

# Poarch Creek News 2013



***Kristen Gehman, A Public School Success Story***

*Cokv-Tvlvme (job-gub dub-lub-mee /newspaper)*



# The Fred L. McGhee Early Learning Center

## Pre-K Registration

CHILD MUST BE 4 YEARS OLD ON OR BEFORE SEPT. 1, 2013

**When:** Friday, April 12, 2013

**Time:** 8:00 a.m. – 3:00 p.m.

Closed for lunch 12-1

**Where:** The Fred L. McGhee Learning Center

44 Creek Drive

Atmore, AL



**You must bring:**

- Certified Birth Certificate
- Shot Record (Alabama Blue Card)
- Social Security Card
- Proof of Tribal Enrollment -OR- Indian descent letter

**PARENTS OF FIRST GENERATION INDIAN DESCENT STUDENTS PLEASE NOTE:**

If your child does not have a first generation Indian descent letter you must contact Tribal Member Benefits @ 251-368-9136 ext. 2281 as soon as possible. Your child will be required to undergo DNA testing, which is scheduled two times per month on a first come first served basis. We cannot accept students who do not have a letter at the time of registration. If you have questions about registration you may contact Fran Gregson @ 251-368-8762.

*Spring time is approaching; just as spring brings changes and new life, your Tribal Council is dedicated to bringing about changes and new or improved services that will best serve our fellow Tribal Members.*

Plans are underway for the annual legislative event to be held in Montgomery where Tribal Council Members and officials meet with our state legislators. This event is important to you the Tribal Member as it is one of the ways that we meet with our state leaders and educate them on the Tribe and the impact the Tribe has in our local community and on the State of Alabama.

The Calvin McGhee Cultural Authority has scheduled the 2013 Creek Indian Art Show for March 21, 2013. I was truly amazed at the talent represented at last year's art show. I am very excited about this year's show. I encourage all Tribal artists to participate. You can find out more in this issue or by visiting the Tribe's web site at [www.poarchcreekindians-nsn.gov](http://www.poarchcreekindians-nsn.gov).

Each month I share some of the new and exciting things going on with the Tribe; I encourage you to use the newsletter to share your exciting



Buford L. Rolin, Tribal Chairman  
[tlancaster@pci-nsn.gov](mailto:tlancaster@pci-nsn.gov)

news and events with your fellow Tribal Members as well.

If you have any exciting events or important news in your life that you would like to share, please do so by contacting Gayle Johnson, Media Specialist.

Her contact information appears on the back page of the newsletter. She will be more than happy to print your information in the Tribal newsletter so that you may share it with your fellow Tribal Members.



### Tribal Council Executive Officers



Stephanie Bryan  
Vice Chair  
[sbryan@pci-nsn.gov](mailto:sbryan@pci-nsn.gov)



David W. Gehman  
Secretary  
[dgehman@pci-nsn.gov](mailto:dgehman@pci-nsn.gov)



Robert McGhee  
Treasurer  
[rmcghee@pci-nsn.gov](mailto:rmcghee@pci-nsn.gov)

### Tribal Council Members At Large



Sandy Hollinger  
At Large  
[shollinger@pci-nsn.gov](mailto:shollinger@pci-nsn.gov)



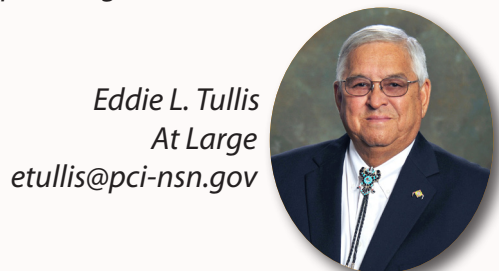
Keith Martin  
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Arthur Mothershed  
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Garvis Sells  
At Large  
[gsells@pci-nsn.gov](mailto:gsells@pci-nsn.gov)



Eddie L. Tullis  
At Large  
[etullis@pci-nsn.gov](mailto:etullis@pci-nsn.gov)

# REGULAR FEATURES

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*There are 3069 enrolled members of the Poarch Band of Creek Indians.*

We have incorporated the use of the Muskogee language as much as possible in the newsletter. You will see examples in the numbers of each page as well as on the front cover.

This month's Minutes Insert includes information about the Boys & Girls Club and the Fred L. McGhee Early Learning Center's Pre-K registration. This information is not received by those on the subscription mailing list.



Kristen Anne Gehman, University of Alabama Million Dollar Band – Clarinet. Kristen has excelled in music both in high school and university bands playing both Clarinet and Piano. She was a consistent Southeast U.S. Honor Band member at Troy University, as well as the Alabama All-State Band. Kristen graduated from ECHS – Valedictorian 2011. Kristen is the daughter of David and Shyrell Gehman.



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## Newsletter Information & Deadlines

The *Poarch Creek News* is the official newsletter of the Poarch Band of Creek Indians. The newsletter is furnished to Tribal Members, widows/widowers of deceased Tribal Members, Tribal entities, and representatives of agencies providing funding, i.e. IHS, NRCS, and official representatives of other Federally Recognized Indian Tribes at no cost. Non-Tribal Members interested in receiving the *Poarch Creek News* must pay an annual subscription fee.

The *Poarch Creek News* is generated on a monthly basis by the Government Relations Department of the Poarch Band of Creek Indians at the direction/discretion of the Tribal Council to provide important news, updates, and information to Tribal Members. ***We reserve the right to edit or refuse any item submitted for publication.***

The *Poarch Creek News* is generated one month prior to the month of publication. The deadline to submit information to be published in the newsletter is the 10th of the month prior to the month of publication. If the 10th falls on a weekend or

holiday, the deadline is extended to the next business day.

Due to space limitations, submitted articles should be limited to 500 words or less. Photos are limited to one photo per article submission. When forwarding a photo for publication in the newsletter, please be aware of the quality of the photo you are sending. We all want to look our best when we see ourselves in print! Over the past year we have received several photos that were of poor quality and did not publish well. If possible, do not use photos from a newspaper or magazine. If there is a photo in a newspaper or magazine that you would like to use, please contact the publication and ask them for a digital copy of the original. When using copiers or scanners to scan your photo, please check your settings. When using a scanner that gives you the option, please set the resolution at 300 pixels per inch. If all else fails, you can bring or send the original photo to the *Poarch Creek News*; it will be scanned, saved, and returned to you.

***Submissions such as obituaries, birth announcements, wedding & engagement announcements, and birthday & anniversary wishes are limited to Tribal Members & spouses, First Generation & spouses, and those living in a Tribal Member household.***

***Obituaries/Family Thanks*** will be published if submitted by the last business day of the second month immediately following the death.

***Birth Announcements*** will be published as long as the information is received by the last business day of the month immediately following the birth.

***Engagement / Wedding Announcements*** will be published as long as the information is received by the last business day of the month immediately following the engagement/wedding.

***Birthday & Anniversary Wishes*** may be published the month before, the month of, or the month after the birthday/anniversary. Birthday wishes are limited to 30 words or less, excluding name and birth date.

# KRISTEN GEHMAN, A PUBLIC SCHOOL SUCCESS STORY

You often hear parents say “I’m not sending my child to public school, the level of education is below par!” Fortunately for Kristen Gehman, her parents chose to support the public school system and sent their children to the public schools in Atmore, AL; as a result she encourages others to support the public school system and the opportunities & programs available.

Kristen is a student at the University of Alabama where she plays clarinet in the University’s “Million Dollar Band.” “It is my love for music and the opportunities offered to me through my public school band experience that has brought me this far.” Kristen is a sophomore studying Public Relations with a minor in Political Science. “I don’t exactly know what I want to do after I get my degree, but it will involve communication. There are such great opportunities available.”

