

Cokv-Tolvme/Newspaper (job-guh dub-luh-mee)

Poarch Creek News

October 2015



Keeping the friends & family of Poarch informed
Volume 33 * Issue 10 **Ostvwoskv-Rakko (October)**

A Moment With The Tribal Chair October 2015

Stephanie A. Bryan, Tribal Chair sbryan@pci-nsn.gov



As we transition into the fall season, I hope everyone had a safe and fun-filled summer.

The end of the year is quickly approaching and there are numerous issues the Tribal Council and I continue to work on for the betterment of our Tribe. Throughout the process of fighting on behalf of our Tribe, I am constantly reminded of the tireless leadership of our forefathers.

I'm proud of how far our past leaders have brought us, and I'm honored to carry the baton of leadership bestowed upon me to progress our Tribe forward into the coming months and years. Leaders such as the late Chief Calvin McGhee, the late Fred L. McGhee, Eddie L. Tullis, and my predecessor Buford Rolin vigorously fought to ensure a better quality of life for all Tribal

Members, and I consider it my job to continue this example of leadership in every aspect of governing our Tribe.

While we continue to face many obstacles on the local, state, and federal level, I continuously strive to be a leader that all of our Tribe can look to and be proud of. As Wilferd Peterson states, "*The best leaders are very often the best listeners. They have an open mind. They are not interested in having their own way but in finding the best way.*"

Therefore, the practice of being a successful leader is one that we can strive to achieve on a daily basis. Through prayer and patience, we can all obtain the traits of leadership that will help in our families, communities, and relationships.

It is my sincerest desire to exemplify these actions of a successful leader in all areas of my life. As our Tribe continues to enjoy prosperity and growth, let us never forget the road we have traveled to get to this point.

I also encourage you to always thank an elder for paving the path of leadership that has enabled us to achieve such success as a Tribe. Without their persistent efforts, strong work ethic, and leading by example, our Tribe would most certainly not be in the position it is in today.

Thank you for your continued support and prayers for the Tribal Council and I as we engage in making decisions that we believe will both sustain and grow our Tribe for the next seven generations.

Mvto!

We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.

Franklin D. Roosevelt

True leadership is only possible when character is more important than authority.

Joseph Marshall, Lakota Sioux






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Tribal Council Values

As proud leaders of our Tribe, our integrity demands that we are true to who we are. Our integrity is the foundation of our love for family and community, which strengthens our faith and commitment to do what is right for the Tribe.

We will further the legacy of self-determination and self-reliance inherited from our elders by investing in the progress and driving a vision for the future that leads to our prosperity.



Tribal Council's Purpose

Our love for our people and our commitment to their future drives us to make tough decisions and stand by them to provide stable governance.

With our blend of mature wisdom and modern knowledge, we grow the Tribe's assets to build self-reliance and enhance quality of life for all.





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SUBMISSION GUIDELINES

- **Copyright Materials**
Copyrighted poems, graphics, etc. will not be published without permission from copyright holder. It is the responsibility of the individual submitting the information to determine if material is copyrighted and to obtain applicable copyright license.
- **Birthday & Anniversary Wishes:**
Published the month before, the month of, or the month after, the birthday/ anniversary. Submissions are limited to Tribal Members & spouse, First Generation as submitted by Tribal Member, and those living in Tribal Member Households.
- **Obituaries:**
Submit information by the last business day of the second month immediately following the death. Submissions are limited to Tribal Members, First Generation as submitted by Tribal Member, and those living in Tribal Member Households. *Photos will be cropped to reflect deceased only.*
- **In Memoriam:**
Published month before, the month of, or the month after the birthday of the deceased or the anniversary of the death of the deceased. Submissions are limited to Tribal Members, First Generation as submitted by Tribal Member, and those living in Tribal Member Households. *Photos will be cropped to reflect deceased only. Limit one In Memoriam submission per deceased individual per issue.*
- **Birth Announcements:**
Submit information by the last business day of the month immediately following the birth. Submissions are limited to Tribal Members, First Generation as submitted by Tribal Member, and those living in Tribal Member Households.
- **Engagement/Wedding Announcements:**
Submit information by the last business day of the month immediately following the engagement/wedding. Submissions are limited to Tribal Members, First Generation as submitted by Tribal Member, and those living in Tribal Member Households.
- **Photo Submissions:**
One per article submission; photos will be cropped to fit available space.
High resolution .jpg or PDF format.
- **Corrections:**
Corrections will occur only if error/misprint is made by *Poarch Creek News*.

SUBMISSION

*Please note changes to word limits

WORD LIMITS

News Article	400 words or less
Obituary	250 words or less
In Memoriam	200 words or less
Graduation/Accomplishments	150 words or less
Birth/Wedding Announcements	150 words or less
Reunions/Miscellaneous Tribal Member Submissions	50 words or less
Engagement/Anniversary	50 words or less
Birthday Wishes	30 words or less

ESTABLISHED DEADLINE: *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 5:00 p.m. (CST) the 5th of the month prior to the month of publication. If the 5th falls on a weekend or holiday, the deadline is extended to the next business day. Please keep this deadline in mind when submitting information for publication in all sections of the newsletter. Please submit information as early as possible, delay in submitting information may cause you to miss the established deadlines.*



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A NOTE FROM OUR EDITOR

 The *Poarch Creek News* is the official newsletter of the Poarch Band of Creek Indians and is published by the Government Relations Department at the direction/discretion of the Tribal Council.

The *Poarch Creek News* is **not** the forum where individuals/groups can submit their views regarding matters of operations of Tribal Government or any decisions or policies enacted by Tribal Council, Authorities and/or Boards. Nor is it the vehicle to submit policies issues/concerns of individuals/groups.

All questions or concerns about the *Poarch Creek News* should be addressed to:

Gayle Johnson, Media Specialist
Poarch Creek News
5811 Jack Springs Road
Atmore, AL 36502
gjohnson@pci-nsn.gov
www.pci-nsn.gov

(251) 368-9136 x 2210
Direct Dial # 251 446-5210

Regular Office Hours
Tuesday - Friday
7:00 a.m. - 6:00 p.m.



Gayle Johnson
Media Specialist
gjohnson@pci-nsn.gov

The *Poarch Creek News* office is located in Building 400 of the Tribal Complex.

The Poarch Creek News reserves the right to edit or refuse any item submitted for publication.

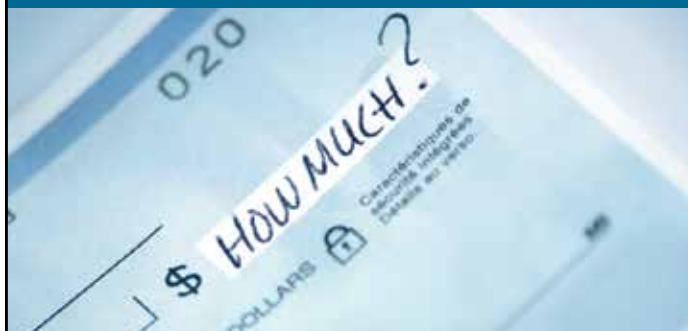
DISSEMINATION OF UPDATED INFORMATION

- Official Tribal Web site: www.pci-nsn.gov
- Tribal Members Only Portal (TMOP): On Tribal web site. For Tribal Members only, age 18 and older.
- Tribal Member Distribution Email (TMDE) List. For Tribal Members only, age 18 and older. If you would like to be included on this distribution list, please email your contact information and Tribal roll number to info@pci-nsn.gov.
- facebook.com/PoarchBandofCreekIndians
- twitter.com/PoarchCreek

The Tribe's website, Facebook, Twitter, and TMDE accounts are maintained by the Government Relations Department.

Please contact Hannah Flowers at (251) 368-9136 x 2003 if you have any questions or concerns.

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UPCOMING CHANGES FOR 2016 NEWSLETTER

Beginning with the January 2016 issue of the *Poarch Creek News*, the following changes will take effect:

Submissions:

Birthday Wishes, Anniversary Wishes, and other Tribal Member Submissions will be limited to Tribal Members, spouses, First Generation Descendants as submitted by a Tribal Member, and those living in the Tribal Member household.

Word Limits

We have noticed that the established word limits appear to be too restrictive and do not allow sufficient space for certain submissions. Beginning Monday, December 7, 2015, the submission deadline for the January 2016 issue of the newsletter, the new word limits will be as follows:

News Article	400 words or less
Obituary	250 words or less
In Memoriam	250 words or less
Graduation/Accomplishments	200 words or less
Birth/Wedding Announcements	200 words or less
Tribal Member Submissions	100 words or less
Reunions	50 words or less
Engagement/Anniversary Wishes	50 words or less
Birthday Wishes	40 words or less

Photos

The requirements for photos are as follows:

- When submitting photos for publication, make sure they are PDF or high resolution (300 ppi) .jpg.
- Do not send blurry or overly dark photos.
- Please do not submit photos from newspapers or magazines.
- Please make sure individuals in the photos are appropriately dressed, example men must wear a shirt, no swim suits except for swim team photos, no photos with cigarettes or alcohol, etc.
- Send photos that can be cropped and sized. Most photos will be cropped and sized to reflect just the subject matter.



- If a photo is deemed to be inappropriate or of poor publication quality, every effort will be made to secure another photo.

If you look through past issues of the newsletter, you will see many examples of poor quality photos, cropping, etc.

Advertising

Tribal Member businesses may run a free business card size ad (3.5"x 2.25") in the newsletter. To qualify for a free ad, the business must be 51% Tribal Member owned. *Poarch Creek News* cannot create or develop these ads.

