຄົມລາວ. ຖ້າທ່ານຕ້ອງການຈະ ສົ່ງເສີມຊາວສາມ ນີ້ໃຫ້ຄົງຕົວສືບຕໍ່ໄປ ການຊ່ວຍເຫຼືອຕ່າງໆ, ເຊັ່ນການ ຕິດຊຶມ ຫຼືໃຫ້ກຳລັງ ຈິດຂອງພວກທ່ານມີຄວາມສຳຄັນຫລາຍ ແລະການແນະນຳແນວຄິດ ເພື່ອສົ່ງເສີມການສຶກສາຂອງຊາວນັບຊື່ລາວເຮົາ, ສົ່ງເສີມເສດຖະກິດວຽກງານ ແລະ ສັງຄົມສົ່ງເຄາະອື່ນໆ. (ຊ່ວຍສາມສະບັບນີ້ແມ່ນສະບັບແຮກ ຖ້າຫາກມີຄວາມບົກຜ່ອງຊໍອະໄພຈາກຜູ້ອ່ານດວງ).

The Lao Association of Connecticut is a Community-Based Organization established in 1980 to assist refugees from Laos to assimilate to a new life in America.

The mission of the LAC is to unify all Laotian-Americans, to promote/preserve Lao culture, assist in the areas of need such as education, economic development, health services, youth/family services, translation, citizenship, civic participation, advocacy and other referral services.

Healthcare: We have begun our first year of this initiative to raise education and awareness of the healthcare system among Laotian-Americans. In Laos, majority of the people visit hospital only when they have sickness or serious illness in the final stage of life. Healthcare prevention is not known or practice. Recognizing the barriers of language and cultural differences, we are making strides to inform the Lao-American community of the need for adequate healthcare. Our plans are to stress the importance of wellness doctor visits as a means of prevention. In the process our hopes are to ease relations between Laotian-American patients and healthcare professionals

With the lack of healthcare being an epidemic for underrepresented groups in the U.S; we developed a plan to get the word out to the Lao-American community.



In July 2005, the Lao Association of Connecticut received a mini grant from the Connecticut Health Foundation to conduct a survey of healthcare for Laotian-American in Connecticut. We expect the survey to be completed in July 2006. We are in the beginning stages of the program, we have accomplished great lengths. Some of which include: a press release was published in the West Hartford News in December 2005; we are networking with the Lao temples in Connecticut; conducting meetings with Board members and other social services agency representatives; we have been attending various trainings learning about the legislative process, communicating with the press, our legislators and making our voice heard in our communities. During this short time period we have linked up with other Southeast Asian organizations to form a Southeast Asian Coalition of Connecticut and had met with 4 commissioners from the

state of Connecticut to establish collaboration for future endeavors.

In the near future; our plans are to develop a website as a means of dispersing information to the Lao-American community. We also plan to create brochure and continue our Newsletter in order to communicate with an audience that is not computer literate. Once surveys are completed and evaluated; we plan to develop awareness programs for the targeted healthcare issues. By taking these initiatives we hope to build trust in the existing health systems. Our hope is also to open the door to more cultural sensitivity and multicultural work environment in the health care system that is conducive to the needs of all people.

Lao New Year Celebration. This year is the year of the dog, 2549; the celebration was held on April 15, 2006; more than 180 participated in this celebration. The President of the LAC and Board members express the gratitude for your participation in this celebration. May the year of the dog brings you good luck, good health and prosperity through out the year and years to come.



Lao Saturday School Program

The Lao Saturday School Program is housed at Jefferson School in New Britain. This program has been existed since 1993 to help Laotian American students learn about their culture, arts, language and to promote self-esteem of the students. The program opens in the month January and run through May of every year. This year the program operates only 16 weeks. On May 13, 2006; we held a Lao New Year and Spring Celebration approximately 200 people participated. On May 20, 2006 will be the last day of the program; we will take students for field trip to Bowling. Please get involve by volunteer your time to help our children.

