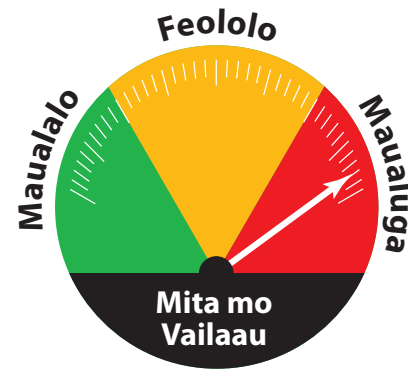
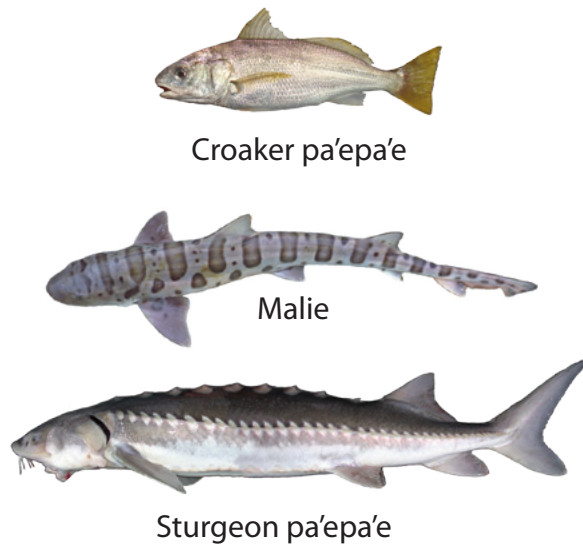
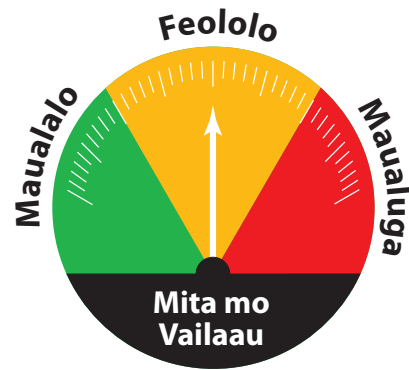
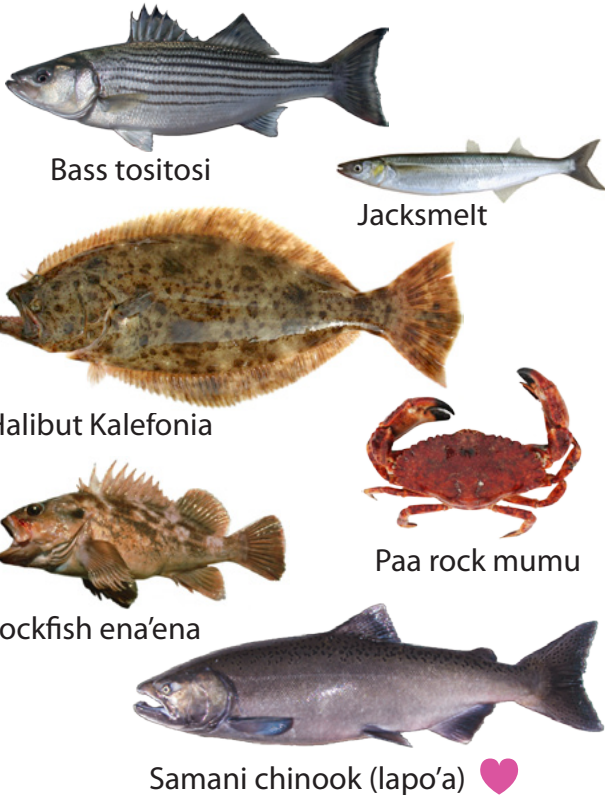
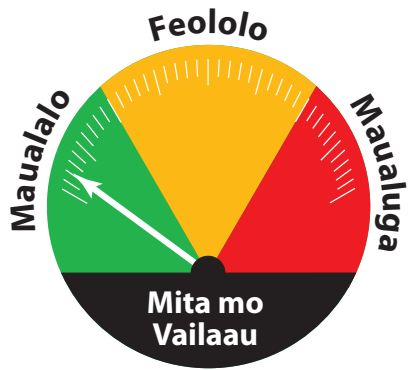