Free business card sized ads are also available for local churches and local drug/addiction recovery programs. All other advertising is subject to established advertising rates.

Free Business Card Size Ad

For Tribal Member owned businesses!

Business must be 51% Tribal Member owned

Submit your free ad today!

Reminder of Submission Guidelines and Deadlines

Submission guidelines and established deadlines are published each month. Please adhere to these guidelines and deadlines and keep them in mind when submitting information for publication in all sections of the newsletter. When submitting information, please provide contact information so that you can be contacted if there are any questions about your submission.

Submit information as early as possible, any delay in submitting information may cause you to miss the established deadlines. If possible, do not wait until the 5th of the month to submit your information. Please submit your information as soon as you have all of the pertinent information; you can always edit your submission prior to the deadline.

Y_{OUR} 2015-2016 T_{RIBAL} C_{OUNCIL}



Stephanie A. Bruam, Tribal Chair
sbryan@pci-nsn.gov



Robert R. McGhee, Vice Chair
rmcghee@pci-nsn.gov



David W. Gehman, Secretary
dgehman@pci-nsn.gov



Eddie L. Tullis, Treasurer
etullis@pci-nsn.gov



Sandy Hollinger, At-Large
shollinger@pci-nsn.gov



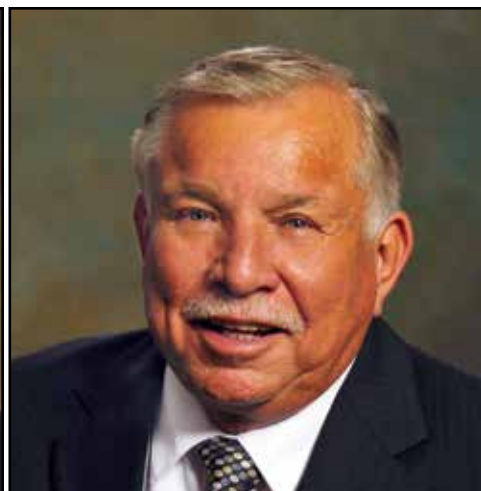
Keith Martin, At-Large
kmartin@pci-nsn.gov



Kevin McGhee, At-Large
kdmcghee@windcreekhospitality.com



Arthur Mothershed, At-Large
amothershed@windcreekhospitality.com



Garvis Sell, At-Large
gsells@pci-nsn.gov

POARCH CREEK INDIANS VICTORIOUS IN MONUMENTAL COURT CASE

On September 3, 2015, the Eleventh Circuit Court of Appeals ruled in favor of the Tribe in the State of Alabama v. PCI Gaming Authority. The ruling affirmed the previous decision issued by Chief Judge Watkins for the United States District Court for the Middle District of Alabama. The State of Alabama sought to use the Supreme Court's 2009 ruling in *Carcieri v. Salazar* to challenge the legal status of lands that the United States holds in trust for the benefit of the Tribe. The Eleventh Circuit resoundingly rejected the State's argument, reaffirming that the United States holds the lands where the Tribe's gaming facilities are located in trust for the benefit of the Tribe and that those lands "are properly considered 'Indian lands.'" Luther Strange, the Attorney General for the State of Alabama, has stated that he will accept the decision and not pursue further appeals.

The Tribe had been awaiting this decision since January 13, 2015, when a panel of judges from the Eleventh Circuit heard oral arguments in this case. In response to the favorable ruling, Stephanie A. Bryan, Tribal Chair, issued the following statement, "The Poarch Band is very pleased with the Eleventh Circuit's decision. The State's lawsuit was an attempt to prevent the Tribe, the only federally recognized Indian tribe in Alabama, from operating our gaming facilities in the State on our lands that are held in trust by the federal government. The Appeals Court decision has confirmed what we have always known—the State does not have jurisdiction over our gaming facilities."

The PCI Gaming case began on February 19, 2013, when the Alabama Attorney General on behalf of the State of Alabama filed a complaint against PCI Gaming Authority, individual Tribal Council members, and individual PCI Gaming Authority Board members (hereinafter collectively referred to as the "Tribe") in the Circuit Court of Elmore County, Alabama. The suit alleged that the Tribe's gaming activities were

public nuisances and sought to permanently prohibit gaming on the Tribe's trust lands. Later in 2013, the Tribe removed the State's complaint to federal court. This decision should ultimately put to rest any questions regarding the legal status of the Tribe's trust lands.

More recently, Escambia County Tax Assessor, Jim Hildreth, has made identical legal arguments about the status of our trust lands in the ongoing property tax dispute with Escambia County. After Mr. Hildreth threatened to assess taxes on the Tribe's trust property, the Tribe filed a complaint in the United States District Court for the Southern District of Alabama. The Tribe is seeking to permanently protect our trust lands from state tax assessments. On July 22, 2015, Judge Callie Granade issued a preliminary order preventing Mr. Hildreth from assessing taxes on the Tribe's trust property. However, Mr. Hildreth appealed that ruling to the Eleventh Circuit Court of Appeals.

In a press release in response to the recent Eleventh Circuit ruling in the PCI Gaming case, Bryan Taylor, one of the attorneys for Mr. Hildreth, tried to distinguish the pending tax issue. Because a federal statute explicitly exempts Indian lands held in trust by the United States from state and local taxation, the Eleventh Circuit's opinion in PCI Gaming forecloses Mr. Hildreth's principal argument in this case.

Tribal Chair Bryan stated, "The taxpayers have spent an inordinate amount of money litigating against the Tribe. The Tribe was pleased to read that the Attorney General had accepted the decision of the Eleventh Circuit so the parties can move forward. Mr. Hildreth needs to do so as well."

Submitted by Lori Stinson, Attorney General

Tribal Council Update

October 2015

Kevin McGhee, At-Large kdmcghee@windcreekhospitality.com

I want to provide updates on our current projects at Creek Casino Montgomery which will eventually be renamed Wind Creek Montgomery.

The project is ahead of schedule and within budget. We are currently considering early opening dates. The construction is roughly 75% complete on the hotel and the BB King expansion. We will begin moving in games and furniture in about 6 weeks. We are happy to report that TERO participation exceeds 25%.

Next, I want to provide an update on Wind Creek Atmore's Entertainment Center.

As of October 31st we will have been open for two years. We have added new games to the arcade and we now have bowling leagues which run through the spring, summer and fall months. The cinema continues to offer the top new releases each week and Yo-Joe's still serves the best frozen yogurt, including our new slushy flavoured drinks. We have enjoyed

a great success and revenues from this exciting expansion.

My final update is just a few of the many great things our Housing Department is working on.

Housing, which you all know is close to my heart, is working continuously throughout the subdivisions with unit upgrades, sidewalks, and lighting that will be connecting the Tribal complex in order to implement our strategic plan of "A Place Called Poarch".

We are quickly approaching the holiday season, which for me is a time to enjoy family gatherings, football games, and lots of great food prepared by my wonderful Mama and family members.

I am truly blessed to have both of my parents whose blessed marriage has stood the test of time through their belief in God. Tawana and I both have been blessed with a happy marriage as well and the Lord has blessed us with beautiful children and grandchildren.



I want to assure each of you that I work constantly and tirelessly on your behalf as a Tribal Council member. I put your best interests first in every decision that I make; even the tough ones.

Being a Tribal Council member is not an easy job but I remain dedicated and strive to make the right decisions for the betterment of our Tribe as a whole.

My door is always open. I am always available, day or night, for your phone calls, visits, and emails.

MVTO.



The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

Vince Lombardi

Public service must be more than doing a job efficiently and honestly. It must be a complete dedication to the people and to the nation.

Margaret Chase Smith



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<u>Election</u> Edie Jackson *Chair Gilbert McGhee Gwen Manning Velma Crocker Carolyn Peterson Brenda Faircloth-Alternate EiaLeasha Martin-Alternate	<u>Ethics</u> Barbara Stephens Carol Cole Randy McClellan Rose McGhee Conlon Vacant-Board Member Vacant-Alternate Vacant-Alternate	

August, 2015



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ON THE COVER-*WEAPONS, TOOLS, & TRADES*

Have you visited Kerretv Cuko (Building of Learning), the Poarch Band of Creek Indians Museum and Gift Shop? The *Poarch Creek News* would like to take you on a tour of the museum!

“Aceyepvs”, come in. You are invited into the living history of the Tribe. This isn’t a story of a people at rest and gone, this is a community that has been living, struggling, and overcoming for centuries. Here you will experience the commitment to community and the adaptable spirit that has led the Tribe through centuries of challenge and change. Today we continue to preserve our

legacy through tradition, tribal involvement, and community betterment. The Museum exhibits invite you to encounter a way of life, a culture woven over centuries¹.

Our feature this month are the Weapons, Tools & Trades exhibits.

In the years after the American Revolution, Alexander McGillivray, son of a Creek woman and a Scottish man, emerged as a leader among the Creeks.

Growing tensions between Creeks and settlers in Georgia resulted in McGillivray and other Creek leaders signing the “Treaty of New York” in 1790. Thirteen years later,

the U.S. purchased the Louisiana Territory and began to improve the old Indian trail through Creek lands – this would eventually become the Federal Road. Creeks were allowed to establish businesses along the trail. Creeks served as guides, interpreters, innkeepers, and ferrymen.

McGillivray established a plantation along the Little and Alabama Rivers, north of what is present-day Mobile. Other mixed-blood Creeks joined him. This settlement would eventually become known as Tensaw, home to our Poarch Creek ancestors.