ຈິດຫມາຍຄອບໃຈ

ເມສາ ໒໐, ໒໐໐໖

ໃນນາມຜູ້ອໍານວຍການ ໂຄງການສອນພາສາ ແລະວັທນະທັມລາວ ທີ່ໂຮງຮຽນ ແຈບເຜີເຊັນ ເມືອງນິວບຣິດ ຕັນ, ຄອນເນກຕິເຄອດ. ຊ້າພະເຈົ້າ ຊໍຊອບໃຈ ມາຍັງທ່ານ ທີ່ໄດ້ອຸປະຊັມ ໂຄງການສອນພາສາ ແລະວັທນະ ທັມລາວ. ໂຄງການສອນພາສາລາວນີ້ ໄດ້ນໍາພາສິດສອນ ລູກ

ຫລານລາວຂອງພວກເຮົາໄດ້ເປັນເວລາດົນນານ ພໍສົມຄວນ ໄດ້ໄດ້ຮັບການອຸປະຊັມຈາກທາງໂຮງຮຽນຫລວງ ຊອງເມືອງນິວບຣິດຕັນ, ສະມາຄົມລາວ, ສະມາຄົດອບຄົວລາວ ເມືອງນິວບຣິດຕັນ, ພໍ່ແມ່ນັກຮຽນ ແລະ ທ່ານພົນອັງຊາວລາວຫລາຍທ່ານ ຜູ້ທີ່ມີສາຍຕາໄກ ມອງເຫັນຄວາມສໍາຄັນຂອງວັທນະທັມ ແລະພາສາລາວ. ພາສາລາວ ເປັນມໍຣະດົກອັນລ້ຳຄ່າຂອງຊາວລາວທຸກໆ ຄົນ ທີ່ບັນພະບຸຣຸດຂອງພວກເຮົາໄດ້ມອບຫມາຍໃຫ້. ເຮົາໄດ້ພັດພາກຈາກບ້ານເມືອງເຮົາມາ ໄດ້ຍາວໄດ້ເອົາຫຍັງມານໍາ ມີແຕ່ພາສາ ແລະວັທນະທັມລາວຂອງພວກເຮົາ. ພາສາລາວມີຄວາມສໍາຄັນໃຫ້ຊາວລາວເຮົາທຸກໆຄົນ ຜູ້ທີ່ ມີຈິດສໍານຶກໃນການເປັນລາວ ຈະຢູ່ແຕ່ງຫົນໃດກໍຕາມ ຊ້າເຮົາຮູ້ຈັກພາສາ, ວັທນະທັມ ແລະມີຈິດໃຈສໍານຶກໃນການເປັນລາວ ເຮົາກໍຍັງເປັນລາວຢູ່. ຊາວລາວເຮົາທຸກໆຄົນ ຄວນພູມໃຈ ແລະມີຫນ້າທີ່ຮັບຜິດຊອບຮັກສາພາສາລາວໄວ້ ໃຫ້ຢືນຢົງຄົງຢູ່ເພື່ອລູກຫລານຂອງພວກເຮົາຈະໄດ້ສືບຕໍ່ໃນອະນາຄົດ. ບັນພະບຸຣຸດຂອງລາວໄດ້ກ່າວໄວ້ ວ່າ "ພາສາບອກຊາຕ ມາຣະຍາດ ບອກຕະກຸນ". ຊ້າເຮົາບໍ່ມີພາສາ ກໍຄືຊາຕຊາຕ ຊາຕຕະກຸນ. ຊ້າພະເຈົ້າຫ້ວງຢ່າງ ອີ່ງວ່າທ່ານຄົງຈະສືບຕໍ່ ສົ່ງເສີມໂຄງການສອນພາສາ ແລະວັທນະທັມລາວຂອງພວກເຮົາ ໃຫ້ຢືນຢົງຄົງຕົວຢູ່ໄດ້ ຕາລອດໄປ.



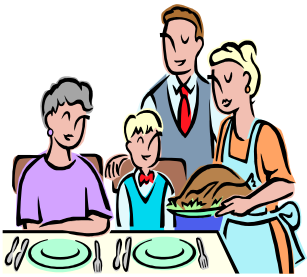
Southeast Asian Collaboration: Rationale for the Southeast Asian Collaboration: Southeast Asians are an underserved population in Connecticut: Language barriers persist, exacerbated by insufficient translation services; generally speaking, community providers do not have the cultural competencies necessary to serve those of Southeast Asian descent; desperate need remains for services including case management, transportation, and outreach/educational activities.