Kristen is the 20 year old daughter of David and Shyrell Gehman and the granddaughter of Marty and Vernie Lee Gehman. She began her education with the Pre-School program offered through the First Baptist Church in Atmore, AL. Her journey through the public school system began at Rachel Patterson Elementary School where she attended Kindergarten through third grade, followed by the fourth and fifth grade at AC Moore Elementary School. Her middle school years were spent at Escambia County Middle School and she served as Valedictorian for the 2011 graduating class of Escambia County High School.

“I encourage parents to consider the public school system when looking at the educational opportunities available to their children. There are programs available through the public school system that are not, or may not, be available to students in private or alternative school systems. You will face adversity all through your life, the goal is to face that adversity and come away a winner. Don’t let the negative thinking of the ‘crowd’ influence your decision when choosing your child’s educational course.”

Two of the programs offered in the public school system that heavily influenced Kristen’s life were the county wide Enrichment Program and band. The Enrichment Program is offered to exemplary students from the 3rd



*Kristen Gehman*

through 8th grade. This program steps away for the established study criteria of public schools and lets the student study both independently and as a group.

As a participant of the Enrichment Program, Kristen was encouraged to expand her spectrum of knowledge; “It was here that I first began to develop an interest in thinking on my own. This is when I first developed a love for reading, research, and learned to use the resources that were available to me instead of waiting for someone to provide the information I wanted.

I can remember studying about the Great Barrier Reef in Australia; I actually did a presentation on the reef, its sea life, and the effects of pollution. I learned that there are consequences to some of the choices we make, how the things we do without thought or hesitation can have lasting effects on the world in which we live.” Kristen said that the Enrichment Program helped her develop her interpersonal skills and that it was through this program that she realized how important education was to her.

The other program that was instrumental to Kristen was band. “I took Beginner Band in the sixth grade at Escambia County Middle School. I loved it and it was through this love for music that numerous doors have opened for me. Band afforded me the opportunity to perform solo and as part of ensembles; I met a lot of



*Kristen marching in the Alabama Million Dollar Band marching into Bryant Denny Stadium.*



different people during my band years, some I am still very close friends with. These are friends and acquaintances I may never have met if not for the band program.”

Most importantly, band afforded Kristen opportunities that built discipline, creativity, a competitive spirit, time management skills, and leadership skills. “My very first club-oriented leadership role was in band. Without a doubt this fueled my desire to be a leader for my peers and to be involved in organizations that offered public service and academic enrichment opportunities. Band molded me into the person I am today and I am confident that I had so many musical opportunities, because I was in the public school system.”

Kristen is a participant in the First Generation Scholarship program. “I am so blessed and honored to be a part of this program. This program is extremely helpful to me and to my parents. I encourage First Generation students to take advantage of this opportunity. You may not be interested in attending the University of Alabama or another college or university, but you may be interested in a trade or

program at a trade school. Whatever your interest may be, seek your education and the opportunities that are available to you through the Tribe. With education, it is not where you came from but where you end up that matters.”



*Kristen with her family, left to right David Gehman, Shyrell Gehman, Emily Gehman, Stephen Gehman, Kristen Gehman, Vernie Gehman, and Marty Gehman.*

*Photos submitted by David Gehman  
Article by Gayle Johnson w/edits by Kristen Gehman*

## PCI Wellness Program

The Recreation Department launched the My PCI Wellness Program in early fall 2012 to help participants become more educated about their personal health, their actions, and their lifestyles.

The My PCI Wellness program is designed to help participants take charge of their personal health, stay motivated, and have fun along the way. We hope all members of the community will participate and take value in the rewards of a healthier, happier and longer life.

The Wellness program offers participants the opportunity to meet with a Wellness Concierge and a Fitness Concierge at Poarch Recreation. The trained staff is available by appointment to create a plan that will help you and your family with exercise options, nutritional guidance, and overall wellness.

Also, launching in phases will be an online wellness

portal that allows participants to better manage their health confidentially. Participants invited to be part of the initial group will be notified by email or by mail. Once your account is created, the private portal will offer a Health Assessment, online tutorials, education, and suggestions that are specific to your current lifestyle. Need access to a computer? The Recreation Department has added computer kiosks that allow the participants to log-in and manage their account.

My PCI Wellness will offer additional events and activities such as Health Challenges, Health Education, Webinars, Wellness Workshops, and other events through the online portal and within the various PCI facilities.

Do you have questions about getting started? Please contact Tiffany Faircloth, Wellness Manager, at (251) 368-9136 x 2256.

# WEIGHT LOSS BEHAVIORS FOR THE NEW YEAR

This is the time of year when countless people are making resolutions. Most will agree that weight loss and fitness are probably the most popular resolutions made each January. Despite a huge, billion-dollar weight-loss product industry, it is estimated that only 20 percent of Americans who try to lose weight successfully keep it off after one year. How can we make these resolutions and attempts more successful? There is a volunteer group of people, National Weight Control Registry (NWCR), that are helping us learn a lot about weight loss successes and failures.

NWCR consists of about 4,000 Americans who have lost, on average, about 30 pounds and have maintained this loss for five years. This registry provides a tremendous source of information about the behaviors associated with successful weight-loss maintenance. Let's take a look at some the habits and behaviors shared by members of this successful group of weight losers.

What to do -

- Eat breakfast – Eating within one hour of awakening can boost your metabolism up to 20 percent for the rest of the day. Seventy-eight percent of NWCR members start the day off with breakfast. “Eating something is better than eating nothing, but ideally try to incorporate protein for longer-lasting fuel.”
- Weigh yourself once per week - Monitoring your weight on a weekly basis provides a fairly accurate weight trend and, more importantly, an early detection of any weight regain, which allows you to adjust behaviors accordingly.
- Get in one hour of moderate physical activity each day - Snow shoveling, vacuuming, taking the stairs – you don't have to run like a hamster on a wheel for 60 minutes. Take three, 20-minute brisk walks, or compile the one hour based on a series of activities. More than 90 percent of NWCR members engage in one hour of moderate exercise daily.
- Watch fewer than 10 hours of TV per week - Many argue they don't have time to exercise, but when we truthfully admit to how many hours we spend watching TV, surfing the net, etc., most of us can quickly find enough time in our day to exercise a bit. Stepping away from the technology for just a few minutes a day can help you meet your weight loss and fitness goals. Sixty-two

percent of NWCR members watch fewer than 10 hours per week.

What not to do –

- Do not underestimate caloric intake - Keep a food journal and then look up the calories for what you eat. Compare that to the caloric recommendation for losing weight and you will likely be surprised at how much you are overeating. If you are, there are many websites and apps available for smart phones to assist with this.
- Do not set unrealistic goals - People often set vague and outcome-related goals such as “weigh 150 pounds by summer or “exercise more.” Goals need to be specific and attainable. Instead of trying to get to a certain weight, start by trying to lose 10 percent of your weight – that amount has been shown to have a statistically significant improvement in health and reduction in risk of obesity-related disease.
- Lack of consistency - Eat at regular intervals seven days per week. Being ‘good’ on the weekdays and then splurging on the weekend creates a harmful cycle that discourages weight loss. Remember that we are trying to develop new behaviors and habits. Keep it consistent.
- Failure to plan for setbacks - When you learn to drive, or learn a sport or musical instrument, you make many mistakes and have to practice a lot. Developing new habits necessary for long term weight loss and fitness is very similar. Enlist a trusted friend, or enroll in a program to learn and master the rules and habits of weight loss. Whatever you do...Do not give up!

