

'UY' S'ULHTUN

Story by Thomas Jones
Hul'q'umi'num' translation by Ruby Peter
Edited by Donna Gerds

wulh netulh, suw' hwuyt-s tu tsi'tsut tu Sam.
“wulh hwnetulhqun, Sam,” thut thu tsi'tsut.
“'uy'!” thut Sam, “xwum 'u tsun 'i' lhuyxt kw'
donuts?”

“'uwu! skw'ey! qul 'utl' nuwu. nan 'uw' q'et'um.
nilh tse' kwthu tth'utth'uxals 'i' kwthu *toast.*”

tl'qw'utum Sam 'u thu tsi'tsut kws nem's skwoul.
ni' skwoukwul' tu Sam, sis 'uw' hiiw'a'lum'tul' 'u tu
siiye'yus.

“na'ut wulh tahw skweyuluqun,” thut thu
hw'iiw'tssun'uq.
thut Sam, “'uy'! xwum 'u tsun 'i' lhuyxt tthu kiks?”
“'uwu!” thut thu hw'iiw'tssun'uq. “nan 'uw'
q'et'um.
nilh tse' kw' *sandwich* nilh 'uy'.”

“nilh tse' kwthu *ham sandwich,*” thut Sam.
“'uy'!” thut thu hw'iiw'tssun'uq.
“un' stl'i' 'u kw' shewuq?”
thut Sam, “'uy'!”
“un' stl'i' 'u kw' 'ipuls shqwa'ul'uq?”
thut Sam, “'uy'!”

thut thu hw'iiw'tssun'uq, “nilh kwu'elh hay 'ul' 'uy'
s'ulhtun!”
nem' 'utl'qul Sam, hiiw'a'lum'tul' 'u tu siiye'yus, ni'
hwukw'am'kw'um'.

It is morning and Mom wakes up Sam.
“Breakfast time, Sam.” says Mom.
“Good,” says Sam. “Can I have some donuts?”

“No!” says Mom. “That’s bad for you. Too sugary.
Instead we will have eggs and toast.”

Mom dresses Sam and he goes to school.
Sam is at school, and he’s playing with his friends.

“It’s lunchtime,” says the teacher.

Sam says, “Good! Can I have some cake?”
“No!” says the teacher. “It’s too sugary.

A sandwich would be good.”

“It’ll be a ham sandwich,” says Sam.
“Good!” says the teacher.
“Do you want a carrot?”
Sam says, “Good!”
“Do you want some apple juice?”
Sam says, “Good!”

The teacher says, “That’s a really good diet you
are eating.”
Sam goes out to play with his friends and is
becoming very strong.

kwus wulh hay tu skwoukwul' 'i' ni' nem' 'imush
t'akw' tu Sam.
hwuni' hun'umut 'i' ni' hii'w'a'lum'tul' 'u tu
siiye'yus.

“hwusaay' tu s'ulhtun,” thut thu tsi'tsut.
“'uy'!” thut Sam.
“xwum 'u tst 'i' nem' *tsburgers* 'i' kw' fries 'i' kw'
pop?”

“'uwu!” thut thu tsi'tsut.
“nilh tse' kwthu stseelhtun, sqewth, tl'ikw'un', corn
nilh tse' lhuyxtut.
'i tsun 'uw' statul'stuhw kw'un's 'i kw'e kw'i'.”

“stem kw'u ni' sla'thut ni' 'u kwthun' skwoul 'u
tun'a kweyul?” thut thu tsi'tsut.
thut Sam, “qux kwthu ni' tul'nuhween' 'i' ni' tsun
tl'uw' hii'w'a'lum'tul' 'u kwthunu siiye'yu.”
putum' thu tsi'tsut, “un'stl'i' 'u kw' fruit 'i' kw'
squw suplil?”
“hay ch q'a', te'. 'uw' 'uhwin' 'ul' kw'unu stl'i'.