The support systems for Southeast Asians are tenuous, with much of the direct services being delivered through largely volunteer organizations. Additional funding is needed to stabilize and enhance these service providers. Collaboration among Southeast Asian organizations will provide credibility and capacity to drive discussions with state agencies and private section funding sources.

Lao Association of Connecticut is a partner of the Southeast Asian Collaboration. The memorandum of understand has been signed on November 16, 2005 between the Connecticut Outreach Center for Human Development, CHD, Khmer Health Advocates of CT, Lao Association of CT and Vietnamese Mutual Assistance Association. The purpose of

this collaboration is to seek funding in an effort to increase services for Southeast Asian communities in the State of Connecticut.

Brief history of Southeast Asian in Connecticut: Beginning in mid-1970's, large numbers of Southeast Asians, Cambodian, Lao and Vietnamese refugees begin to resettle in Connecticut; local community-based assistance organizations develop to serve various Southeast Asian ethnic groups during 1980's and 1990's, seeking additional resources to meet pressing community needs; Collaboration discussions begin in 2004.



Youth/Families:

Prevention is one of the best tools to help your children. Early prevention is the best way to help your child stay away from trouble. Many experts agree that early prevention is the key to preventing your child from getting into trouble. We all know that prevention is not an easy task. It requires a strong self discipline and commitment. Prevention can begin as early as when a mother is ready to begin her conception. To have a strong healthy child, parents should not take any drugs prior to and during the conception. Being physically strong and healthy is not enough to prevent a child from having trouble. Psychology is one of the important factors that need to be recognized in the prevention stages. In general, all children are good. We all want our children to be good, but how we are going to raise them to be good children depends on how much we know about raising them. Raising children is not an easy job. You might hear the old people said "It takes a whole village to raise a child." Children learn from birth. They learn to adjust to time, day and night, seeking food, crying when unhappy, smiling when happy etc. The child's mother is the first teacher. During the first stage of life, mother also teaches a child how to eat, how to drink, how to walk, how to talk etc. At this stage the child asks for help in almost every activity. Many parents do not understand the growing stages of the child and become discouraged. Lessons learned in early childhood, a child will take with them to the next stages of life. Our ancestors used to teach us "the fruit never falls far from its tree." Between the ages of four to five, the child will have to make a transition have a new teacher, new friends and a new environment. A child will attend pre-school and begin to encounter with a bigger world. Parents do not have to wait until problems occur to provide prevention. It

is very important that parents and teachers teach the children about gangs, guns, drugs and violence as as possible.

ຊາວນຸ່ມ ແລະຄອບຄົວ:

ການປ້ອງກັນແມ່ນວິທີທີ່ດີທີ່ສຸດ ເພື່ອປ້ອງກັນລູກຂອງທ່ານບໍ່ໃຫ້ມີບັນຫາ. ຜູ້ຊ່ວຍຊາວຫລາຍໆທ່ານຍອມຮັບວ່າ ການປ້ອງກັນກ່ອນເວລາແມ່ນວິທີທີ່ດີທີ່ສຸດ ເພື່ອເວັ້ນຈາກລູກຫລານຂອງທ່ານບໍ່ໃຫ້ມີບັນຫາ. ພວກເຮົາຮູ້ຈັກວ່າ ການປ້ອງກັນເປັນຄວາມສຳຄັນທີ່ສຳຄັນທີ່ສຸດ ທີ່ຕ້ອງການຄວາມອົດທົນ ແລະຄຳຫມັ້ນສັນຍາ. ການປ້ອງກັນກ່ອນເວລາຄືເລັ້ມແຕ່ເມື່ອເວລາຜູ້ຍິງ ເລັ້ມດັ່ງຫຍັງ. ເພື່ອໃຫ້ ລູກສົມບູນ ແລະແຂງແຮງພໍແມ່ບໍ່ຄວນໃຊ້ຢາເສບຕິດ ແລະຊາວມືນເມົາ ໃຫ້ເທັດໃນເວລາທີ່ດັ່ງຫຍັງ. ເຖິງວ່າເດັກນ້ອຍຈະມີຄວາມສົມບູນແລະ ແຂງທາງດ້ານຮ່າງກາຍກໍ່ຕາມ ຍັງບໍ່ພຽງພໍທີ່ປ້ອງກັນບໍ່ໃຫ້ເດັກນ້ອຍມີ ບັນຫາ. ການໂອບລົມສິດສອນກໍ່ແມ່ນສ່ວນນຶ່ງທີ່ມີຄວາມສຳຄັນກວ່າກັບການປ້ອງກັນໃນເວລາຍັງເປັນເດັກນ້ອຍຢູ່. ດາມຄວາມຈິງແລ້ວ ເດັກນ້ອຍທີ່ໄດ້ເປັນ ຄົນດີ. ພວກເຮົາຕ້ອງການໃຫ້ລູກຂອງເຮົາເປັນຄົນດີ ແຕ່ວ່າພວກເຮົາຈະລ້ຽງ ລູກໃຫ້ມາເປັນຄົນດີນັ້ນຂຶ້ນຢູ່ກັບເຮົາຮູ້ຈັກລູກຂອງເຮົາດີປານໃດ ການລ້ຽງ ລູກບໍ່ ແມ່ນວຽກງ່າຍ. ທ່ານອາຈໄດ້ຫຍັງ ສຸພາສິດບູຮານກ່າວໄວ້ວ່າ ລ້ຽງ ເດັກນ້ອຍ ຜູ້ນຶ່ງໃຊ້ຄົນຫມົດບ້ານ". ເດັກນ້ອຍຮຽນເລັ້ມແຕ່ເວລາເຮົາ ເກີດມາ. ເຮົາຮຽນ ບັບເຊົ້າກັບເວລາ, ກາງວັນ ແລະ ກາງຄືນ, ຊອກຫາ ອາຫານ, ຮ້ອງໄຫ້ເມື່ອ ເວລາບໍ່ດີໃຈ, ຍ້ິ້ມແຂ້ມແຈ່ມ ໃສ່ເມື່ອເວລາດີໃຈ. ແມ່ເປັນນາຍຄູ ຜູ້ທີ່ ນຶ່ງຊອງລູກ. ເມື່ອເວລາເລັ້ມ ດ້ານຊອງຊີວິດ, ແມ່ ຍັງສອນໃຫ້ລູກກິນ, ດື່ມ, ຍ່າງ ແລະປາກເວົ້າ. ໃນຣະ ຍະນີ້ເດັກນ້ອຍ ຈະຖາມຄຳຄວາມຊ່ວຍເຫຼືອຫລາຍ ອັນຫລາຍແນວ. ພໍແມ່ຜູ້ທີ່ບໍ່ມີຄວາມເຊົ້າ ໃຈ ເກີດມີຄວາມໃຈຮ້າຍ. ຊຶ່ງທີ່ ເດັກນ້ອຍໄດ້ຮຽນຮູ້ໃນເວ ລາເຮົາຍັງນຸ່ມ ຢູ່ຈະນຳເອົາໄປໃຊ້ໃນເວລາເຮົາແກ່ ຂຶ້ນມາ. ບັນພະບຸຣຸດເຄີຍສອນ ພວກເຮົາ ວ່າ "ຫມາກໄມ້ບໍ່ລົນໄກກິກ". ເມື່ອເວລາເດັກນ້ອຍມີອາຍຸ ສີ່ຫາຫ້າ ປີ ເຮົາຈະຕ້ອງໄດ້ປັບເຊົ້າກັບໂລກອັນກວ້າງໃຫຍ່. ເດັກນ້ອຍຈະ ຕ້ອງໄປເຊົ້າ ໂຮງຮຽນ, ມີນາຍຄູຜູ້ໃຫມ່, ມີຫມູ່ຄູ່ໃຫມ່ ແລະມີສິ່ງແວດລ້ອມອັນໃຫມ່. ພໍ ແມ່ ບໍ່ຄວນລຳກຸ້ງໃຫ້ບັນຫາເກີດແລ້ວຈຶ່ງ ຊອກຫາວິທີປ້ອງກັນ. ມີ ຄວາມ ສຳຄັນທີ່ສຸດທີ່ພໍ່ແມ່ແລະນາຍຄູຄວນປອກສອນເດັກນ້ອຍກ່ຽວກັບເຮື້ອງການປ້ອງກັນແກ້ງ, ປີນ, ຢາເສບຕິດແລະ ການຮະເມີດສິດທິທຳຮ້າຍຮ່າງກາຍຜູ້ອື່ນເມື່ອເວລາເດັກນ້ອຍຍັງນຸ່ມຢູ່.