And for children and teens who want to lose weight? Treating child and adolescent obesity needs to be a family effort; families need to work together in order to truly change behaviors. Research shows that families – and even couples – who change behavior together are the most successful.

*National Weight Control Registry / [www.nwcr.ws](http://www.nwcr.ws)  
U.S. Public Health Service / Nashville Area Indian Health Service  
Submitted by Candace Fayard, Health Administrator*



# It's time for you...

It's okay to run away from everyone and everything you love so you can return refreshed and recharged. Your to-do list can wait. You shouldn't have to.



This is the place you come to get a sexy body, clear your head, reclaim your happiness, lose weight, feel better and just relax. We offer retreats, spa services, hands-on cooking classes, personal training, fitness classes, yoga and most important is where you'll find US – the staff.

Make it a day. Make it a weekend or even longer. Let us put you up in our Healthy Hotel inspired by Nature.

## **25% OFF any 50-minute Spa Service**

(Redeemable M-W and expires Feb 28, 2013) Mention Code: PCN25OFF



it's time for you...

Visit [www.EscapeAtWindCreek.com](http://www.EscapeAtWindCreek.com)  
to browse fit-cations and retreats.

# SMITH RECEIVES EXCEPTIONAL PERFORMANCE AWARD

Teresa Smith, Business Office Director, received a well-deserved award from Indian Health Services. On December 14, 2012, Teresa was recognized by the Nashville Area Office with the prestigious honor of "Exceptional Performance Award."

The citation reads "For exceptional and unwavering devotion to improving the overall quality of care to patients, consistently going above and beyond to accommodate the needs of both patients and employees alike."

Shown in the photo with Teresa are Martha Ketcher, Area Director for the Nashville office and Robert McSwain, Deputy Director for Management Operations, Indian Health Service.



*Martha Ketcher, Teresa Smith, and Robert McSwain*

Congratulations to Teresa Smith! We appreciate your hard work and dedication and we all are so proud of you.

A close-up photograph of two hands, one from a person with darker skin and one from a person with lighter skin, reaching towards each other to form a heart shape with their fingers. The background is a light blue-grey.

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# 2013 Easter Egg Hunt

**Saturday, March 23, 2013**

**11:00 a.m.**

**Pow Wow Grounds**

*More information will be  
provided in next month's issue  
of the Poarch Creek News.*

## BATHE **SAFELY** WITH A **WALK IN TUB**



*Safety &  
peace of mind  
never felt  
so good.  
Independence  
is just a  
phone call  
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**251-554-1931**

## 2013 Tribal Council Meeting Schedule

All regular scheduled meetings will be held in the Tribal Council Chambers at 4:00 p.m. on the 1st and 3rd Thursday of each month.

January 3, 2013	4:00 p.m.
January 24, 2013	4:00 p.m.
February 21, 2013	4:00 p.m.
March 7, 2013	4:00 p.m.
March 21, 2013	4:00 p.m.
April 4, 2013	4:00 p.m.
April 18, 2013	4:00 p.m.
May 2, 2013	4:00 p.m.
May 16, 2013	4:00 p.m.
June 6, 2013	4:00 p.m.
June 20, 2013	4:00 p.m.
July 18, 2013	4:00 p.m.
August 1, 2013	4:00 p.m.
August 15, 2013	4:00 p.m.
September 5, 2013	4:00 p.m.
September 19, 2013	4:00 p.m.
October 3, 2013	4:00 p.m.
October 17, 2013	4:00 p.m.
November 7, 2013	4:00 p.m.
November 21, 2013	4:00 p.m.
December 5, 2013	4:00 p.m.
December 19, 2013	4:00 p.m.

*\*All dates subject to change*

***Reflections From The Seat Of An Old Tractor***  
*An Old Farmer's Advice*

*The biggest troublemaker you'll probably ever have to deal  
with watches you from the mirror every mornin'.*

# CELEBRATING BIRTHDAYS



**Megan Young**  
**January 2, 2013**

Happy birthday Megan!  
We love you dearly.

Mom, Dad, and family.



**Colby Lisenby**  
**January 4, 2013**

Colby Lisenby celebrated his 6<sup>th</sup> birthday on January 4, 2013. Happy birthday, Colby!

Love, Mama, Alex, Sydney, Yanasa, and all your family.



**Cheyenne Barlow**  
**January 5, 2013**

Happy 15<sup>th</sup> birthday Cheyanne! Cheyanne celebrated her birthday with family and friends.

We love you, your family.



**Taylor Hutto**  
**January 5, 2013**

Taylor Hutto, son of Michael Hutto, grandson of Glenda Henson Ellis, and great grandson of Thelma McGhee Henson, celebrated his 12<sup>th</sup> birthday January 5, 2013.



**Gary Dean Overstreet**  
**January 6, 2013**

Happy 62<sup>nd</sup> birthday Gary! Gary is the son of Jessie & Peggy Overstreet and grandson of Lola Colbert.

Happy birthday, we love you!  
Robin, Talon, and Gracie.



**Brandy Michal Helton**  
**January 6, 2013**

Happy 18<sup>th</sup> birthday! Brandy is the daughter of Michael and Brenda Helton. We are so proud of the young woman that you have become.

We Love you, Mah and Daddy.



**Abigail Rose Nixon**  
**January 6, 2013**

Happy 1st birthday Abigail! Abigail is the daughter of Aaron and Nicole McGhee Nixon. You are God's artwork and destined to do great things.

Love, Momma, Daddy, Aaron, and Liam.



**Josh Burkett**  
**January 9, 2013**

Josh celebrated his birthday on January 9th with family and friends.

We love you Big Daddy!

Love Vicky and Little Josh



**Lacy Gail Lambeth**  
**January 9, 2013**

Happy 7<sup>th</sup> birthday to Lacy Gail Lambeth. She celebrated her birthday with family & friends.

Love you Lacy Lou. Nanny

**Billy Joe Rolin**  
**January 9, 2013**

Happy 65<sup>th</sup> birthday Billy Joe! We wish you health and happiness for the new year!

We love you, your family.



**Brittany & Brandy Gregson**  
**January 11, 2013**

Happy 23<sup>rd</sup> birthday to Brittany and Brandy Gregson. They celebrated their birthday with family

and friends.

We love ya'll!



**Judy Flint**  
**January 13 2013**

Judy celebrated her birthday January 13, 2013. Judy is the daughter of the late Girlie McGhee Henson and Carey Henson.

Happy birthday.



# CELEBRATING BIRTHDAYS

**Kaylee Lynn Wise**  
**January 14, 2013**



Happy 5<sup>th</sup> birthday Kaylee!  
We love you.

Love, Mom, Dad, Landon, Nana, Pop and  
the rest of the family.

**Marty Henson**  
**January 15, 2013**



Marty Henson celebrated  
his birthday January 15<sup>th</sup>.

He is the son of Autrey  
Gene Henson Sr., and the grandson of the  
late Girlie (McGhee) and Carey Henson.

**Baccari Ramer**  
**January 17, 2013**



Baccari is the son of Kelli  
Ramer and the grandson of  
Janice Rollin Moye, Eddie  
Ramer & the late Bobbie Jo  
Rollin. We love You!

Momma, family & friends.

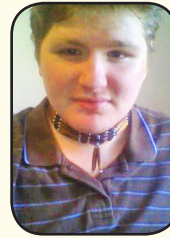
**Katelyn Olivia Rondeau**  
**January 18, 2013**



Happy 19<sup>th</sup> birthday Katie!  
Katie is the granddaughter  
of Betty & Jimmy  
Caraway.