The early Creek community members were mostly small-scale farmers. In the early 20th century, Indians went to work for the logging and pulpwood industries. Longleaf pine trees were tapped for their sticky resin, which could be turned into turpentine.

As the land was cleared of timber, it left space for sharecropping. The community of Hog Fork grew in the 1920's and 1930's because of the availability of cheap farmland. The community of Poarch Switch also developed at this time, due to the presence of a railroad switch yard.

After World War II, migrant laborers from southern communities like Poarch traveled across the country for seasonal work, picking fruit or other crops. Migrant workers often labored under poor conditions and lived in cramped temporary housing.

These exhibits are just few of the many interesting exhibits at the Museum; some of the other items on exhibit at the Museum include, authentic turtle shell shakers and stickball sticks, the original petition for Federal Recognition, and many more exciting items just waiting for you to come explore.

The Museum is located at 5484 Jack Springs Road, Atmore, AL. and is open Monday-Friday from 8:00 a.m. - 5:00 p.m.

Please stop by the next time you visit the Reservation.



*'Kerretv Cuko Brochure/Take a 2,000 year walk with us!
Gayle Johnson, Media Specialist
Information obtained from Cultural Department*



BARK HACKS

Bark hacks were used to remove the bark and outer membrane of pine trees during turpentine production.

The bark hack is swung like an axe and is used to create a hatched chevron pattern into trees' exposed wood. The weighted end helps the operator follow through with the force necessary for the hooked blade to scoop out chips of hard pine wood.



FRED WALKER'S SHOTGUN

As an unofficial community leader, Fred Walker kept the peace at Poarch. He and other leaders like Frazier McGhee played a peacemaker role in the community, ensuring that fights didn't get out of hand.

Fred Walker's gun was donated by a descendant of Fred Walker.



REPRESENTATIVE BRADLEY BYRNE HOLDS TOWN HALL MEETING AT POARCH

Shown on front row are Eddie L. Tullis, Stephanie Bryan, Tribal Chair, Representative Bradley Byrne, Sandy Hollinger, David Gehman, and Robbie McGhee. Shown on back row are Keith Martin and Garvis Sells.

During Congress's August break, Representative Bradley Byrne hosted Town Hall meetings all across his district on his self titled Conservation Solutions Tour. The first Town hall meeting was held at Poarch on Monday, August 17, 2015.

Rep. Byrne has always been a supporter and advocate for the Tribe. "The Tribe is a force of good for our area." he said during his opening statement.

Representative Byrne opened the Town Hall meeting by saying that he was not there to make a speech. He said that he did have a couple of points he would like to make and would then open the floor for questions from the audience.

After updates on the national budget process and mandatory spending Representative Byrne did open the meeting to the audience for questions and addressed questions and concerns on the Iran Nuclear Deal, Isis and Terrorism, the military, law enforcement, the Dodd-Frank Act and banking, transportation bill, the upcoming Presidential election, the BP Oil spill settlement, and Red Snapper season.

You can find out more about Rep. Byrne's Conservative Solutions Tour online at Byrne.House.Gov/SolutionsTour. You can also follow Representative Byrne on Twitter at twitter.com/RepByrne and on Facebook at facebook.com/RepByrne.

By: Gayle Johnson



HEARING THE VOICE OF THE PEOPLE

During the Community Meeting held on Monday, August 24, 2015, the Tribal Council announced that all previously scheduled Community Meetings to address membership have been cancelled.

During the meeting, attended by 130 Tribal Members, the Council shared the results of the survey conducted during the August 3, 2015 meeting. This document, *Membership Eligibility: The Path Forward*, has been posted in the TMOP. The TMOP is accessible to Tribal Members only using their assigned username and password.

What's next many have asked? Based on the results of this unofficial survey, the Tribal Council will develop an official survey to secure guidance from Tribal Members as to how the General Council wishes to proceed.

Tribal Members in attendance voiced concerns about younger Tribal Members not taking the issue of membership seriously. *"Where are they? They do not take this process seriously."* Another concern voiced by numerous Tribal Members is the language of proposed amendments are confusing and hard to understand. *"Put it in layman terms so we know what we are voting on."*

The survey is tentatively scheduled for publication in mid October with a 45 day response period. Community Meetings to address the survey and results will be scheduled at a later date. Based on the results of this survey a proposed Constitutional Amendment may be on the June 2016 ballot.

Please watch the newsletter, Tribal web site, and official Tribal social media for further information.

By Gayle Johnson

AN EDUCATION SUCCESS STORY

BRITTANY MARTIN, DPT

A lifetime of education is what Brittany Martin, DPT is open to exploring. Brittany earned her Doctorate of Physical Therapy from the University of South Alabama. Brittany is another one of our Tribal members who has benefited from Tribal Educational Funds to complete her degree.

Brittany was able to complete her Bachelor's Degree using scholarships and grants. Toward the last two years of graduate school, she had exhausted all scholarship funding and it looked as though student loans would be the only option. Fortunately, the Tribe made educational funds available and she was able to complete all six years of schooling debt-free.

The educational road to a Doctoral degree is long and stressful. Stress and time management were her biggest obstacles. "I had to prioritize my time and a social life was at the bottom of the list." She credits her husband, Josh Martin, and family for her success. Brittany's mother, Mary Boyte, would call her each morning and give pep-talks. "Brit, what is the worst that could happen? You fail the test and if so, God will open another door for you." Brittany also credits the professors at USA for being supportive and understanding throughout her educational journey. Some days, it was encouraging just to have a shoulder to cry on.


Working in Physical Therapy, Brittany has found a way to use her knowledge, experience, and skills



Kase, Brittany, Kamden, and Josh Martin.

to improve the health of her community. As far as furthering her education, Brittany is always open to new adventures. "The medical field is ever-changing and moving forward; you must adapt or you will fall behind," Brittany commented. In order to adhere with the Alabama Board of Physical Therapy, she is required to complete at least 10 hours of annual continuing education.

Brittany Martin, another Education success story!



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BIRTHDAY WISHES

Christy Huskey
September 1, 2015

Happy belated birthday!
We love you!
From your family.



Keaton Lee Sells
September 2, 2015

Happy 6th birthday Keaton!
Love, Mama, Daddy,
Brylann, and the rest of your
family and friends.

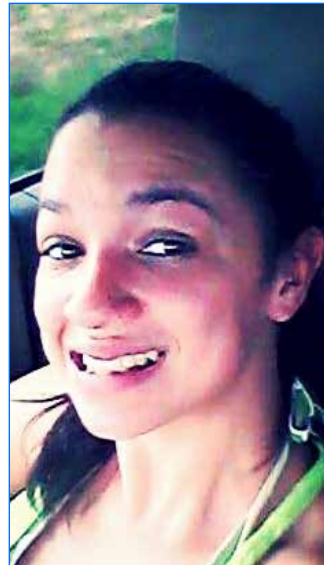
Gracelyn Sells
September 3, 2015

Happy 1st birthday to our
beautiful girl!
You have brought so much
joy to our lives.
Love, Mom, Dad, your
grandparents, and the rest of
your family.



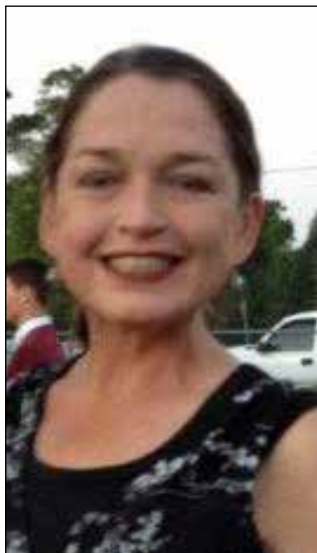
Stephanie Suzanne Hines
September 5, 2015

Happy birthday!
We love you!
Love, Momma, Cheyenne,
Zachary, Robyn, and family.



Jaime McGhee
September 7, 2015

Happy birthday greetings to
Jaime McGhee.
Jaime celebrated her birthday
on September 7, 2015.
Your family loves you!



Jeff Findley
September 7, 2015

Happy birthday Jeff Findley
from your family in Alabama.
Jeff celebrated his birthday on
September 7, 2015 and resides
in Everett, Washington with
his wife Karen Findley.



BIRTHDAY WISHES

*Abby Manac
September 9, 2015*

Happy 12th birthday Abby!!
You are so beautiful and we
love you so much!
From Mama, Daddy, and all
your family!



*Adilyn Jones
September 13, 2015*

Happy 4th birthday Addi
Bug! We love you.
Adilyn is the daughter of
Frankie Jones and Jennifer
Dellaccio.
Happy birthday "Addi Bug"
from all your family.



*Joshua Milstead
September 13, 2015*

Happy birthday Daddy!
We love you.
Harley & Chelsey.



*Robyn Taylor Hines
September 14, 2015*

Happy birthday Boo!
We love you.
Love, Momma, Stephanie,
Cheyenne, Zachary, and
family.



*Hannah-Rose McGhee
September 21, 2015*

Happy 9th birthday to
Hannah-Rose McGhee.
She lights up our lives with
her beautiful smile & amazing
heart.
We love you, Mommy &
Daddy (Steven & Angie
McGhee).



*Sydney Stewart
September 22, 2015*

Happy birthday!
We love you so much!
Mom, Dad, Aunt Val, Uncle
Waylon, Canyon, Gracelyn,
Damon, Holli, Catelyn, and
the rest of your family.