Other Effects of Tobacco Use:

Cigarette smoke consists of a complex mixture of hot gases and particles of varying sizes. When a smoker inhales, these gasses poison the cilia-small hairs that line the airways and help the lungs remove dirt. One gas is carbon monoxide, a colorless, odorless poison that binds to hemoglobin, the oxygen-carrying element in red

blood cells. This reduces the blood's ability to carry oxygen. The large particles, together known as "tar," collect at branching points in the lungs, much as twigs and other debris collect at branching points in a stream. These tars contain many of the carcinogenic compounds in smoke, and so increase a smoker's risks of developing lung cancer. The smaller particles, which contain carcinogens as well as many irritants and corrosive chemicals, collect in the small air sacs in the lungs. This is where the blood absorbs oxygen from air and releases carbon dioxide generated by the body. Substances in tobacco smoke damage the air sacs and are then absorbed into the blood and transported to other sites in the body, where they can cause a number of diseases. The smoker is not the only person who inhales the thousands of chemicals in cigarette smoke. A lighted cigarette spends about 90% of its time idling rather than being actively inhaled. Thus it pollutes the air around it. Oral and nasal cancer are particularly bad consequences of the use of snuff and chewing tobacco, which concentrates the carcinogens and toxins in the mouth and nose. The first reports of tobacco-induced cancer in the 19th century were of oral and nasal cancers, since heavy smoking was not yet widespread. Lung cancer was the first disease definitively identified as caused by smoking. To make this link, scientists used several lines of evidence. First before the advent of widespread smoking in the early 20th century, lung cancer was rare. The lung-cancer epidemic that developed in the 20th century paralleled the increase in cigarette smoking, with about a 20-year lag. Twenty years is the latency period for lung cancer. Second, epidemiologists observed that male heavy smokers were about 24 times as likely to die of lung cancer as nonsmokers. The more an individual smokes, the greater his risk of dying from lung cancer. Third, when a smoker stops smoking, his risk of lung cancer decreases over a period of years until it reaches that of a nonsmoker.

ເມື່ອເວລາທ່ານເຊົາສູບບູລີ

ຊາວນາທີ່ຫຼັງຈາກບູລີໄດ້ສຸດທ້າຍຂອງທ່ານ:
 ທ່ານຈະຊ່ວຍໃຫ້ອາກາດນີ້ດີຂຶ້ນ,ຄວາມກົດດັນໄລຫົດຂອງທ່ານຈະ
 ກັບມາຊູ່ປົກກະຕິ, ການເຕັ້ນຂອງຈອນຈະກັບມາຊູ່ປົກກະຕິ, ອຸນ
 ນະພູມຂອງມື ແລະເທົ້າຈະເຜີ້ມຂຶ້ນຊູ່ປົກກະຕິ: ສຸ ຊົ່ວໂມງ:
 ຣະດັບຂອງສາວເຄມີທີ່ມີຢູ່ໃນໄລຫົດຈະລຸດຜ່ອນມາຊູ່ປົກກະຕິ
 ແລະຣະດັບອາກາດໃນລອດລົມຂອງໄລຫົດເຜີ້ມຂຶ້ນຊູ່ປົກກະຕິ:
 ໒໔ ຊົ່ວໂມງ: ໂອກາດທີ່ຈະເປັນຫົວໃຈວາຍລຸດຜ່ອນລົງ, ໔ສຸ
 ຊົ່ວໂມງ: ການສັມພັດຕ່າງໆທີ່ຊາວນາຈາກສາວເຄມີນິໂກດິນນັ້ນຈະ
 ປັບເຊົາຊູ່ປົກກະຕິ ແລະຈະທຳໃຫ້ການໄດ້ຮັບກິນ, ຣົດອາຫານດີ