xwum 'u tsun 'i' nem' 'utl'qul huw'a'lum'?”
“nem' ch p'e' 'uw' qe'is 'ul',” thut thu tsi'tsut.
teem thu ten 'utl' Sam, “m'i nuw'ilum, ni' wulh
tl'a'm 'un' shhw'itut.”
thut Sam, “o-o-o, te! xwum 'u tsun 'i' 'uw'
hu'w'a'lum' qul'et 'u kw'uw' qe'is 'ul'?”
thut thu tsi'tsut, “ni' wulh stl'atl'um' 'un'sh
'unuhw, skwoul ch 'uw' kweyulus.

nan 'uw' 'uy' kw'un's ni' k'wam'k'wum' tun'
smusteyuhw.
nilh yuhw kw'un's ni' lhuyxt kwthu 'uy' sulhtun.”

The end of the school day comes and Sam walks
on home.

When he gets home, he plays with his friends.

“Dinner time,” says Mom.
“Good!” says Sam.
“Can we go get burgers, fries, and pop?”

“No!” says Mom.
“It's going to be salmon, potatoes, peas, and corn
that we will eat.
I know that you are hungry.”

“What did you do in school today?” asks Mom.

Sam says, “I learned a lot of things and I played
with my friends.”

Mom asks, “Do you want some fruit and squw
(native-style baking powder bread)?”

“Thank you, Mom. I want just a little bit.

Can I go out and play now?”

“Go just for a little while,” says Mom.

Sam's mother calls out, “Come in because it's time
to go to bed.”

Sam says, “Oh, Mom. Can I just play again for a
little while longer?”

Mom says, “It really is time for you to stop
because you have school tomorrow.

It's good that your body is so strong.

It must be because you eat such good food.”

thut thu tsi'tsut, "tun'a netulh 'i' nilh kw' donuts
'iin' stli'i', 'i' nilh kwthu tth'utth'uxals 'i' kwthu
toast ni' lhuyxtuhw."

thut Sam, "kwus wulh tahw skweyul 'i' nu stli'i' kw'
kiks 'i' uwu.

nilh kwthu *sandwich*, shewuq 'i' kwthu
shqwa'ul'uqw 'ipuls nilh nu s'ulhtun.

tthu shhwune'untqun 'i' 'un'stli'i' kw'un's nem'
tl'tawun 'ukw' *burgers*, *fries*, *pop* 'i' uwu.

nilh kwthu stseelhtun, sqewth, tl'ikw'un' 'i' kwthu
corn nilh ni' sulhtuntst."

thut Sam "uwu ch me'mul'quhw ni' tst lhuyxt
kwthu *fruit* 'i' kwthu squw suplil.

thut thu tsi'tsut, "nilh kwu'elh 'un'sh 'i' nan 'uw'
hwuti'ti'uya'xw nilh kwus 'uy' s'ulhtun kwu ni'
'un' sxlhas.

xwum kw'un's ts'isum hwukw'am'kw'um' ch 'i'
tl'uw' kw'am'kw'um' tun' stth'am'."

thut Sam, "uw' thu'it. ni' tsun hwukw'am'kw'um'
'i' ni' tsun xwum kw'unus xwchenum."

"qewum ch p'e' st'e 'u tthey'.

'uy' snet, Sam!"

"uy' snet, te'!"

ni' hay.

tu 'uy' s'ulhtun 'i' ni' ts'ewutum tun' smusteyuxw,
'un' tth'ele' 'i' tun' shqwaluwun.

Mom says, "For breakfast, you wanted donuts, but
what you ate was eggs and toast."

Sam says, "And when it was noon, I wanted cake,
but no.

It was a sandwich, carrots, and apple juice that I
ate.

And for dinner I wanted to go to town for burgers,
fries, and pop, but no.

It was salmon, potatoes, peas, and corn that we
had for our meal.

Sam says, "Don't forget that we ate fruit and also
some squw bread.

Mom says, "That must be why you have so much
energy—because of all the good food you
ate.

You are really growing fast and getting really
strong, and your bones are strong too."

Sam says, "That's right. I'm getting strong and I
can run really fast."

"Well, rest now.

Good night, Sam!"

"Good night, Mom!"

The end.

Good food helps your body, your heart, and your
mind.