BIRTHDAY WISHES

Damon Rolin
September 23, 2015

Happy 13th birthday Damon!

You're finally a teenager!

We love you!

Love, Mom, Dad, Val,
Canyon, Catelyn, Dillion,
Brady, Corey, and nieces
Gracelyn, Zanie, & Sophia.



Jacob Sells
September 24, 2015

Happy birthday Jacob!

We hope you enjoyed your
day!

From your loved ones.



Anita Mancil Sells
September 26, 2015

Happy birthday we love you
so much!!

Love, Val & Waylon Rolin,
Canyon, Damon, Catelyn,
Gracelyn, Corey, April,
Billy, Syd, & Holli.



Jannice Lane
September 26, 2015

Happy birthday Grandma!

We love you!

DJ, Blair, and Jayden Johnson.

Brantlie Thomas
September 26, 2015

Brantlie Thomas celebrated
her 12th birthday on
September 26th.

We love you and are proud
of the young lady you are
becoming.

Love, Daddy, Jen, Ashton,
Major, and Deacon.



Izayah Penland
October 1, 2015

Happy birthday Izayah!

We love you!

Love, Uncle Danny, Aunt
Tammy, Madison, Nana,
Granny, and Jimmy.



BIRTHDAY WISHES

Michelle Pruitt
October 2, 2015

Happy birthday Michelle!
We love you!
From your family.



Madison Merchant
October 5, 2015

Happy 13th birthday Madison!
We love you so much.
We hope this year is the best ever.
Love, Daddy and Mama.



Hannah Johnson
October 7, 2015

Happy 10th birthday Hannah!
We love you!
Love, Mom, Dad, Claire, and Baby Beckett.



Sophia Rutherford
October 8, 2015

Happy 3rd birthday to my sweet Sophia.
We love you!
Mom, Sissa, Granny, Papa, and the rest of the family.



Ashkia Nicole Weaver
October 9, 2015

Happy 9th birthday Ashkia!
We love you!
Love, Mom, Dad, Lucas, and family.



Braxton Bowman
October 18, 2015

Our big boy is turning 2!
Happy birthday!
We love you Sugar Boy!
Mama, Daddy, Brooklynn, & Blakelynn.



BIRTHDAY WISHES

Eli McGhee
October 18, 2015

Happy 5th birthday Eli!
We love you!
Mama & Daddy.



Keith Martin
October 20, 2015

Happy birthday Keith!
We love you.
From your family and friends.



Cheyenne Danielle Hines
October 23, 2015

Happy birthday sweetheart!
We love you.
Love, Momma, Stephanie,
Zachary, Robyn, and family.



Somer Lee
October 24, 2015

Happy 14th birthday!
You are growing up to be a
beautiful young lady both
inside & out.
We are very proud of you &
love you dearly.
Mom & family.



Daniel Henson
October 28, 2015

Happy birthday Daniel!
We love you!
From your family.



Connie Vickery
October 29, 2015

Happy 52nd birthday Connie!
We love you!
With love from your family
and friends.



BIRTHDAY WISHES

*Sandy Hollinger
October 30, 2015*

Happy birthday Sandy!
We love you.
From your family & friends.



*Dalton Walker
October 30, 2015*

Happy 18th birthday Dalton!
We love you!
Mom, Mark, Drake, & Tori.



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ANNIVERSARY WISHES

Mike & Jennifer McGhee

October 17, 2015

Happy 6th anniversary!

So thankful for the life we have together!

Love you!

Submitted by Jennifer McGhee



Don & Annie Murphy

October 30, 2015

Don and Annie Murphy will celebrate their 51st anniversary on October 30, 2015.

Congratulations!

Submitted by Annie Murphy



DARREN LEE COLBERT

March 13, 1966 - July 26, 2015

OBITUARIES/ IN MEMORIAM

Darren Lee Colbert passed away unexpectedly at his home in Winston-Salem, North Carolina on July 26, 2015.

He was the son of Willa Colbert and the late Douglas Colbert of Advance, North Carolina. Darren was a proud member of the Poarch Creek Indians

He was a graduate of Davie High School and worked for Sherwin Williams for over 18 years. While there he was given the nickname "Wahoo" by his co-workers and customers.



He was married to Ann Darr of Winston-Salem and had two sons, Taylor and Bradley Colbert. He had three brothers Doug, Curtis, and Kenneth, and two sisters Rhonda and Talia. He had many uncles, aunts, nieces, and nephews.

He was loved by all who knew him and will always be in our hearts.

The Colbert Family.



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Cher Christensen
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Poarch Community Church
6:00 p.m.

For more information contact
Jerry Sanchez (251) 359-4198



Will Ervin

Paul Garner

Thanks!

The Lady Creeks softball team the Sneaky Creek softball team, the 2015 Men's NASA Champions, would like to say "Thanks" and recognize the hard work and dedication that Firefighters Will Ervin and Paul

TRIBAL MEMBER SUBMISSIONS

Garner demonstrated at the 2015 NASA Tournament hosted by the Seminole Tribe of Florida in Stuart, Florida from August 6-8, 2015. Will and Paul ensured that PCI Tribal teams were equipped at each and every game with equipment to minimize heat hazards and conditions and to keep us all hydrated by setting up generators, fans, misting fans, providing coolers with water and gatorade, etc. These two guys worked each day from the beginning of the tournament until the last PCI team was finished. Thanks guys!

Submitted by Jennifer & Josh Thomas



SNEAKY CREEKS THANK SPONSORS

The Sneaky Creeks took first place in the men's division of the recent NASA Tournament. They would like to take this opportunity to say thank you to their sponsors David Morris Construction and Atmore Realty.

Sneaky Creek team members are Chad Odom, Jake Thomas, Josh Thomas, Trent Jackson, Stevie Carpenter, Bryan Gregson, Jeremy Odom, Chris Johnson, David Morris, Michael Rolin, Mitchell Rolin, Mikey Griffey, Les Smith, Chasen Freeman, Brannon Freeman, Marshall Rolin, and Trent Flowers.

Submitted by Jeremy Odom

KELLY FAYARD JOINS YALE COLLEGE

Courtesy of Atmore News

Atmore native Dr. Kelly Fayard is one of three cultural center directors joining Yale College, the undergraduate liberal arts college of Yale University.

Beginning July 27, Kelly will be the director of the Native American Cultural Center. She will also hold the title of assistant dean in Yale College. She was offered the position following a comprehensive, national search by the college.

Kelly, currently an Assistant Professor of Anthropology at Bowdoin (Brunswick, Maine), has served as an academic adviser to students for four years, and she is also Bowdoin's faculty representative for the Native



Kelly Fayard

American Student Association. She has also served on Bowdoin's Advisory Committee for a Diverse Community, which seeks to diversify the College's student body and faculty. Since last year, she has been a member of Bowdoin's Curriculum and

Education Policy Committee, which decides tenure lines and programming for the College.

Kelly graduated from Escambia Academy in 1998. She earned her Ph.D., in Anthropology, and a certificate in Museum Studies from the University of Michigan, she earned her B.A. in Cultural Anthropology and Religion, from Duke.

She is an enrolled member of the Poarch Band of Creek Indians. She is the daughter of Vicky Burns and Wayne Fayard, and the granddaughter of Lucille Sells.

RACKARD GRADUATES WITH PRE-MED DEGREE

Forrest Allen Rackard, grandson of Frank Alton & Sandra Rackard, graduated from the University of Florida on August 8th with a pre-med degree. He will begin interviews for medical school acceptance in September.

Congratulations Forrest on a job well done!

We love you, Nanny & Papaw



Submitted by Frank & Sandra Rackard



*William Claude Stabler
Sergeant First Class
United States Army*

William Claude Stabler joined the United States Army on September 4, 1967 and was stationed at Ft. Steward, GA from February 1969 through September 1970. He served one tour of duty in Vietnam from February 1968 - February 1969. After completing his active duty, he served with the 778th Maintenance Co. in Monroeville, AL from January 1971 to September 1983. He then joined the 638th Ordnance

Co. in Brewton, AL where he served from September 1983 until his retirement in October of 1992 at the rank of Sergeant First Class. During his service with the 638th from Brewton he was deployed to Saudi Arabia from September 1990 - August, 1991.

During his service, Salter was awarded the following medals and ribbons: the Army Service Ribbon; National Defense Service Medal with 1 Bronze star; Army Commendation Medal (2 times) with oak leaf cluster; Meritorious Unit Citation; Army Good Conduct Medal (8 times); Army Reserve Components Achievement Medal (3 Oak Leaf Clusters); Armed Forces Reserve Medal; NCO Professional Development Ribbon (3) Vietnam Service Medal; Republic Of Vietnam Campaign Medal; Republic of Vietnam Gallantry Cross Unit Citation Badge w/plam; Overseas Service Ribbon (6); Expert Badge M16 rifle; and the Southwest Asia Service Medal.

He is married to Velma J. Stabler; together they have four children,

VETERAN'S SALUTE

Susan and Brian Stabler, Kim McDonald, and Robin Davis. They have eight grandchildren and one great grandson. He has four sisters and three brothers.

He is a graduate of Monroe County High School and has attended Alabama Southern College and numerous service schools at Ft. Knox, KY., Indian Town Gap, PA., Little Rock, AR., Ft. Eutis, AZ., Ft. Lee, VA., and Redstone Arsenal in Birmingham, AL.

He has been employed with Timberland Silvicultural Services as a Reforestration Technician since 1997.

William Claude Stabler, just one of many Tribal Members who have proudly served for their family, their Tribe, and their country. Because of their sacrifices, we enjoy the freedoms we have today.