ຂຶ້ນ, ໗໒ ຊົ່ວໂມງ: ລອດລົມຫາຍໃຈດີຂຶ້ນ,ເຮັດໃຫ້ການຫາຍໃຈ
 ດີຂຶ້ນ ປະຣິມານຊອງອາກາດຢູ່ໃນປອດສູງຂຶ້ນ, ໒ ອາທິດ ຫາ ໓
 ເດືອນ: ການເຫນັງຕົງຊອງຮ່າງກາຍດີຂຶ້ນ, ການເດີນໄປມາກໍ່
 ສະດວກຂຶ້ນ, ການທຳງານຊອງປອດດີຂຶ້ນເຖິງ ໓໐ ເປີເຊັນ, ໑
 ຫາ ໙ ເດືອນ: ການເປັນຫວັດເປັນໄຂ່ລຸດຜ່ອນລົງ, ການ
 ເມື່ອຍໄວ ແລະຫາຍໃຈສັນກໍ່ດີຂຶ້ນ, ສະພາບຊອງປອດກໍ່ດີຂຶ້ນ
 ເຮັດໃຫ້ປອດສາມາດກັບມາດຳເນີນງານເອົາອາກາດໄດ້ດີ, ລຸດຜ່ອນການ
 ເຈັບເປັນລົງ ແລະເຮັດໃຫ້ຮ່າງກາຍມີຄວາມແຂງແຮງຂຶ້ນ, ໑ ປີ:
 ໂອກາດ ທີ່ຈະຕາຍດ້ວຍພະຍາດຫົວໃຈວາຍມີເຖິງເຄິ່ງນຶ່ງຊອງ
 ຄົນທີ່ ບໍ່ສູບບູລີ, ໕ ປີ: ໂອກາດທີ່ຈະຕາຍຈາກການເປັນພະຍາດ
 ຫົວໃຈນັ້ນເທົ່າກັບຄົນທີ່ບໍ່ສູບບູລີ ໑໐ ປີ: ໂອກາດທີ່ຈະ
 ຕາຍຈາກການເປັນມະເຮັງໃນປອດນັ້ນລຸດລົງເທົ່າກັບຄົນທີ່ບໍ່ສູບຢາ

When You Quit Smoking

Within 20 minutes of your last cigarette: You stop polluting the air, blood pressure drops to normal, pulse rate drops to normal rate, temperature of hands and feet increases to normal: 8 Hours: Carbon monoxide level in blood drops to normal oxygen level in blood increases to normal, 24 hours: Chance of heart attack decreases, 48 hours: Nerve endings adjust to the absence of nicotine, ability to smell and taste things is enhanced, 72 Hours: Bronchial tubes relax, making breathing easier, lung capacity increases, 2 Weeks to 3 Months: Circulation improves, walking becomes easier, lung function increases up to 30%, 1 to 9 Months: Coughing, sinus congestion, fatigue, and shortness of breath all decrease, cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection, body's overall energy level increases, 1 Year: Heart disease death rate is halfway back to that of a nonsmoker, 5 Years: Heart disease death rate drops to the rate for nonsmokers, lung cancer death rate decreases halfway back to that of nonsmokers, 10 Years: Lung cancer death rate drops almost to the rate for nonsmokers, pre-cancerous cells are replaced, the incidence of other cancers decreases.

Southeast Asian Youth Committee

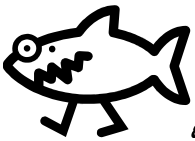
A committee shall be formed to make a positive difference in bridging the generation gap that exists between our youths and adults. The committee shall instill pride for our people and our culture.

In this committee, we shall provide support, encouragement and resources for our youths in their education and careers. Additionally, we shall advocate the importance of our heritage and culture.