We love you! From Dallas,  
Cierra, and all of your family from Atmore.

**John Plemons**  
**January 19, 2013**



Happy belated birthday  
John! We love you.

From Mom, Dad, and family.

**Mallory Young**  
**January 22, 2013**



Happy birthday Mallory!

We love you dearly.

Mom, Dad, and family.

**Francheska Gregson**  
**January 23, 2013**



Happy 24<sup>th</sup> birthday to  
Francheska Gregson

She celebrated her  
birthday with family and  
friends.

We love you!

**Ellen Creel**  
**January 24, 2013**



Ellen celebrated her  
birthday January 24, 2013.

Ellen is the daughter of  
the late Girlie McGhee  
Henson and Carey Henson.

Happy birthday.

**Brayden Walker**  
**January 26, 2013**



Happy 6<sup>th</sup> birthday to  
Brayden Walker.

He celebrated his birthday  
with family & friends.

We love you!

**Alia Snow**  
**January 29, 2013**



Happy 14th birthday Alia!  
We love you.

From all your family, Momma, Gavin,  
Me-Maw, PaPa, all aunts, and uncles.

**Carol Walker**  
**January 31, 2013**



Happy belated birthday to  
Carol Walker on January  
31, 2013.

We love you very much!

Love Mom & Daniel.

**Michael Henson**  
**January 31, 2013**



Michael will celebrate his  
36<sup>th</sup> birthday January 31,  
2013.

He is the son of Gary Henson, grandson of  
Thelma McGhee Henson.

Happy birthday.

# CELEBRATING BIRTHDAYS



**Brittany Daniel**  
**February 9 2013**

We would like to wish Brittany Daniel a very happy birthday on February 9, 2013.

We love you very much! Love Granny and Paw Paw.

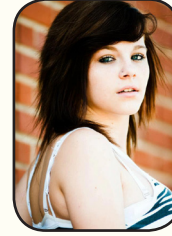


**Judy Vance**  
**February 13 2013**

Happy birthday to Judy Vance on February 13, 2013.

We love you very much!

Love, Mom & Daniel



**Shania L. Plemons**  
**February 14, 2013**

Happy 14<sup>th</sup> birthday Angel!

We love you.

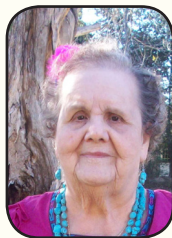
From all your family and friends.



**Bryan Hutto**  
**February 14, 2013**

Bryan will celebrate his 39<sup>th</sup> birthday February 14, 2013. Bryan is the son of Glenda Henson Ellis and grandson of Thelma McGhee Henson and the late Glenn Henson.

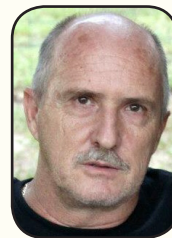
Happy birthday.



**Gladys M. Trawick**  
**February 15, 2013**

Happy 86<sup>th</sup> birthday Mom! We love you very much.

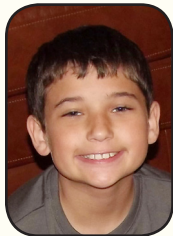
From your children Brenda, Vonnie, Bobby, Marcus, & families.



**Gary Pruitt, Sr.**  
**February 16, 2013**

Gary will celebrate his 51st birthday February 16, 2013. Gary is the husband of Brenda Hutto Pruitt.

Happy birthday from your family. We love you.



**Zachary Hutto**  
**February 17, 2013**

Zachary Hutto, son of Bryan Hutto, grandson of Glenda Henson Ellis, and great grandson of

Thelma McGhee Henson will celebrate his 10<sup>th</sup> birthday February 17, 2013.

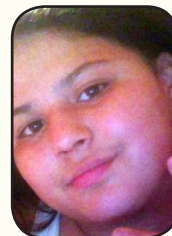


**Adalynn Rae Southard**  
**February 22, 2013**

Happy 3<sup>rd</sup> birthday to Adalynn Rae Southard. Addy will celebrate her birthday with her family and friends.

We love you baby girl!

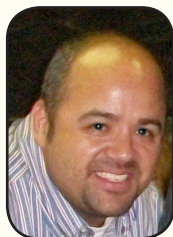
Love, Momma, Daddy, and Emma!



**Skylynn Leyva**  
**February 22, 2013**

Skylynn will celebrate her 13<sup>th</sup> birthday February 22, 2013. She is the daughter of Michelle Leyva, granddaughter of

Gary Henson, and great granddaughter of Thelma McGhee Henson. Happy birthday.



**John O'Barr**  
**February 24, 2013**

Happy birthday John!

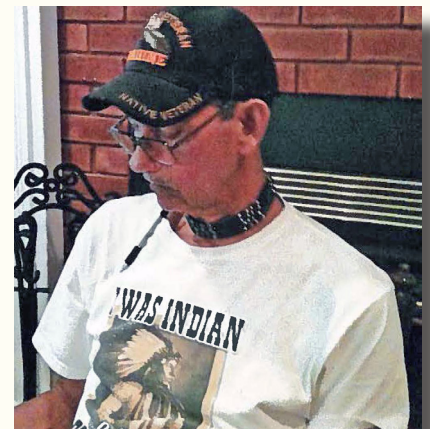
We love you.

From all your family.

**Houston Hicks**  
**February 27, 1955 - June 7, 2012**

Remembering you on your birthday. We loved you so much. We will miss you forever.

The Hicks family.





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# BIRTH ANNOUNCEMENT



*Elijah Bama Peebles  
December 22, 2012*

Anthony Peebles and Brigett Coon would like to announce the birth of their son, Elijah Bama Peebles.

Eli was born December 22, 2012 at Baptist Hospital in Pensacola, FL. At birth he weighed 7 lbs 3 oz. and was 19 inches long.

Grandparents are Lester Peebles and the late Sharon Peebles of Lottie, AL, Rickie Coon of Bay Minette, AL, and Rose Coon of Atmore, AL.

Eli was welcomed home by his 3 big sisters, Kortlan, Halle and Sehoye, and his big brother Braxton.

Happy birthday, Eli, we love you!

# ANNIVERSARY WISHES



*John Earle & Mavaleen Steadham  
January 5, 2013*

John Earle & Mavaleen Steadham celebrated their 44<sup>th</sup> wedding anniversary on January 5, 2013.

Congratulations to John Earle & Mavaleen.





# BRITTANY DANIEL, MISS AUBURN USA

Congratulations to Brittany Daniel on becoming Miss Auburn USA 2013. Brittany also competed in the 2013 Miss Alabama pageant.

Brittany is the first First Generation Descendant of the Poarch Creek Indians to be crowned Miss Auburn USA.

She is the granddaughter of Joyce and Daniel Philyaw.

Congratulations Brittany, we are so proud of you and all you have accomplished.

*Submitted by Joyce Philyaw*



## Atmore Vision Center & Monroeville Eye Care



We are excited to announce we accept flex cards and your BCBS along with other major medical insurances. We are open Mon-Fri for your convenience, fast turn-around time on glasses, same/next day appointments available. We consider our patient's health our number ONE priority, therefore, we offer thorough eye exams, eye disease prevention education and DNA testing. We have a variety of name brand frames to choose from Kate Spade, Nine West, Juicy, Coach and name brand sunglasses from Maui Jim and Costa Del Mar.