The *Poarch Creek News* honors our Tribal Member veterans for their sacrifice, dedication, and service.

We are asking all Tribal Member families to send in information on any Tribal Member veterans you may know. We wish to honor all veterans: male and female, those who paid the ultimate sacrifice in the service of our country, those who have passed, those who have served, and those who currently serve.

We would like the veteran's name, Tribal roll number, rank, branch of service, and any medals or awards received.

You may submit a veteran's information via email to gjohnson@pci-nsn.gov, via hand delivery to the Poarch Creek News, or via US Mail to Poarch Creek News, 5811 Jack Springs Road, Atmore, AL 36502. Please be sure to include return address and contact information.

David McGhee
United States Marine Corps

Thank you for your service! A Veteran's Salute to David will appear in a future issue of the Poarch Creek News.

ASSISTED LIVING FACILITY

ESTABLISHED RATES

TRIBAL MEMBERS ONLY (65% of local market)

LEVEL 1 – BASIC CARE

1-Bedroom Unit	\$1,525 monthly
2-Bedroom Unit	\$1,880 monthly

LEVEL 2 – SUPPORTIVE CARE

1-Bedroom Unit	\$1,825 monthly
2-Bedroom Unit	\$2,180 monthly

LEVEL 3 – COMPREHENSIVE CARE

1-Bedroom Unit	\$2,075 monthly
2-Bedroom Unit	\$2,430 monthly

SPOUSES AND WIDOWS OF TRIBAL MEMBERS AND FIRST GENERATION DESCENT (85% of local market)

1-Bedroom Unit	\$2,700 monthly
2-Bedroom Unit	\$3,040 monthly

GENERAL PUBLIC (100 % of local market)

1-Bedroom Unit	\$3,175 monthly	2-Bedroom Unit	\$3,575 monthly
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Please contact Michelle Colbert Shiver, Assisted Living Administrator, at 251-446-4899 for additional information about the Lavan Martin Assisted Living Facility and services provided.



BOYS & GIRLS CLUB

ARCHERY CHAMPION JOINS B&G CLUB STAFF

We would like to introduce the newest member to the Boys & Girls Club team, Mrs. Blakelee White-Hendrix.

Blakelee has been instructing our Archery group for nearly two years. She has recently joined our team full time, as Archery Instructor. She has also just recently been awarded the ASA Woman's Shooter of the Year Award for 2015-2016, in Archery.

Blakelee loves doing anything that involves being outdoors. Shooting bows, hunting, and fishing is what she enjoys doing.

Oh by the way do not challenge her to any bow shooting bets! Check out this resume from just this year alone:

- 2015 ASA National Women Open B Shooter of the Year
- 2015 Women's Open B Bowhunters of Alabama State Champion
- 2015 Women's Open B Alabama ASA State Champion
- 2015 Women's Open B Bowmania Champion
- 2015 1st place Women's Open B ASA Easton Pro-Am Newberry
- 2015 1st place Hoyt Archery ASA Pro-Am Ft. Benning
- 2015 1st place ASA Southwest Shoot Out
- 2015 2nd place ASA Mathews Pro-Am



In addition to Archery Instructor, she will also be helping coordinate our Mentoring Program. Please feel free to call (251-359-4422), email (bhendrix@pci-nsn.gov), or stop by to meet and congratulate Blakelee on this prestigious award, in the Mentoring building.

BOYS & GIRLS CLUB NEW MEMBERSHIP RULE

Beginning August 1, 2015 the Boys & Girls Club will open membership to families that have extenuating circumstances such as family relocation to Poarch, change in family composition, etc.

To enroll your child/children you must have sufficient documentation of your circumstances, i.e. marriage license, court papers, old and new lease for proof of change of address, etc.

Acceptance will be at the discretion of the Boys & Girls Club Director.

Contact Stephanie Agerton, Boys & Girls Club Director, at (251) 368-9136 x 2049 or sagerton@pci-nsn.gov if you have questions or need more information.

2015 COMMUNITY FALL FESTIVAL

OCTOBER 30, 2015

5:00 PM - 8:00 PM

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CULTURAL DEPARTMENT

MVSKOKE LANGUAGE APP



The Creek Nation and Mvskoke Language Program presents the Mvskoke Creek Language learning app. The app is available for free in three major app stores: Apple, Android (Google Play), and Amazon.

Download this app and begin learning or practicing our Mvskoke language. You can use the app to learn the correct pronunciation of the Mvskoke numbers used on each page of the newsletter.

Any Tribal Member unable to attend the Annual Celebration who did not have someone else pick up their gift may pick their gift up at the Tribal Museum. Deadline to pick up your gift is 5:00 p.m. December 31, 2015.

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EDUCATION DEPARTMENT

SUMMER CAMP REIMBURSEMENT PROGRAM

Tribal Member and First Generation students in Pre-K through 12th grade are eligible to attend up to two (2) summer camps and receive financial assistance to help cover the cost of the programs.

Tribal Member Students \$500.00 total
First Generation Students \$250.00 total

This program is **REIMBURSEMENT ONLY**. Parents are responsible for making all arrangements and paying all travel costs and fees. Travel cost can be reimbursed if receipts and mileage are submitted with application.

Applications can be picked up from the Education Department or downloaded from Education's page on the Tribal web site, www.pci-nsn.gov.

APPLICATIONS ACCEPTED
MAY 1, 2015 - OCTOBER 31, 2015

Return your application with receipts and other supporting documentation to the Education Department. You may also forward to Kim McGhee at ksmcghee@pci-nsn.gov, fax to (251) 368-0809, or mail to:

Poarch Creek Indians
Education Department
5811 Jack Springs Road
Atmore, AL 36502

Please contact Kim McGhee at (251) 368-9136 x 2662 if you have questions or need more information.

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2015-2016 SCHOOL SUPPLY REIMBURSEMENT PROGRAM

The 2015-2016 School Supply Reimbursement Program for school uniform and supplies will run from July 1, 2015 through October 31, 2015.

- \$300.00 reimbursement per child/no receipt required
- Must be Tribal Member or First Generation student who is entering K4-12th grade in the 2015-2016 school year.
- Each student must show proof of school enrollment such as current school bill, letter from school, or copy of child's report card from 2014-2015 school year, etc.
- Every household with a Tribal Member or First Generation student is eligible for one (1) computer device (includes Ipad) every four (4) years.

- \$600.00 reimbursement per household. Receipt and bank form is required.
- Computer reimbursements will be electronically transferred into your account in 45 days or less after receipt is submitted for reimbursement.

Applications can be faxed, emailed, mailed, or dropped off at the Education Department:

Email: mweaver@pci-nsn.gov

Fax: (251) 368-0809

U.S. Mail: PCI Education Department
5811 Jack Springs Road
Atmore, AL 36502

If you have any questions, please contact the Education Department at (251) 368-9136 x 2021.

2015-2016 AFTER SCHOOL TUTORING

It's time for After School Tutoring!

Applications are available at the Education Department or can be downloaded from Education's page on the Tribal web site, www.pci-nsn.gov.

Tribal Member and 1st Generation Students
Grades 1st - 12th

Tutoring from 3:30 p.m. - 5:00 pm.
Monday - Thursday

Come by the Education Department to find out more or call Christyn Sells at (251) 368-9136 x 2244.

2015-2016 HOMEWORK CLUB

Monday - Thursday 5:00 pm - 7:30 pm

Tribal Member and 1st Generation Students
Grades 1st - 12th

Come by the Education Department to find out more or call Christyn Sells at (251) 368-9136 x 2244.

FINANCIAL PEACE CLASSES

Dave Ramsey's Financial Peace University kits are available free to Tribal Members, First Generation Indian Descendants, and Tribal Employees.

Contact Bryan Fayard at (251)368-9136 X 2504 or bfayard@pci-nsn.gov for more information.

GED DAY & EVENING CLASSES

Day Classes

Monday - Thursday 9:00 am - 11:00 am &
1:00 pm - 3:00 pm

Evening Classes

Tuesday, Wednesday & Thursday 5:00 pm - 7:00 pm

Come by the Education Department to find out more or call Billie McGhee at (251) 368-9136 x 2243.

THE IMPORTANCE OF SLEEP

By Annie Nowak, Prevention Coordinator

Now that school has started, parents everywhere are struggling with getting their children to bed. An early bed time provides a quiet break for parents, but most importantly, it provides the child with the rest that he/she needs for a good day at school. Sleep helps your child focus and remember what he has learned. Memory is better with sleep; sleeping helps learning, like an extra practice session. Sleep is vital for your child's physical health. Sleep helps the immune system function properly, which helps in fighting off colds and infections.

Scientific studies show that children who do not get enough sleep may be overly active, misbehave, have problems paying attention or suffer with poor grades at school. If teenagers do not get enough sleep, they may be more likely to take risks, which would include smoking, drugs and alcohol. Getting enough sleep is also linked to weight gain and obesity, which leads to more health issues in our children.

There are medical recommendations for how much sleep all of us need. Each of our bodies may not need the same amount of sleep, but there is a healthy range each of us can work



toward. Preschool children need 10-13 hours of sleep. School-aged children need 9-11 hours while teen aged youth need 8-10 hours of good sleep. Adults function best with 7-9 hours of sleep.

Bedtime can be a struggle in many households. Sleep hygiene or a sleep routine, is important in helping children learn the importance that sleep plays with their health and behavior. There are a few steps that parents can take to make this process a bit easier.