In this committee, we shall expect understanding and respect for and of each other, pride for our heritage and promote values of leadership and standards of excellence.

Goal is to establish a Scholarship Fund for a recipient who wishes to further their education. If you wish to join this youth committee, please do not hesitate contact At thinkim@yahoo.com

Douang (Thim) Athitang



ຄຳເຕືອນ ສຳລັບທ່ານ ແລະຄອບຄົວ ຜູ້ທີ່ໃຊ້ປາເປັນອາຫານ (໒໐໐໕)

ເຖິງວ່າຈະມີປາຫຼາຍສະນິດ ທີ່ມາຈາກແມ່ນ້ຳຄອນເນກຕິແຄດ ທີ່ມີຄວາມປອດໄພ ແລະສະອາດ ເພື່ອໃຊ້ເປັນອາຫານກໍຕາມ, ແຕ່ກໍຍັງມີປາບາງສະນິດ ທີ່ມີສານພິດເຄມີຢູ່ໃນຕົວຂອງມັນ.

ຖ້າທ່ານປະຕິບັດ ຕາມຄຳແນະນຳຢູ່ລຸ່ມນີ້, ທ່ານ ແລະຄອບຄົວ ຂອງທ່ານ ຈະໃຊ້ປາເປັນອາຫານໄດ້ຢ່າງປອດໄພ ແມ່ນ້ຳຄອນເນກຕິແຄດ ແລະຫນອງຕ່າງໆ--ພາຍໃນຮັກ

ປາທຸກສະນິດ ສ່ວນຫຼາຍອາຈມີສານເຄມີຢູ່ໃນຕົວຂອງມັນບາງເລັກນ້ອຍ. ດັ່ງນັ້ນ, ບຸກຄົນປະເພດທີ່ບໍ່ໄວ້ຢູ່ລຸ່ມນີ້ ບໍ່ຄວນກິນປາທີ່ມາຈາກແມ່ນ້ຳ ຄອນເນກຕິແຄດ ແລະຫນອງຕ່າງໆເປັນອາຫານຫຼາຍກວ່າ ນຶ່ງຄັ້ງຕໍ່ເດືອນ:

- ຜູ້ຍິງທີ່ຊິພາ
- ຜູ້ຍິງທີ່ມີແຜນຈະເອົາລູກ,
- ຜູ້ຍິງທີ່ລ້ຽງລູກດ້ວຍນົມແມ່
- ເດັກນ້ອຍທີ່ມີອາຍຸຕໍ່າກວ່າຫົກປີ

ໃຫ້ຍົກເວັ້ນປາເຫຼົ່າ (trout). ປາເຫຼົ່າເປັນປາທີ່ປອດໄພເພື່ອໃຊ້ເປັນອາຫານ.

ປານ້ຳເຄັມ - ທີ່ຢູ່ໃນອ່າວທະເລ ລອງອາຍແລນ

ສ່ວນຫຼາຍປານ້ຳເຄັມ ເປັນປາທີ່ມີຄວາມປອດໄພ ເພື່ອໃຊ້ເປັນອາຫານ ນອກຈາກປາໃຫຍ່ສອງສະນິດ: ປາບລູ bluefish ແລະ ປາຂ້າງລາຍ striped bass (ທີ່ມີຄວາມຍາວເກີນ ໒໕") ປານ້ຳເຄັມສອງສະນິດນີ້ ບໍ່ຄວນໃຊ້ເປັນອາຫານສຳລັບຜູ້ຍິງທີ່ຊິພາ, ຜູ້ຍິງທີ່ມີແຜນຈະເອົາລູກ, ຜູ້ຍິງທີ່ລ້ຽງລູກດ້ວຍນົມແມ່ ຫຼືເດັກນ້ອຍທີ່ມີອາຍຸຕໍ່າກວ່າຫົກປີ. ນອກນັ້ນ, ຖ້າຜູ້ໃດຢາກຈະກິນປາສອງສະນິດນີ້ striped bass ແລະ bluefish ກໍກິນໄດ້ ແຕ່ບໍ່ໃຫ້ເກີນ ຫົກຄັ້ງຕໍ່ປີ.