Alii ua silia i le 17 ma tamaitai ua silia i le 45



♥ = Maualuga ai le Omega-3

Ta'iala mo le Taumafaina o l'a ma Figota mai le **Ava o San Francisco**



E saogalemu ni aiga se 2 i le vaiaso

PO'O

E saogalemu se aiga se 1 i le vaiaso

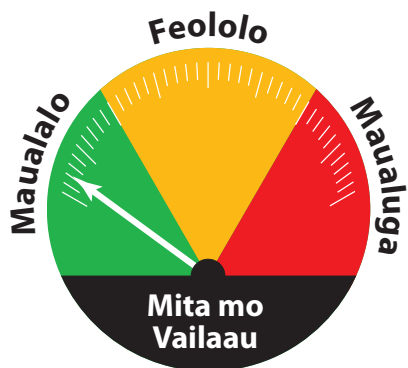
Aua le taumafaina

MA

Aua le taumafaina soo se i'a mai le Ava o Lauritzen i le Uafu tutotonu o Richmond

O rockfish e'ena PO'O pa'a rock mumu — 5 aiga le vaiaso PO'O Samani — 7 aiga i le vaiaso

Tamaitai 18-45 ma tamaiti 1-17



Rockfish ena'ena



Paa rock mumu

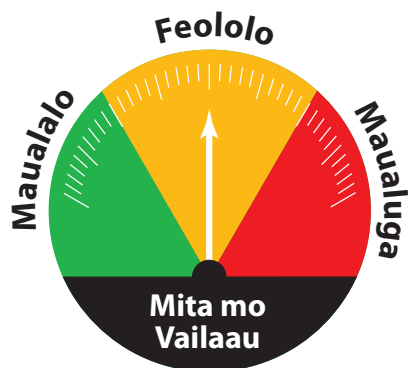


Jacksmelt



Samani chinook (lapo'a) ♥

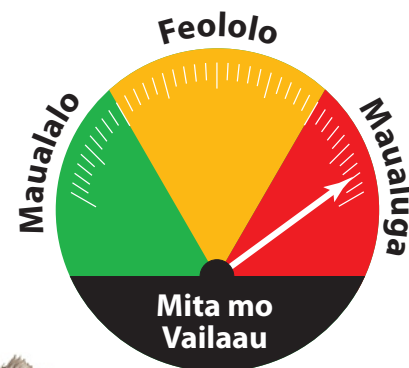
♥ = Mauuluga ai le Omega-3



Halibut Kalefonia



Croaker pa'epa'e



Surfperches



Bass tostitosi



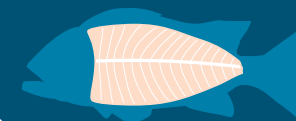
Malie



Sturgeon pa'epa'e

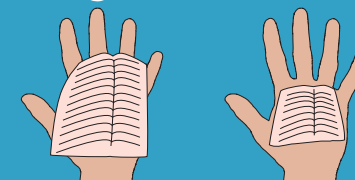
Ata o le Jacksmelt: Kirk Lombard, Halibut Kalefonia: John Shelton

- Taumafa na o maio e aunoa ma se pa'u. O le ga'o ma le pa'u o le i'a o lo'o maua ai le PCB.



- la sae ese ma tia'i le pa'u o le croaker pa'epa'e ae le'i kukaina.
- Kuka ia vela lelei ma faamätütü ese uma le suavai
- Mo pa'a, taumafa na o le a'ano.

O le ā le 'aiga?



Mo e Matutua Mo Fanau

O le telē fautuaina mo se 'aiga, e fua i le telē ma le mafiafia o lou alofi lima. Fua fa'alāiti aiga mo tamaiti.

O le ā le popolega?

O nisi i'a e mauuluga tele ai le PCB ma le mekuli. O le PCB e ona mafua ai le kanesa. O le mekuli e ono afaina ai le fai'ai o pepe e le'i fananau mai fa'apea tamaiti. E tāua tele i tina o lo'o maua i ma'itaga po'o faasusu i a latou a latou pepe ona mulimuli i nei ta'iala.

♥ Aisea e taumafa ai i'a?

O le taumafaina o i'a e aogā mo lou soifua maloloina. O i'a e iai le Omega-3 e faaititia le ono a'afia i gasegase o le fatu ma fausia lelei ai fai'ai o pepe le'i fananau mai fa'apea tamaiti.

E saogalemu ni 'aiga se 2 i le vaiaso



E saogalemu se aiga se 1 i le vaiaso

Aua le taumafaina

MA

Aua le taumafaina soo se i'a mai le Ava o Lauritzen i le Uafu tutotonu o Richmond