**Dr. Stephen M. Gross**  
Optometrist

**Dr. Valerie Vick**  
Ocular Plastics

**Dr. David Helton**  
Optometrist

**Dr. Alan Franklin**  
Retina Specialist

**Dr. Rollins Tindell**  
Cataract Specialist

**Dr. Sunil Gupta**  
Retina Specialist

**Atmore Vision Center**  
166 Lindberg Avenue  
Atmore, Alabama 36502  
**251-368-8767**

**Monroeville Eye Care**  
3016 S Alabama Avenue  
Monroeville, Alabama 36460  
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## TRUCKLOAD MATTRESS SALE!

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# TRIBAL MEMBER SUBMISSIONS



## *LCpl Glass Home From Afghanistan*

*Submitted by Lenna Rackard*

After completing his second tour in Afghanistan, LCpl Michael Glass returned home to his family for the holidays.

We all love you so much and are very grateful to have you home!



## *Homegrown Bananas!*

*Submitted by Connie Vickery*

Bruce Vickery is shown to the left with his homegrown bananas; the red bulb is the banana bloom from which other bananas would have grown.

Bruce grew these bananas from a cutting from his sister Connie's plant.

"His plant has really outgrown mine!" Connie says.

## *Reflections From The Seat Of An Old Tractor*

*An Old Farmer's Advice*

*Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.*

*Live simply, love generously, care deeply, speak kindly, and leave the rest to God.*

*The best sermons are lived, not preached.*

*Words that soak into your ears are whispered...not yelled.*

*You cannot unsay a cruel word.*

*If you find yourself in a hole, the first thing to do is stop diggin'.*





**SUNDAY**  
Fried Chicken

**MONDAY**  
Catfish & Shrimp

**TUESDAY**  
Chicken & Dumplins

**WEDNESDAY**  
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**THURSDAY**  
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# TRIBAL MEMBER SUBMISSIONS

## *In Memory Of My Mother*

Ruthie Mae Walker Caudle  
1929-2010

Mother there is not a day goes by that I don't miss you. Although GOD called you home on February 20, 2010 there is such an emptiness in my heart. You were everything to me and I feel so lost without you. I'm so thankful GOD allowed me to have 47 years with you and now all I have is the memories to hold on to.

I love you with all my heart Mom and miss you terribly. Thank you for all the wonderful years we spent together and making me the woman I am today. You meant so much to so many people who knew you and the love you shared can never compare to anyone I have ever known.



Yes ma'am I still cry for you often and I visit you all the time. I bring you flowers and sit on our bench and talk to you just to know I'm close to you for that moment.

I love you and I will see you again Mom and when I do I want the biggest hug and kiss ever.

Your baby girl, Denise Lister

## *A Family Thank You*

Christine McGhee Parker  
July 2, 1942 - November 23, 2012

The family of Christine McGhee Parker would like to express our heartfelt thank you for the kindness shown to us during our time of grief.

To Kim Rolin, Velma Hollingsworth, the rest of the Facilities Management Department, and Wind Creek Casino, please accept our gratitude for the food you provided.

To the Tribal Council Members, especially

Sandy Hollinger, Stephanie Bryan, and Garvis Sells, your help was immensely appreciated.

Again to everyone involved – thank you.

At our time of loss, it was comforting to know that we had friends and family that loved us and were willing to go the extra mile.



*In family life, love is the oil that eases friction, the cement that binds us closer together, and the music that brings harmony.*

*-- Eva Burrows*

*Families are the compass that guide us. They are the inspiration to reach great heights, and our comfort when we occasionally falter.*

*- Brad Henry*

# LOW INCOME TAX COUNSELING

The Tribe will once again collaborate with the Escambia County Retired and Senior Volunteer Program (RSVP) and Goodwill Easter Seals to provide Volunteer Income Tax Assistance for individuals age 59 and below and Low Income Tax Counseling for the Elderly, for individuals age 60 and above. These services are open to the public.

## Low Income Tax Counseling for the Elderly (TCE)\*

201 Brookwood Road

Atmore, AL 36502

January 21, 2013 - April 15, 2013

Monday & Wednesday

9:00 a.m. - 3:00 p.m.

By appointment only

(251) 867-0256

\*Age 60 and above



## Volunteer Income Tax Assistance (VITA)\*

201 Brookwood Road

Atmore, AL 36502

January 25, 2013 - April 15, 2013

Friday

9:00 a.m. - 3:00 p.m.

By appointment only

(251) 867-2295

\*Age 59 and below



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*deannemfoster@legalshield.com*

*Jimmy Parrish  
Independent Associate*

**205.585.8595**

*jimmyparrish@legalshield.com*



\* Review the membership brochure for your selected plan and state of residence for full details on benefits, limitations and exclusions of the membership.





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# CIEDA Small Business Loan Program

Creek Indian Enterprises Development Authority offers valuable business assistance to Tribal Members seeking small business loans. Getting your loan request approved depends on how well you represent yourself, your business, and your financial needs.

The lending limit may extend up to \$100,000.00 in aggregate to any Tribal Member. All loans exceeding \$50,000.00 must be approved by the CIEDA Board

of Directors. Additional credit criteria as well as loan collateralization requirements apply.

If you are a Tribal Member who owns a business or is thinking about starting a business and are interested in obtaining a small business loan, please contact Donna Henry, Economic Development Coordinator, at 251-368-0819, or by e-mail at [dhenry@pcicie.com](mailto:dhenry@pcicie.com) for additional information.

## Natural Resources Conservation Services

Mission: Helping People Help the Land

Vision: Productive soil, healthy land

The Natural Resources Conservation Service (NRCS) is the USDA agency which works at the local level to help people conserve all natural resources on private lands.

Visit the NRCS web site [www.al.nrcs.usda.gov](http://www.al.nrcs.usda.gov) to see updated news and information about services that may be helpful to you and your family.

Contact David Elliott, NRCS Tribal Liaison, at (251) 368-0826 or 5770 Poarch Road, Atmore, AL for more information.

## Magnolia Branch Wildlife Reserve Offers Hiking Trails

It's chilly outside. You may be asking yourself what can we do that's interesting? May we recommend exploring our trails? We offer both hiking and horse trails.

Hiking can be a perfect way to get a little exercise and is a great way to spend quality time with your family.

If you own your own horse, grab your friends and come out for a fun day of riding. We offer multiple horse trails with varying terrain and water crossings.

So enjoy the cooler weather, get out of the house and get back to nature. Our campground is open all year long and there are still many fun activities at the park to keep you entertained.

Hike with the entire family and make memories while on the trail. Don't forget we have stables for your steed!



Call our office at (251) 446-3423 for availability and details.

*Information provided via Magnolia Branch Wildlife Reserve's 1Q 2013 newsletter. For more info about Magnolia Branch contact them at the number above, via email at [reservations@magnoliabrand.com](mailto:reservations@magnoliabrand.com), or by visiting their web site at [www.magnoliabrand.com](http://www.magnoliabrand.com).*

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**NMLSR ID 402092**

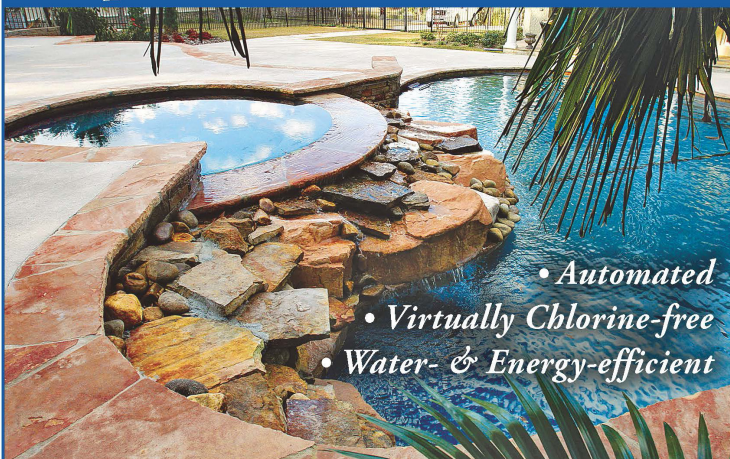


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The Family Services Department Announces  
2013 WINTER LIHEAP INFORMATION  
(Low Income Home Energy Assistance Program)

DISTRIBUTION DATES: February 12, 13, 14  
February 26, 27, 28  
March 12, 13, 14

**\*\*General Information\*\***

Applications will be accepted in the Family Services Auditorium.