ແມ່ນ້ຳ ແລະຫນອງທີ່ບໍ່ໄວ້ ຢູ່ໃນຮັກ ຄອນເນກຕິແຄດ

ແມ່ນ້ຳທີ່ມີຮະດັບສານເຄມີສູງທີ່ເປັນອັນຕະລາຍຄື:

- Housatonic River (ຢູ່ເທິງເລື້ອນ Derby)
- Quinnipiac River (upstream of Quinnipiac Gorge/Hanover Pond – Meriden)
- Eight Mile River (Southington)
- Brewster Pond (Stratford)
- Wyassup Lake (North Stonington)
- Union Pond (Manchester)
- Dodge Pond (East Lyme)
- Lake McDonough (Barkhamsted)
- Silver Lake (Berlin/Meriden)
- Versailles & Papermill Ponds (Sprague)

ປາທຸກສະນິດ ສ່ວນຫຼາຍທີ່ມາຈາກແມ່ນ້ຳດັ່ງກ່າວນີ້ ບໍ່ຄວນໃຫ້ຜູ້ໃດໃຊ້ເປັນອາຫານ, ສະເພາະຢ່າງຍິ່ງກໍ່ແມ່ນຜູ້ຍິງທີ່ຊິພາ, ຜູ້ຍິງທີ່ມີແຜນຈະເອົາລູກ, ຜູ້ຍິງທີ່ລ້ຽງລູກດ້ວຍນົມແມ່, ເດັກນ້ອຍທີ່ມີອາຍຸຕໍ່າກວ່າຫົກປີ. ພ້ອມດຽວກັນນີ້, ຜູ້ຍິງທີ່ຊິພາ, ຜູ້ຍິງທີ່ມີແຜນຈະເອົາລູກ, ຜູ້ຍິງທີ່ລ້ຽງລູກດ້ວຍນົມແມ່, ເດັກນ້ອຍທີ່ມີອາຍຸຕໍ່າກວ່າຫົກປີ ບໍ່ຄວນກິນປາໃນ ຫຼືປາກົດຈາກແມ່ນ້ຳຄອນ ເນກຕິແຄດ.

ປາທີ່ຊິມາຈາກຕະລາດ

ປາທີ່ຊິມາຈາກຕະລາດ ສ່ວນຫຼາຍມີຄວາມປອດໄພ ທີ່ຈະໃຊ້ເປັນອາຫານ. ຜູ້ຍິງທີ່ຊິພາ, ຜູ້ຍິງທີ່ມີແຜນຈະເອົາລູກ, ຜູ້ຍິງທີ່ລ້ຽງລູກດ້ວຍນົມແມ່ ແລະເດັກນ້ອຍຄວນມີການຈຳກັດດັ່ງນີ້:

ປາທຸກກະປ່ອງ ແລະອາຫານທະເລອື່ນໆ: ບໍ່ໃຫ້ກິນເກີນກວ່າ ໑-໒ ເທື່ອຕໍ່ອາທິດໃຫ້ເລືອກ “Light Tuna” ມັນມີເຊື້ອສານ ເຄມີ ນ້ອຍກວ່າ “White” or “Chunk White” Tuna. ບໍ່ຄວນກິນປາສະວອດ ຫຼື ປາສະຫລາມ-ປາດັ່ງກ່າວນີ້ ມີເຊື້ອເຄສູງສຳລັບຜູ້ຍິງທີ່ກຳລັງຊິພາ ແລະຜູ້ຍິງທີ່ລ້ຽງລູກດ້ວຍນົມແມ່.

ເພື່ອລາຍຮະອຽດເພີ່ມຕື່ມກ່ຽວກັບດ້ານສຸຂະພາບ, ໄທ ຊຸຍໂ-໕໐໙-໗໗໔໒, Web site:

<http://www.dph.state.ct.us/BCH/EEOH/webfsh.htm>

ລາຍຮະອຽດຂອງການຫາປາ, ໄທ ຊຸຍໂ-໔໒໔-໓໔໕໕, Web site:

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