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**Ka fakir biyaha: buluuga iyo nadiifta ah!**  
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**Xasuuso...biyaha dabaysha leh shuban koodu Maaha kuwa la xiriira nadaafada dhuumaha biyaha, Mana helin sifayn, waxayna si toosa ugu darmaan webiga Androscoggin, webiga Androscoggin yare iyo barkada magac la (No Name Pond).**

**Haddii aad hayso wax ku saansan dhenaca wasakhda biyaha xooga leh, fadlan wac:**

**Adeega macaamiisha ee Lewiston  
784-5753 x242  
TTY/TTD 784-5999**

Horowmarinta bilowgii waxaa iska lahaa magaalada Lewiston, Maine  
Sida ku cad xeerka nadaafada biyaha waaxda Adeegyada bulshada  
(207) 784-5753  
www.ci.lewiston.me.us/publicservices




by AQUARION Engineering Services  
Portland, Maine  
Tel. (207)828-1272 www.aquarioneng.com  
iyadoo qalabka ay bixisay USEPA

**Dib isku ururi qashinka guriga ee khatarta ah  
Western Maine HHW - wakhtigiisa waxaa  
la furi doonaa todobaad kaste**

Laga bilaabo xagaaga dhammaad kiisa 2005  
kuna yaala Lewiston meesha qashin adag lagu  
qubo ahna xarunta qashin habayska  
242 River Road, Lewiston, Maine

Wixii warar intaa dhaafsan kala soo xiriir AVCOG:  
(207)783-9186  
ama www.avcog.org

**TAARIIKHO KALE OO  
LAXUSUUSTO**

SIBTEMBAR 2005

- June 4 Tartanka jidka Harta, Auburn
- June 5 Biyo dhaca weyn Criterium, Auburn
- June 16 Ban dhiga tijaaro ee is weydaar siga shaqada, Lewiston
- July 4 Dabaal dega xuriyada, Lewiston/Auburn
- Aug 5-7 Xaflada de Joie Lewiston/Auburn
- Aug 19-21 Xaflada biibiida ee Biyo dhaca weyn Lewiston/Auburn
- Aug 28 Orodka buundada 5k Lewiston/Auburn
- Sept 9-10 Xaflada Giriiga, Lewiston

Wixii warar intaa dhaafsan kala soo xiriir xafiiska tijaarada ee degmada Androscoggin nambarka 783-2249

<http://www.androscoggincountry.com>

**Biyaha dabaysha leh ama shubmaya iyo sida aan wax ugu qaban karno!**



*Ka hortaga  
wasakhaynta biyaha  
socda ee Webiga  
Androscoggin*

**Lewiston  
Maine**  
*Setting the Pace*

## Muxuu u dhimi karaa adiga iyo bulshadaba Biyaha xooga iyo dabaysha wataa?



Bal fiiri dhibic roob oo ka soo dhici xaga samada oo ku dhacaysa sagxad adag sida meesha gawaarida la dhigo (Parking lot), jidka,

ama saanqaafka guriga. Sida roobku udulmarayo meesha

banana, wuxuu ku reebaa ciid, suntan cayayaanka, saliid gubatay, shidaal, ama jeermis. Waxay sidoo kale ugu qulqulaan



dhinaca webiyada deegaanka ama haraha gudaha...ama waxay raaci

karaan daad mareenka... ka dibna waxay galaan dhuumaha waa weyn ee biyaha.

Hadda bal qiyaas biyo

xoogan... roobadanina da'ayo ama barafbadani dhalaali(milmi) – oo qaadaya wax yaabo wasakh leh kuna daraya laago yar ama barkado, ka dibna ku shubaya biyo dhaca webiga Androscoggin waxaana looyaqaan

### BIYIHII WASAKHOOBAY EE SOCDAY.



### Sideen uga ilaalin karaa biyaha da'ayi inay wasakhoobin?

*BIYAHA XOOG U DA'A EE WASAKHOOBAY WAXAY WAX U DHIMI KARAAN DHIRTA, MALAYGA, XAYAWAANKA, IYO DADKA.*

- Faar ku wuxuu baabi inkaraa biyo ku noolaha
- Jeermisku wuxuu keeni karaa in xeebta la xiro
- Alaabta khatarta ah ee wasakhawday ee gurigu waxay sumayn biyo ku noolaha.
- Biyaha socda ee wasakhoobay waxay raad ku yeeshaan ilha biyaha la cabo kayimaadaan.

### Daryeelka Cawska Guriga



Ha ka badin biyaha daaqa gurigaaga. Ogaw isticmaalka tuubada shabaqale intaad isticmaali lahayd mida afka weyn le.

U isticmaal daawada cayayaanka iyo tan jeermiska si taxadirle. Marka ay lagama maar maantahay. Isticmaal kimikooyinkan kaliya inta lagoo sheegay. Isticmaal-ama habka ugu ammaansan xakamaynta waxyaabaha asal ahaan cawska khariba.

Isku keen ama isku ururi wax kaste oo xun. Hana ka ga tegin jidka ama ha u xaaqin dhinaca wadada, biyaha mareenka ama laagaha.

### Ha ku qubim qashinka

Xaaq qashinka ama burburka ka yimaad dhinaca jidka dadku maro, luuq luuqa, jidadka, godadka iyo baarkinada, gaar ahaan daad mareenka. Burburku – kiishashka caaga ah, bogoska lixda dhalo qaada dhalooyinka iyo haashreti sigaarka- ee ku mayrmayaan biyaha dhexdoodu waxay keeni saxashu, neef qabataw, ama curyaamin biyo ku noolaha sida ceel joogta, malayga, diin yaraha, iyo shimbiraha.



### Habka Musqulaha

Habka musqulaha aan ladaryeelin ama daadini waxay siidaa yaan jeermis iyo fayrus (cudur side) kaasna waxaa qaadi kara biyaha socda waxayna ku darayaan biyaha fadhiya. Taasina waxay dhibaato caafimaad u keeni dad weynaha iyo deegaankaba.



Faaruuqi haana biya haaga markaste oo loobaado (3dii sano ama shantii sanaba hal mar).

### Daryeel Gaari

Dhaqida gaariga iyo xayraynta qaybaha gaarigu waxay saabuun gaarsiin iyo waxyaabo kale oo wasakhoobay gaarsiin webiyada gudaha haraha.



Ku shubida saliida gaari biyo mareenka waxay la mid tahay sidii ado toos shubay biyaha alaabo kale.

Ku dhaq gaarigaaga dayrk gurigaaga sidaa sar teed biyaha wasakhda ahi waxay galayaan dhulka. Hagaaji wixii jaban wixii saliid kadaadani. Ku qub wixii saliid la isticmaalaya ama baytariya meelaha loogu talo galay ee burburiya.

### Qashinka Xayawaanka



Markaad la kugayni xayawaankaaga (sida ayga), ogoq inaad qaado xaar kiisa iyo inaad sifiican meel ugu rido- taas waa xeer.

Kaga tegida wasakhda xayawaan dhulka korkiiso waxay kordhin khatark caafimaadka dad weynaha iyadoo ugoalaanaysa jeermis khatara sitoosana ugu mayr maaysa biyah deegaanka iyadoo soo dul maraysa korka meelaha banana ama biyo mareenada.