- A light snack before bed is a good idea.
- A warm bath can signal to the child's body that it is time to relax and slow down for the night.

- Observe your child brushing his or her teeth.
- Read them a favorite story.
- Make sure the room is quiet and at a comfortable temperature.
- Put them to bed with hugs and kisses.

It is a good time to keep bedtime and wakeup time the same every night and morning. This establishes a routine for children. TV and computers 2 hours before bed are not a good idea, since the bright light that comes from these electronic devices can lead to the brain NOT getting the signal that it is time for sleep. It is a good idea to eliminate caffeine from the child's diet.

Let us put our minds together and see what future we can make for our children.

Chief Joseph, Nez Percé

ADDICTIONS AND OUR CHILDREN - PART I



By Annie Nowak, Prevention Coordinator

Addiction is a national, regional and local problem. Many have a friend or family member who struggles with addiction. The impact that addiction has on the addict and the family and friends of the addict can be seen in our community. The struggles and heart break are real. Science has proven there is a genetic link to addiction. This means if there is a family member who suffers from addiction it is likely each generation that follows will carry some of the same genetics that could lead that person to addictive behavior. Science has also shown there are things we can do to protect our children from choosing the path of addiction.

Dr. Ruben Baler of the National Institute on Drug Abuse has put

together a list of behaviors parents/guardians can focus on to help children avoid the temptation of addictive substances.

First and most important, is encouraging children to get enough sleep. There is a link between a lack of sleep and behavioral problems. There is also a link between lack of sleep and risk taking behavior in teenagers.

Teaching children to delay or wait for a reward or treat will help children learn coping skills that will help later in life.

Learning a new language helps to the brain to grow in different ways that help in life and decision making. Learning the Creek language would be a great way to help our youth!

Physical activity is also important in exercising the body and brain.

Dr. Baler also encourages social activities for children. Learning about getting along with others is a skill that will help our children.

Dr. Baler also encourages allowing the child to make age-appropriate decisions, granting some control over his/her life. An example may be a choice of clothing, food or activity for young children.

Teaching children the importance of quiet time or meditation is also a helpful behavior, encouraging the child to quiet himself/herself will be important later in life. It is important for children to have a reliable environment, with rules and schedules the child understands.

Each and every child is different and unique, capable of wonderful things. Praising effort and not necessarily outcome, encourages children to keep trying at difficult activities. Children will try harder and challenge themselves when the fear of failure is softened or removed.

More helpful behaviors will be covered next month.

Discipline is the bridge between goals and accomplishment.

Jim Rohn

ENVIRONMENTAL DEPARTMENT

HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

November 14, 2015

8:00 a.m.—12:00 p.m.

Poarch Creek Indians Fire Station #1
(Jack Springs Rd)

OPEN TO ALL RESIDENTS OF THE
SURROUNDING AREA.

Accepting paints, automobile batteries, motor oil, antifreeze, household cleaners, household chemicals, pesticides, flammables, corrosives, other hazardous household products, fluorescent bulbs, and electronic wastes (computers, monitors, printers, scanners, Palm accessories, power supplies, battery backups, rechargeable batteries, cables, toner/ink cartridges, hard drives, CD roms, speakers, VCRs, DVD players, stereo equipment, TVs, game consoles, digital cameras, any audio or video equipment, networking equipment, tape

drives, test equipment, fax machines, keyboards, voice/tape recorders, radios, Walkman products, calculators, cellular phones, and phone accessories).

THIS COLLECTION IS FOR HOUSEHOLDS ONLY. Large quantities from businesses, farms, or commercial operations will not be accepted.

PROHIBITED: infectious and medical wastes, medications, biological and radioactive materials, compressed gas cylinders, ammunition, fire extinguishers, smoke detectors, and explosives.

For more information: Contact the Poarch Creek Indians Environmental Department at 251-368-9136.

THIS IS A FREE SERVICE! Please utilize this opportunity to keep these hazards out of our waterways and natural environment.



Build a better tomorrow
Starting
Today
Enroll in Ready to Work Training

80% of RTW participants
gained employment in Atmore area

RTW

Gain valuable
workplace skills

Enroll in free
classes!

Atmore and Evergreen locations

Reid State Technical College
For information call:
Lynda Davis, ldavis@rstc.edu
251-578-1313 ext. 114

REACHING YOUR GOAL

It will hurt.

It will take time.

It will require dedication.

It will require willpower.

*You will need to make healthy
decisions.*

It requires sacrifice.

*You will need to push your body to its
max.*

There will be temptation.

*But, I promise you, when you reach
your goal,*

It's worth it!

Unknown

FAMILY SERVICES DEPARTMENT

ADDRESSING THE NEEDS OF TRIBAL MEMBERS AND THEIR FAMILIES.

PROGRAM NOTICES:

LIHEAP or CSBG Services: PBCI Tribal Per Capita monies and Senior Benefit monies will be included in the calculation of household income.

The following grants are available for public review:

- Low Income Home Energy Assistance Program (LIHEAP)
- Community Services Block Grant (CSBG)
- Child Care Development (CSBG)
- Family Violence Prevention (FVPSA)
- Elder Abuse Prevention Initiative

If you wish to review these grants, please come by our office to view these documents.

We welcome your comments and suggestions!

If you suspect fraud, waste, or abuse in any of the Community Services Programs please contact the Family Services Department at (251) 368-9136 x 2600.

If you or a loved one is a victim of domestic violence, please contact Dr. Frank McCloskey, Abuse Prevention Coordinator, for assistance or information. You are not alone. We are here to help you.

You can reach Frank at (251) 368-9136, ext. 2212, or via e-mail at fmcloskey@pci-nsn.gov.



Family Services Department

5811 Jack Springs Road

Atmore, AL 36502

Office (251) 368-9136 x 2600 Fax (251) 368-0828

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251-253-5818

www.ediejackson.origamiowl.com



**Poarch Creek Indians
Family Services Department
2015 Tribal Kid's Christmas Party
Pre-Registration Form**



***Children eligible to Pre-Register include:**

- ♦ children between the ages of birth through 12 years of age, and
- ♦ children who live in a PCI Tribal Member's household

****Each child must be pre-registered to attend!****

***The Pre-Registration Form is **due** to the Family Services Department on or before
Friday, November 6, 2015.**

***The Tribal Kid's Christmas Party will be held on **Thursday, December 10, 2015** at
the **Wind Creek Cinema**.**

****Pre-registration will not be accepted over the phone!****



2015 Tribal Kid's Christmas Party Pre-registration Form

Parent/Guardian's Name: _____ **Roll #:** _____
Home Address: _____ **Phone #:** _____

***Please list child's name, date of birth, age, gender, and also list any family members planning to attend the Tribal Kid's Christmas Party with your child(ren). You must include a copy of the Tribal Member ID card and verification of the residency of all children listed below with your pre-registration form. Verification of residency forms may include daycare enrollment forms or school enrollment forms.**

Name	Date of Birth	Age	Male/Female	Tribal Member #

The 2015 Kid's Christmas Party Information "Christmas At The Movies"

- * The Family Services Department will host the 2015 Kid's Christmas Party at the Wind Creek Cinema on Thursday, December 10, 2015.
- * The same movie will be shown in three different theater rooms.
- * The times for the movie to start will be staggered to allow everyone a chance to see the movie.
- * The time for the event is 5:30 - 9:00 with the last movie starting at 7:30 p.m.
- * Food including a hot dog, a drink, and candy will be served prior to the movie starting.
- * Each participant will be able to see the movie one time and then will be given an opportunity to take a picture with Santa and receive a Christmas gift.

****The Kid's Christmas Pre-Registration is due to Micheal Deese by Friday, November 6, 2015.**

****Pre-registrations guidelines have changed to ensure eligible children will be able to participate. You must include a copy of the PCI Tribal Member ID for the household the children live in and verification that these children live in the identified household. Verification of residency may include school registration forms or daycare enrollment forms.**

An important message from Medicare

Medicare Open Enrollment October 15 - December 7, 2015



**With the health care law,
Medicare offers:**

- ◆ **FREE*** annual wellness visit
- ◆ **Some FREE*** cancer screenings
- ◆ **55% discount on covered brand name prescription drugs when you're in the "donut hole"**
- ◆ **Better fraud protection**

*When using qualified and participating physicians or providers.

It's time to compare plans, and make sure you have the right health and prescription drug coverage for you. Stay with your current plan if you're happy with it. Or look for a new one with better coverage, higher quality, and lower cost.

The Area Agency on Aging/SHIP will provide FREE help to people on Medicare in the Mobile, Baldwin and Escambia county region.

**** No appointments - only walk-ins ****

Please bring a current listing of medications, proof of income and Medicare card (red, white and blue card).

Stop by and an expert will help you review your 2016 Medicare plan.