No appointments are necessary. Services are offered on a first come, first served basis.

Note the various dates and come in according to your household composition.

Priority is given to Senior Households, clients receiving Disability Income, Households with children under the age of 5, and Households receiving Food Stamps or TANF benefits.

LIHEAP does NOT pay for any additional fees or services such as late fees, connection fees, outside lights, etc.

Approval amounts range from \$250-\$325. You will be responsible for any charges that are not covered by LIHEAP. If your bill is less than the awarded amount, only the total amount of the bill will be paid.

**\*\*Required Documentation for All Applicants\*\***

Current energy or gas bill.

Social Security cards for ALL members of the household. There will be no exceptions or approvals without SS cards. This is a federal requirement.

Tribal ID for applicant/head of household.

Current income verification for all household members that are over the age of 19, such as paystubs, paychecks, letters of salary verification, etc...

If anyone in home over 19 is unemployed, you must bring a statement verifying they are not working. The statement must be signed by three people who do not reside in your household and must include their phone numbers.

Current verification if receiving state unemployment benefits.

CURRENT Social Security or Disability Income Verification. We must have current income verification on file for all 2013 applications and services.

**\*Please call the Family Services Department if you have any questions.**



## Family Services Department

### 2013 LIHEAP Information Continued

#### ESTIMATED STATE MEDIAN INCOME, BY HOUSEHOLD SIZE AND BY STATE, FEDERAL FISCAL YEAR 2013

State	Est. State median income for four person family	60 % of Est. State median income for four-person family	60% of Estimated State Median Income					
			One Person Family	Two Person Family	Three Person Family	Four Person Family	Five Person Family	Six Person Family
Ala.	\$64,079	\$38,447	\$19,992	\$26,144	\$32,295	\$38,447	\$44,599	\$50,750
Fla.	\$65,728	\$39,437	\$20,507	\$26,817	\$33,127	\$39,437	\$45,747	\$52,057

Please note income guidelines have changed due to changes in federal guidelines.

**\*\* Please be aware of household income adjustments \*\***

**\*\* LIHEAP applicants must meet above listed income guidelines to qualify. \*\***

#### \*WINTER LIHEAP APPLICATION DATES AND TIMES

DAY	DATE	TIME	PRIORITY SCHEDULE
Tuesday	February 12, 2013	9 a.m. – 4 p.m.	SENIORS & DISABILITY INCOME ONLY
Wednesday	February 13, 2013	9 a.m. – 4 p.m.	Senior Households; Households with Children Under 5 years; and Households receiving Food Stamps and TANF benefits
Thursday	February 14, 2013	9 a.m. – 4 p.m.	All Types of Households
Tuesday	February 26, 2013	9 a.m. – 4 p.m.	All Types of Households
Wednesday	February 27, 2013	9 a.m. – 4 p.m.	All Types of Households
Thursday	February 28, 2013	9 a.m. – 4 p.m.	All Types of Households
Tuesday	March 12, 2013	9 a.m. – 4 p.m.	All Types of Households
Wednesday	March 13, 2013	9 a.m. – 4 p.m.	All Types of Households
Thursday	March 14, 2013	9 a.m. – 4 p.m.	All Types of Households

The Family Services Department 5811 Jack Springs Rd. Atmore, AL 36502    Phone: (251)-368-9136, ext. 2600    Fax: (251)-368-0828

# F O R Y O U R H E A L T H

*Submitted by Donna Johnson, RN/Diabetes Case Manager*

## ***Out with the old and expired!***

Now that we have officially begun our new year, let's talk about taking the time to clean out our medicine cabinet. Every day I encounter people who take medications but do not know the names of their medications or even why they are taking them. Medications can be quite daunting with all the generic names, brand names and expiration dates.

So how do you even begin? Well first thing is making sure you have an up to date medication list that you will keep with you at all times. This list should include the name of the medication you are taking, the strength of the medication, when you should take it and why you are taking the medication. You may need some help with this. To begin with, you can ask your physician to do a medication review during your visit. You may find that some medications that were prescribed awhile ago are no longer needed. During the medication review is also

a good time to ask any questions you may have about your medications. This is another important reason it is a good idea to always take all of your medications with you when you are seeing your physician, especially if you see more than one physician. This will ensure that all of your healthcare providers know what medications you are taking and can help prevent any duplications or possible drug interactions.

If you have stockpiled medications, it's time to clean them out! Some medications like antibiotics and insulin lose their potency after their expiration date. Old medications can be disposed of in the trash if placed in a sealed container and mixed with substances like cat litter or coffee grounds to discourage someone from ingesting them. Always remember to remove any of your information from the bottle before placing in the trash. Do not flush old medications down the toilet as this can contaminate your drinking water supply. Remember you can always contact your pharmacist for any questions or concerns regarding medication disposal.

# M E A T L E S S M O N D A Y

*BY: Jill Lee, DTR/Nutritionist*

The Poarch Creek Indian Community is at a turning point in the battle with chronic disease. Conditions like obesity, heart disease, stroke, diabetes, and some cancers can all be alleviated with simple changes in diet. Thankfully, our nation is making great strides in health education and preventative medicine. Now is the time for community leaders to speak out about proper diet and healthy habits.

That's why I'd like to support Meatless Monday. The campaign is a non-profit public health initiative in association with the Johns Hopkins Bloomberg School of Public Health and seeks to educate the public about the benefits of reducing red meat consumption. Just one meatless day a week cuts one's saturated fat intake by an impressive 15%, reducing their risk of chronic,

preventable illness, as well as the costs associated with treatment.

Meatless Mondays offer an easy, effective reminder to start the week with a focus on health and nutrition, but we need to work together to spread the message. I have information available in the PCI Health Department along with recipes for anyone interested or you can go on their website <http://www.jhsph.edu>.

I encourage everyone to get on board with this effort, and the PCI wellness program, to adopt a new health habit. We as a community do eat far too much meat and I hope this new idea will catch on.

For more information you can contact me, Jill Lee, DTR, Nutrition Specialist, at 368-9136, ext. 2372.



# Claims Must Be Filed By March 1, 2013 In \$3.4 Billion Indian Trust Settlement

## What is This About?

The *Cobell v. Salazar* Settlement is approved. The Settlement resolves a class action lawsuit that claims that the federal government violated its duties by mismanaging trust accounts and individual Indian trust lands. Payments to the Historical Accounting Class are underway. The process of considering claims for the Trust Administration Class is ongoing.

