

# Wellness day



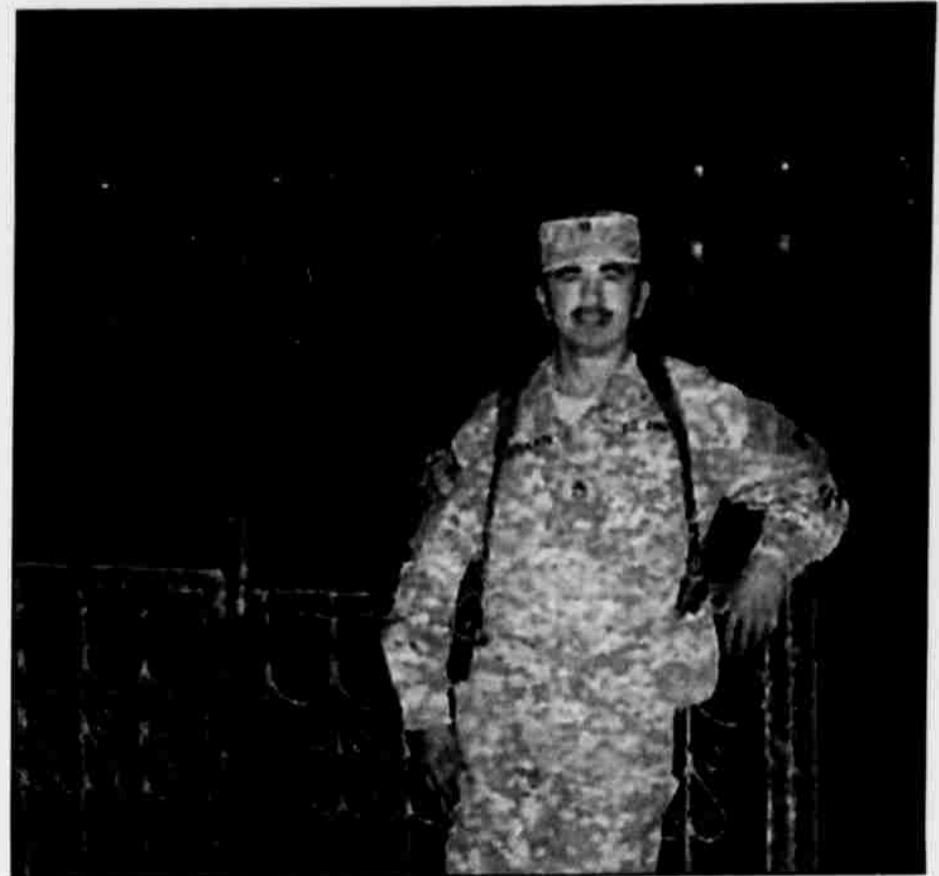
Photos by Michelle Alaimo

**Cheyenne Simmons, 11, makes fry bread in the kitchen of the Tribal Community Center during Native Youth Wellness Day on Friday, March 15. The girls made a meal of stew and fry bread for a community dinner that took place that evening.**

Visit the Tribe's **facebook** page to see more photos



**Jade Colton, 18, makes beaded necklaces at the Tribal Community Center during Native Youth Wellness Day on Friday, March 15.**



Contributed photo

**Frank Hostler poses in Baghdad during the Iraq War. Behind him is Saddam Hussein's Place #99. The number 99 is a lucky number for Muslims, Hostler said. The photo was taken at night to avoid revealing any operational secrets.**

# 'They're very, very poor'

**WAR continued from page 8**

As far as democracy was concerned, he said, "They had no concept of voting, of a pay raise, of taking a vacation, of retirement. Even when we caught Saddam, they were still worried that he would come back. Their infrastructure was so damaged. There were no parks. Refrigeration was a luxury.

"They're very humble people, especially when they found out I was Native: 'I saw you on TV,' they would say. 'You Apache.' I said, 'Yeah, that'll work.'"

Quenelle also remembered the poverty.

"They're very, very poor," he said. "When you look at the surroundings, the environment, everything from their buildings to their vehicles. Their clothes are very simple compared to our clothing here in America."

He said that "trash was all over the place."

And he remembered the smells: natural gas burning off of stacks from the pipelines - "All that millions and millions of dollars being wasted, burned into the atmosphere because they didn't have the capability or resources or know-how to house, manufacture and distribute this natural gas."

Hostler said that when he returns to Grand Ronde, "I'm going back to the classroom to do urban studies," similar in some ways to the work he did rebuilding Iraqi communities and working to build good will across Iraq.

"You look at the world stage," he said about his hopes for the country, "and soccer is the common

denominator. One day, I hope to see Iraq in the Olympics on its way to becoming a very proud country. That would be the most rewarding compliment."

He said he "threw out good energy" and praised the virtues of the common people, but "traded rounds with very bad people. I'm going to throw back, that's just the way it is."

Hostler served in the Navy from 1985-88. He joined the Army in February 2001 and hopes to have his discharge papers in hand soon.

Quenelle served for 9.5 years in the Army, from October 1998 to February 2008, five of those years on active duty.

"Surviving that last roadside bomb," he said, "you kind of wonder who dies and who stays alive, who ends up getting injured and who comes back without a single scratch. You never know if your time is up or not, if you're going to die or not that day."

He is receiving compensation for the constant ringing in his right ear. "I have 25 percent hearing loss. Both ears constantly feel like I'm taking off in an airplane. Ever since this IED, I haven't been able to get my ears to pop." And he has constant migraine headaches.

His left shoulder has bursitis and both his shoulder and his left elbow have degenerative joint disease. There is nerve damage and there's a little bit of muscle torn from the bone in his arm.

Quenelle participated in 250 combat missions while in Iraq.

Still, he says, "If I had to do the whole deployment again, knowing what I know now, I'd do it." ■

**MOVIE NIGHT**  
 Youth Prevention, Youth Education,  
 Community Awareness Team and Children & Family Services

Children & Family Services will be serving lunch & Youth Prevention will be serving desserts, snacks, water and juice.

AWESOME DOOR PRIZES **Disney** NON SMOKING EVENT

**WRECK-IT RALPH**

Saturday, April 27  
 following the 3rd Annual fun Walk / Run  
 In the Tribal Gym

questions? contact: Tina Lara 503-579-2040  
 Amber Mercier 503-579-2162

Thank you for respecting Grand Ronde's Tribal community and our culture by not displaying any affiliation or by bringing drugs, alcohol or weapons to this event.

Ad created by George Valdez