Time: 9:00 am until 2:00pm

Location: South Alabama Regional Planning Commission - Area Agency on Aging
110 Beauregard St. Mobile, AL 36602
251-433-6541 or 1-800-243-5463

2015 Dates: Monday: December 7th

<u>Tuesdays</u>	<u>Thursdays</u>
Oct 20	Oct 15
Oct 27	Oct 22
Nov 3	Oct 29
Nov 10	Nov 5
Nov 17	Nov 12
Nov 24	Nov 19
Dec 1	Dec 3

www.agingsouthalabama.org



****BONUS****
Medicare Open Enrollment Events
Come See Us at a site Near You!

***Wednesday, Oct 21 : 9:00 am - 1:00 pm**
BPSOS
13835 South Wintzell Ave, Bayou La Batre, AL 36509


***Monday, Nov 2 : 9:00 am - 1:00 pm**
Unity House, Concerned Citizens of Atmore
313 N Main St, Atmore, AL 36502

***Wednesday, Nov 4 : 9:00 am - 1:00 pm**
Mt Olive A.M.E. Zion Church
701 Bella St, Prichard, AL 36610

***Wednesday, Nov 18 : 9:00 am - 1:00 pm**
Semmes Senior Center
9635 Moffett Rd, Semmes, AL 36575

***Wednesday, Dec 2 : 9:00 am - 1:00 pm**
Bay Minette Public Library
205 W 2nd Street, Bay Minette, AL 36507

October is Domestic Violence Awareness Month


Together
 we can end
domestic abuse

HEALTH DEPARTMENT

HALLOWEEN HEALTH AND SAFETY TIPS

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Swords, knives, and other costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Expecting trick-or-treaters or party guests?

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.

- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.

- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

- Remind drivers to watch out for trick-or-treaters and to drive safely.

Additional information can be found at www.cdc.gov

REMINDERS FOR ALL

OUR PATIENTS

Remember that one of our providers will continue to see patients during the traditional lunch hour. Visits are scheduled by appointment only. A limited number of visits each day are reserved for "work ins" so if you are sick and require a "work in" appointment, please call the clinic early in the morning and we will do our best to assign an appointment time that day.

October is . . . BREAST CANCER AWARENESS MONTH



Statistics:

- 🧣 *Most breast cancers are found in women who are 50 and older, but breast cancer also affects younger women.*
- 🧣 *About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.*
- 🧣 *Today, cancer is the 2nd leading cause of death among American Indians 45 years and older.*
- 🧣 *Risk factors include smoking, being overweight, and not getting enough exercise.*

Detection:

- 🧣 *Have your annual mammogram if you have symptoms or are high risk, or at least when you are 40 years of age.*
- 🧣 *Early detection is the key to increasing the breast cancer survival rate for Native women and reducing the impact of cancer in American Indian communities.*
- 🧣 *Any change in the breast or nipple – a new lump that you haven't felt before, skin changes such as dimpling or a rash, or anything that is new or different.*
- 🧣 *Breast self- exams help you to be familiar with how your breast look and feel so you can alert your healthcare professional if there are any changes.*

Take Action:

- 🧣 *Increasing protective factors such as quitting smoking, eating a healthy diet, and exercising may also help prevent some cancers.*
- 🧣 *Talk to a doctor.*
- 🧣 *Get your age appropriate screening.*

*For additional information, please contact Nioma Till, Case Manager,
PCI Health Department*

HOUSING DEPARTMENT

Applications for the following Housing programs are available on a daily basis and will be processed as vacancies/funds become available:

- Emergency/Transitional Housing
- Rental - All Poarch Subdivisions
- Rental - Manac Townhouses
- Rental - Walker Subdivision, Pensacola, FL
- Rehabilitation Assistance
- Renovation Loan Program
- Heating & Cooling Loan Program
- Senior Emergency Program
- TAHO

Applicants are responsible for accurately completing, correcting, and updating all applications and must certify that all information is true and accurate to the best of his/her knowledge.

Failure to update an application for a period of twelve months is grounds for removing the application for consideration and the applicant will be ineligible for consideration until an updated application is on file.

For questions or concerns contact the Housing Department at (251) 368-9136 x 2251.

MOBILE HOMES FOR SALE

The Housing Department will be accepting sealed bids on the following mobile homes located at McGhee Trailer Park, 6301 Jack Springs Road, Atmore, AL 36502:

- Lot # 5 One (1) three (3) bedroom mobile home
- Lot #11 One (1) three (3) bedroom mobile home

PLEASE NOTE THE FOLLOWING:

- Each trailer sold “*as- is, where-is.*” Housing is not responsible for transportation, set up, or repairs of trailers being sold.
- All bids must be sealed.
- Minimum bid is \$3,000.00 per trailer.
- ***NO FINANCING.*** Payment must be made in full.
- You have *5 calendar days* after bid is awarded to submit payment.

- You have *16 calendar days* from date of payment to move mobile home from its current location or make arrangements with the property owner.
 - Failure to comply with the timeline will result in a refund, and bid will be awarded to the next highest bidder.
- Housing reserves the right to withdraw any trailer from the auction for good cause prior to the bids for the trailer being opened.

All bids are due in the Housing Department by ***Thursday, October 15, 2015 before 2:00 p.m.***

ALL BIDS MUST INCLUDE:

Tribal Member name, roll number, address, phone number, and bid amount. Envelope must list which item you are bidding on.

Contact the Housing Department at (251) 368-9136 x 2251 for more information.

OFFICE OF ARCHIVES & RECORDS MANAGEMENT

Tribe Receives ATALM Award in Washington, D.C.

Submitted by Deidra Suwanee Dees, Ed.D.

On its web site, www.atalm.org/node/73, the Association of Tribal Archives, Libraries, and Museums (ATALM) states that the ATALM Award “recognizes indigenous archives that demonstrate a significant commitment to the preservation and use of documentary heritage.” The requirements for this Award are something the Office of Archives and Records Management does on a regular basis in our Evening with the Elders program which has been going strong for three years. As a worker who has contributed to the success of the program, University of South Alabama Intern Ms. Jerin H. Almond nominated our Department for this prestigious Award in July of this year.

Imagine our surprise when Director/Tribal Archivist Dr. Deidra Suwanee Dees received word from Association President Dr. Susan Feller that we won the Award! What great news! Dr. Feller said, “On behalf of the Association of Tribal Archives, Libraries, and Museums, it gives me great pleasure to inform you that the Poarch Band of Creek Indians Office of Archives and Records Management has been awarded the 2015 International Guardians of Culture and Lifeways ‘Archives Institutional Excellence’ Award.”

Dr. Dees shared the good news with everyone including our Tribal Council who sent congratulatory



words of commendation. “This is great news and well deserved,” came from the Office of our Tribal Chair Stephanie A. Bryan. Tribal Council Secretary David Gehman said, “Congratulations and thanks for the hard work and effort!”

Our team accepted the Award at the ATALM Conference in Washington, D.C. on September 11, 2015, along with several other ATALM Awards that will be given out that day.

“I am thinking of Chief Calvin and Joyce McGhee who paved the way for us by making many trips to Washington, D.C.,” Dr. Dees said. Our team feels that it is a great honor to be recognized for our efforts.

Mvto.

Brandon McGhee
Cell: 251-359-3283

Owner/Operator
Web: diggindeepconst.com


Diggin' Deep Construction LLC

P.O. Box 533
Atmore AL, 36504

A Native American
minority owned business

I have been to the end of the Earth.
I have been to the end of the waters.
I have been to the end of the sky.
I have been to the end of the mountains.
I have found none that are not my friends.

Navajo chant



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Gut Check

Understanding just how closely the gut and the brain are related is essential. Think of the last time you felt sick to your stomach. Were you nervous, scared, or super happy? Scientists are learning that this intimate relationship between the gut and the brain is a two way street: just as your brain can send butterflies to your stomach, your gut can relay its state of calm or alarm to the brain. Food matters so much, overriding other factors in our lives that we may not be able to control. Don't worry though! I have a plan to keep our brains and bellies happy.

Eat Foods Rich in Probiotics

Probiotics are live bacteria and yeast that support good digestive health. Long before probiotics became available in supplement form, the health benefits of fermented, probiotic-rich foods like kimchi, sauerkraut, and yogurt were well recognized. The Chinese were fermenting -cabbage 6,000 years ago. While supplements are helpful, there's no better way to ingest healthy bacteria than from food. The probiotic bacteria help maintain the integrity of the gut lining, serve as natural antibiotics, antivirals, antifungals, regulate immunity and control inflammation. They even improve nutrient absorption.

These are some of the best food sources for probiotics:

Live-Culture Yogurt: Check the label to make sure your yogurt contains live cultures, and avoid products that are heavily sweetened. Coconut yogurt is an excellent alternative for people who are sensitive to dairy.

Kefir: A fermented-milk product that has a more liquid texture than yogurt.

Kombucha Tea: A tart, fizzy, fermented black tea.

Sauerkraut: choose real, fermented sauerkraut instead of cabbage soaked in vinegar.



Kimchi: Spicy, fermented vegetables that are Korean in origin. Kimchi is one of the best probiotic foods you can add to your diet.

Pickles: The most basic and beloved probiotic. As with sauerkraut, choose real, brined pickles that have been refrigerated.

Try a few of these foods, if you haven't already, and do a "gut-check". Are you feeling more calmly? I'd love to know how these probiotic foods are working for you. Please let me know how you're doing or if you have any questions.

- Ashley

Ashley Richards is a Health Coach and Nutritionist for Advantage Training. She believes that the key to creating healthy habits is to start by making small, sustainable changes. You can connect directly to Ashley by clicking on My Message Center/Talk to a Health Coach inside the My PCI Wellness online portal.



www.mypciwellness.com
facebook.mypciwellness.com



YOUR HEALTH MATTERS

Small Decisions Make Big Things Happen

Faith and Fitness

You may think that spending time and energy on your health and fitness is a selfish pursuit, having more to do with vanity. There is, of course, nothing wrong with exercising and eating healthfully simply to look better, feel better, or perform better in our everyday lives. But connecting healthy choices to spiritual values may provide both the meaning and the motivation required to make healthy habits stick. The root of the faith-fitness connection dates back to some of history's most seminal spiritual texts. This suggests that taking care of the body has always been considered an important sacred duty: a way of honoring and serving a higher power perhaps. Far from being wholly separate disciplines, spirituality and exercise have long been closely intertwined.