**The final deadline if you need to file a claim form for the Trust Administration Class is March 1, 2013.**

## Am I Included?

The Trust Administration Class includes:

- Anyone alive on September 30, 2009, who:
  - Had an IIM account recorded in currently available electronic data in federal government systems anytime from approximately 1985 to September 30, 2009, or
  - Can demonstrate ownership in trust land or land in restricted status as of September 30, 2009.
- The estate (or heirs) of any deceased landowner or IIM account holder whose account was open or whose trust assets had been in probate according to the federal government's records as of September 30, 2009.

## Do I Need to File a Claim Form?

You must file a claim form if you believe you are a member of the Trust Administration Class and you have not:

- Received IIM account statements at your current address anytime between January 1, 1985 and September 30, 2009 and continue to receive statements; or
- Received a payment as a member of the Historical Accounting Class. If you did, you will receive a second payment automatically as a member of the Trust Administration Class; or
- Filed a claim form already using your current address. If you have, the Claims Administrator will contact you.

You must fill out a claim form and mail it to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877, postmarked by **March 1, 2013** in order to receive a payment.

## How Much Money Can I Get?

Members of the Trust Administration Class will likely receive at least \$800 or more. The actual amount will depend on the number of claims and the costs of administration.

**For a claim form or to update your contact information:**

**Call Toll-Free: 1-800-961-6109 or Visit: [www.IndianTrust.com](http://www.IndianTrust.com)**

# **MARK YOUR CALENDARS!**

**Upcoming Calvin McGhee Cultural Authority events  
Look for more information in future editions  
of the *Poarch Creek News***

**MARCH 21, 2013 ~ CREEK INDIAN ART SHOW**

**MARCH 22-23, 2013 ~ SOUTHEAST INDIAN FESTIVAL**

**JUNE 1, 2013 ~ CALVIN MCGHEE MEMORIAL**

**AUGUST 31, 2013 ~ ANNUAL SOVEREIGNTY CELEBRATION**

**NOVEMBER 28-29, 2013 ~ THANKSGIVING POWWOW**

**DECEMBER 31, 2013 ~ NEW YEAR'S EVE SOBRIETY YOUTH POWWOW**



## **Diabetes Support Group Meeting**

**Where: S.A.I.L. Center on Lynn McGhee Drive**

**When: February 12, 2013 at 5:30pm.**

**This meeting is open to all members of the community  
and anyone affected by diabetes.**

**All are welcome to attend.**



**Heavy appetizers will be served.**



## **Poarch Creek Indians Housing Fair**

**Tuesday, March 12, 2013**

**5:30 - 7:30 p.m.**

**Family Services Auditorium**

**Come find out more about:**

**Section 184 Housing**

**Renovation Loan**

**Senior Emergency**

**A/C Loan**

**Rental**

**TAHO**

**Emergency Transitional**

**AMERIND Risk Management**

**(Content Insurance)**

**Door Prizes and Snacks Provided.**



# 2013 CREEK INDIAN ART SHOW

March 21, 2013 ~ Family Services Auditorium



Youth Age Divisions ~ may enter only one (1) piece per person

4-5 ~ 6-7 ~ 8-10 ~ 11-13 ~ 14-18

Adult Division Categories ~ may enter one (1) piece per category

Painting ~ Drawing ~ Pottery ~ Basketry ~ Beadwork ~ Weaving ~ Jewelry ~ Traditional Clothing  
Photography ~ Weaponry ~ Musical Instruments ~ Wood ~ Gourds ~ Quilting ~ Mixed Media

All entrants must be certified artisans. Certification can be obtained upon delivery of art show entry(ies).

Entries will be received at the Kerretv Cuko Poarch Band of Creek Indians Museum from 8:00 a.m. to 5:00 p.m. Monday, March 18, 2013 – Wednesday, March 20, 2013.

Announcement of winners will be made at the Awards Ceremony at 6:00 p.m. Thursday, March 21, 2013 at the Family Services Auditorium.

Prospective participants are strongly encouraged to read and understand the 2013 Creek Indian Art Show Rules & Regulations prior to submitting an entry. The Rules and Regulations can be viewed on the Tribe's website, [www.poarchcreekindians.org](http://www.poarchcreekindians.org), or by contacting the Calvin McGhee Cultural Authority at 251-368-9136 ext. 2656.

For more information, please contact Chris Blackburn, Planning & Events Coordinator at 251-368-9136 ext. 2052 or [cblackburn@pci-nsn.gov](mailto:cblackburn@pci-nsn.gov).

# Recreation Department Update

Normal hours of operation for the Gym and Weight Room are Monday through Friday 6:00 a.m. to 8:00 p.m. and Saturday 10:00 a.m. to 4:00 p.m.

Pool is closed for the winter.

Rising Stars Studio of Dance Gymnastics Camp  
Saturday, February 2, 2013

This camp is designed to teach your child new and exciting tricks while learning proper technique. This camp is for beginner, intermediate, and advanced levels. There will be a minimum of three instructors in each class so your child is able to excel with one on one instruction. For first timers who have never taken gymnastics, this is the perfect time to try GYMNASTICS and see if it is for YOU! There are limited spaces open in each class so sign up now to reserve your spot! Registration applications are available at the front desk at the PCI Recreation Department.

Schedule For Gymnastics Camp:

10:00 - 11:00	3-6 years old	\$15
11:00 - 1:00	7 - 11 years old	\$25
1:00 - 3:00	12 & up	\$25

Nike discounted clothing and accessories can be purchased each month through the Recreation Department. Contact Trina Rackard, Brooke Rolin, or Kimberly Rolin for more information and/or to set up an appointment for viewing of the catalog and submitting orders.

PCI Wellness Program – Available to Tribal Members, 1st Generation, Tribal spouse, and PCI employees. For questions concerning the Wellness Program contact the Recreation Department to discuss and make program appointments.

The Recreation Department would like to thank everyone for their patience while upgrades were being made to the department. The upgrade of the HVAC System, refinishing the gym floor, and construction to the hallway accessing the weight room and pool is now complete. The Gym Court is now open for usage!

For more information on Recreation Department activities call (251) 368-9136 x 2256 or visit the Tribe's official web site at [www.poarchcreekindians-nsn.gov](http://www.poarchcreekindians-nsn.gov).

Recreation Department  
444 Lynn McGhee Drive Atmore, AL 36502  
(251) 368-9136 x 2256

Engraved Brick Sizes	Engraving	Price
8" by 4" Brick	1-3 lines of engraving (18 to 20 spaces/lines)	\$22.00
8" by 8" Brick	1-6 lines of engraving (18 to 20 spaces/lines)	\$31.00
12" by 12" Brick	1-8 lines of engraving (18 to 20 spaces/lines)	\$52.00
Adding a Clipart Symbol	Unit (1 per symbol)	\$6.00

## Memorial Bricks Sale

The Recreation Department will be selling Memorial Bricks April 1st through April 30, 2013.

For more information contact Trina Rackard or Brook Rolin at (251) 368-9136 x 2256 or via email at [trackard@pci-nsn.gov](mailto:trackard@pci-nsn.gov) or [bbell@pci-nsn.gov](mailto:bbell@pci-nsn.gov).





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# PCI RECREATION DEPARTMENT

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## League Play and NAYO/NASA Information

### Adult Basketball

Monday Nights 5:30 p.m. to 8:00 p.m.

Open to Community /Rules and Regulations TBA Night of Games

Men, Women and Co-Ed Ages 16 & up

### NAYO Basketball

Registration January 14th - February 22, 2013

Host Tribe: Seneca Nation, New York

Tournament Dates: March 28-31, 2013

### Adult Volleyball

Wednesday Nights 5:30 p.m. to 8:00 p.m.

Open to Community /Rules and Regulations TBA Night of Games

Men, Women and Co-Ed

### NASA Co-Ed Softball

Registration January 21st - March 22, 2013

Host Tribe: Cherokee, North Carolina

Tournament Dates: May 24-26, 2013

### Baseball & Softball

Registration: January 21st - March 8, 2013

Registration Fee \$50.00

Birthdate Cut Off: May 1st

### NAYO Baseball & Softball

Registration January 21st - May 31, 2013

Host Tribe: Seminoles Hollywood, Florida

Tournament Dates: July 18-21, 2013

### Adult Softball Leagues

Registration March 1st - April 30, 2013

Registration Fee \$200.00 (Per Team)

Ages 16 & up

### NASA Softball

Registration April 1st - May 31, 2013

Host Tribe: Choctaws, Mississippi

Tournament Dates: August 8-12, 2013

### Tee Ball & Wee Ball Leagues

Registration: January 21st - February 28, 2013

Wee Ball Registration Fee \$20.00 Tee Ball Registration Fee \$30.00

Birthdate Cut Off: May 1st

**For more Information and Registration Applications contact the Recreation Department at (251) 368-9136 Ext. 2256**

# Utilities Authority Update

The Poarch Band of Creek Indians Utilities Authority would like to inform you that our meter upgrade project has been completed and this will reduce human error while increasing efficiency. The lining of man holes has begun to help minimize infiltration of ground water and runoff into the wastewater collection system.

Our department has begun to move forward with securing an engineering firm to assist with the Master Utility Plan that will assist the Utilities Authority with planning to meet the growing needs of our community and tribal entities over the next 20 years. The Utilities Authority will continue to strive at providing exceptional service to our customers.

*Submitted by Josh Thomas, Utilities Director*



# ATTENTION ALL NATIVE AMERICANS!

TIMBERLINE HOMES OF BREWTON,  
AL IS OFFERING DISCOUNTS TO ALL  
POARCH CREEK TRIBAL MEMBERS!

**SAVE *THOUSANDS***  
**ON NEW SINGLE**  
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**WE WILL NOT BE UNDERSOLD!**

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*Call toll free at 1-800-281-9392*



## Attention Tribal Member Businesses Owners

*Advertise your business here with a free business card ad!*

*Doing business without advertising is like winking at a girl in the dark. You know what you are doing, but nobody else does.*

~ Stuart Henderson Britt

## S&SS Works LLC

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We Can Help!!

Thank You!

Call Tony @ (850) 281-3389 *Senior Discounts*



*Premier*  
Family Eye Care

As of January 1<sup>st</sup> 2013  
Tribal Members will be eligible for  
1 free eye exam each year.

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251-368-0074

E-mail: lacashllc@yahoo.com

51% Tribal Member Owned

## Attention Tribal Members

We are aware that not all Tribal Members have access to the internet; however, for those who do, you can receive updated news and information on the Tribe's Facebook page at [facebook.com/PoarchBandofCreekIndians](https://facebook.com/PoarchBandofCreekIndians). You can also follow the Tribe on Twitter at [twitter.com/PoarchCreek](https://twitter.com/PoarchCreek).

The Tribe's Facebook & Twitter accounts are maintained by the Government Relations Department.

# CREEK SMOKE SHOP



**Next to Wind Creek Casino**  
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**CREEK** Rewards  
 Travel Plaza that Rock!



**\$10 for Diesel**  
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\* Restrictions apply, minimum gas purchase and Wind Creek Players Card are required. Gas-10gal min. Diesel -100 gal min. See Store for full details, restrictions and requirements.



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**RIVERSIDE**  
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## ADVERTISE YOUR BUSINESS IN POARCH CREEK NEWS!

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**Tribal Member Owned Businesses Only**  
**Free Business Card Size**  
 3.875. x 2.563

**Submit all ads in**  
**High Resolution (300) dpi/pdf format**

**Free subscription to**  
*Poarch Creek News* for advertisers  
 As long as ad runs in newsletter

**Paid subscription to *Poarch Creek News***  
**Available to general public**  
**For annual fee of \$20**

**For further information contact**  
**Gayle Johnson, Media Specialist**  
**(251) 368-9136 x 2210 or**  
**via email at gjohnson@pci-nsn.gov**

**Atmore's Favorite**  
**Corporate Housing**  
**Provider!**



**Muskogee Inn**

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# FEBRUARY 2013

## ***Tribal Council Meetings***

Thursday, February 21st  
4:00 pm  
Tribal Council Chambers

## ***Tribal Court Sessions***

Monday, February 4th & 11th  
9:00 am  
Tribal Courtroom

## ***CIEDA Meetings***

Friday, February 1st & 15th  
7:30 am  
CIEDA Offices

## ***CMCA***

Monday, February 4th & 18th  
(Please note date & time change for 2013)  
5:00 pm  
Welcome Center

## ***Housing Authority Meetings***

Thursday, February 14th & 28th  
4:00 pm  
Building 400 Conference Room

## ***Recreation Authority Meetings***

Tuesday, February 12th & 26th  
11:00 am  
Recreation Department (Gym)

## ***TERO Commission Meetings***

Tuesday, February 12th & 26th  
3:00 pm  
TERO Offices

## ***Education Classes/Club Meetings***

### ***4-H Club***

Monday, February 11th & 25th  
6:00 pm  
Education Department

### ***GED Classes-Day Schedule By Appointment***

Monday, Tuesday, Wednesday  
8:00 am - 11:00 am or  
1:00 pm - 3:00 pm

### ***GED Classes-Night Schedule***

Tuesday & Wednesday  
5:00 pm - 8:00 pm  
Thursday 5:00 pm - 7:00 pm  
Education Department

### ***Homework Club***

Monday-Thursday 5:00 pm - 7:30 pm  
Grades 1-12  
All through school year  
Education Department

### ***After School Tutoring***

Monday - Thursday 3:30 pm - 5:00 pm  
Grades 1-6  
All through school year  
Education Department

## ***Recreation Programs***

### ***Gym & Weight Room Hours***

Monday - Friday  
6:00 am - 8:00 pm  
Saturday 10:00 am - 4:00 pm

### ***Gymnastics Camp***

**February 2, 2013**

*Call Recreation for more information*

**February 22, 2013**

*Last day to register for NAYO  
Basketball*

**February 28, 2013**

*Last day to register for Tee Ball & Wee  
Ball Leagues*

**NASA Co-Ed Softball & NAYO  
Baseball & Softball  
Registration ongoing**

**Baseball & Softball League  
Registration ongoing**

## ***Other Dates To Remember This Month***

*Deadline to submit information  
to be published in the March 2013  
newsletter is 5:00 p.m. CST, Monday,  
February 11, 2013.*

*Tribal Offices Closed Monday, February  
18, 2013 in observance of President's  
Day*

**February 12, 2013**

**Diabetes Support Group  
5:30 p.m. SAIL Center**

**February 12, 2013 - March 14, 2013  
Winter LIHEAP**

*Specific Dates for specific households  
Contact Family Services (251) 368-  
9136 x 2600 for more information*

**March 12, 2013 Housing Fair**  
*See web site for more information*

## **Newsletter Contact Information**

*Poarch Creek News*

Gayle Johnson, Media Specialist

(251) 368-9136 x 2210 gjohnson@pci-nsn.gov  
5811 Jack Spring Road, Atmore, AL 36502

[www.poarchcreekindians-nsn.gov](http://www.poarchcreekindians-nsn.gov)

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the Media Specialist.***



**Poarch Creek Indians  
5811 Jack Springs Road  
Atmore, AL 36502**

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