Powerful Together

One of the biggest motivational advantages to viewing a fitness program as a spiritual practice is that it connects you with others who support your efforts to optimize your health.

This powerful combination of accountability and autonomy is reinforced when spiritually inclined people get together and make health a group effort. Just as spiritual practices like studying inspiring texts and connecting with people can encourage us to take better care of our bodies, physical movement has the power to invigorate and uplift our spiritual practices.

Science of Spirit

When you maintain your body with care, you're more gracious, patient, loving, and clearheaded. You're not as impulsive. Stress is reduced. Cognition improves. More focus, better alignment, less mental noise, and an openness to each other all create a state that is more in line with our intended, spiritual path. Religious or not, we start to see the connection between smart self-care and our ability to show up as the person we want to be.



During cardio training an exerciser embodies the "servant's heart": kind, humble, always ready to serve others. Similarly, flexibility work calls for forgiveness and patience, and weight training can be a metaphor for remaining steadfast and strong through life's trials.

The body is more than an earth-bound container for the soul. It's an instrument through which we can honor a higher power — or simply express our gratitude. I'd be honored to help in your health and fitness pursuits. Please raise your hand and let me know if you have any questions or concerns.

Win the Day!

Spencer

Spencer Tatum is the National Training Director for Advantage Training. He has worked with all levels of fitness and currently oversees all of the program writing at Poarch Recreation. You can connect directly to Spencer by clicking on My Message Center/Talk to a Trainer inside the My PCI Wellness online portal.

www.mypciwellness.com
facebook.mypciwellness



RECREATION DEPARTMENT

NASA TOURNAMENT/POARCH LADIES



Poarch Creek Coed - Third Place

Bottom row: Miranda Hornady, Sydney McGhee, Keri Middleton, Chelsea Ramer, Kristen James, Sara Knighten, Kim McGhee. Top row: Josh Thomas, Mitchell Rolin, Coach Les Smith, Tristan Montgomery, Trent Flowers, Michael Rolin, Chad Odom, Coach Jeremy Odom, Bryan Gregson, and Marshall Rolin.

Photo not available for the other Poarch Coed team, Poarch Softball.



Lady Creeks

Bottom row: Kristen James, Niki Bryan, Beth McGhee, Malori McGhee, Sydney McGhee, Chelsea Ramer, Kortlan Peebles. Top row: Jennifer Thomas, Coach Josh Thomas, Kim McGhee, Carla Hammonds, Keri Middleton, Sara Knighten, Wendy Cox, and Ali Martin.

Photo not available for the other Poarch Ladies team, Poarch Creek.

NASA TOURNAMENT/POARCH MEN



Sneaky Creeks - Champions

Bottom row: Chasen Freeman, Brannon Freeman, Marshall Rolin, Sponsor David Morris, Trent Flowers, Mitchell Rolin, Mikey Griffey, and Coach Les Smith. Top row: Jeremy Odom, Chris Johnson, Chad Odom, Coach Jake Thomas, Michael Rolin, Josh Thomas, Trent Jackson, Stevie Carpenter, and Bryan Gregson.

Not shown are the other Poarch Mens teams Southern Natives and Creek Outlaws.

NASA TOURNAMENT/POARCH LEGENDS



LA Legends - Champions

Bottom row: Gary Jackson, Mal McGhee, Michael McGhee, Ronnie Jackson, and Jeff Malone. Top row: Scott Jackson, Eddie Jackson, Rodney Malone, Larry Ikner, Ronnie Lambert, Kevin Rackard, Coach David Kirby, Jerry Ortis, Jerry Gibson, and Jimmie Boyington.



Tomahawk Legends - Third Place

Bottom row: Mike Vickery, Sammy McVey, Bryan McGhee, Clint Ramer, Randy Adams, and Tony Walker. Top row: Jarrell Hollinger, Bryan McGhee, Gary Presley, Shane Caraway, Kevin Miller, Kendall Reed, Phil Hollinger, and Coach Darrell Hollinger.

2015 SPORTS BANQUET

The Poarch Creek Indians Recreation Department and staff will be hosting the “2015 Sports Banquet” at the Wind Creek Casino Thursday, October 22, 2015 at 6:00 p.m.

In order to attend the Sports Banquet, eligible athletes must be:

- Enrolled in High School (9th – 12th Grades) and participated in a sports program at the school he or she attends
- Athletes and coaches who participated in the 2015 NAYO Tournament held in Poarch July 2015
- Tribal Member or 1st Generation to attend

All players and coaches must RSVP the Recreation Department by close of business Friday, October 16, 2015.

Athletes may RSVP by calling (251) 368-9136 ext. 2256 or by emailing cparker@pci-nsn.gov. If you are unable to reach a staff member at the Recreation Department, please leave a detailed message of the athlete’s information. Information should include name, what sport he/she participates in, and a contact number at which he/she can be reached.

Only the athletes that RSVP by the deadline will be recognized and receive a certificate. Athletes attending the Sports Banquet may bring two guests. If you RSVP to attend the banquet and you do not attend, you will be required to reimburse the cost of the meal for the athlete and guest.

For more information, please contact Chad Parker or Jake McGhee, Recreation Coordinators (251) 368-9136 ext. 2256 or by email at cparker@pci-nsn.gov or jdmcghee@pci-nsn.gov.

GYM / POOL SCHEDULE

Gym & Weight Room Hours

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

Weight Lifting Class Age 13-17

Tuesdays & Thursdays 5:00 pm - 6:00 pm
Gym/Weight Room

Batting Cages Open Weather Permitting

Monday - Friday 4:00 pm - 7:30 pm
Saturday 10:00 am - 3:30 pm

Water Aerobics Class

Through November 1, 2015

Tuesdays & Thursdays 9:30 am
Recreation Department

Pool & Splash Pad Open

April 1, 2015 - November 1, 2015

Tribal Member/First Generation and one guest
Must sign in at Recreation Front Desk

Pool Hours

Monday 1:00 pm - 7:30 pm
Tues-Fri 10:00 am - 7:30 pm
Saturday 10:00 am - 3:30 pm
Sunday Closed

Pool Hours

Swim Team Practice
Monday - Thursday 10:00 am - 11:30 am

Pool Hours

Swim Lessons
Tuesday & Thursday 4:30 pm - 7:30 pm

Splash Pad & Playground

Tribal Member/First Generation and one guest

Must sign in at Recreation Front Desk

Monday Closed for routine maintenance
Tuesday-Friday 10:00 am - 8:00 pm
Saturday 10:00 am - 4:00 pm
Sunday Closed

Playground Pavilion/No reservations needed

Located by new baseball field

No set time for usage/First come first serve



Fall in *love*
with your


classic wayfarer


sporty aviators


trendy cat eye


bold rectangle

NEW GLASSES

Premier Family Eye Care

5811 Jack Springs Rd., Anniston, AL 36502 251.446.3937

SENIOR SERVICES PROGRAM

The Poarch Creek Senior Center is open to senior citizens age 55 and over from Poarch and surrounding communities. The Poarch Creek Senior Center is dedicated to helping seniors in various ways. If you have any questions, or would like to know more about our services and programs, please feel to stop by or contact us at (251) 368-9136 x 2289 or cwalker@pci-nsn.gov. The Center is open Monday through Friday 8:00 a.m. - 5:00 p.m.

CONGREGATE MEALS

- Congregate meals are served Monday through Friday to seniors age 55 and older. Meet your friends and make new ones as you join us for a delicious and nutritious meal.
- The food is prepared and cooked at the Senior Center for all seniors over 55 years of age.
- If you are not a regular participant, reservations should be made up to 9:00 a.m. the day you plan to eat at the Center. Call (251) 368-9136 x 2802 to make reservations
- The Senior Center does **NOT** allow grandchildren to come visit for lunch. This program is for seniors **55 and older ONLY**.
- If you have any questions or need clarification, please do not hesitate to contact us at (251) 368-9136 x 2289.

HOME-BOUND MEALS

- The Center provides home delivered meals to seniors age 55 and above who are home-bound.
- Home-bound seniors can have a well-balanced meal delivered five days a week.
- Home-bound meals are the same menu served at the Senior Center. Transportation drivers will carry the meal into your kitchen or hand it to you at the door, whichever you prefer.
- If you get a home-bound lunch and decide that you would like to visit the Senior Center for lunch on a particular day, please call and notify the Center by 9:00 a.m. so that a home-bound lunch will not be delivered that day. The Center does not allow home-bound participants to receive a lunch at home and at the Center on the same day.
- If you have any questions or need clarification, please do not hesitate to contact us at (251) 368-9136 x 2289.





Get a piece of Creek heritage: Indian dolls

Like our Facebook page! Scan QR code and stay up to date





Breakfast served all day!

Try one of our signature dishes today



Inside Creek Travel Plaza
251-368-0085
i65exit54.com





Truckers ♥ Us

Use your AmBest AmBucks with us!



TRIBAL ADMINISTRATION

OFFICE CLOSURES

Please remember the following closure when planning your visits to the Pharmacy, Health Clinic, or other Tribal Administrative offices.

Wednesday, November 11, 2015

Tribal Offices, Boys & Girls Club, and Gym will be closed in observance of Veterans Day.

TRIBAL COURT

THE ISSUE OF CHRONIC RELAPSE

By Wes Hayles

It can be difficult for some to understand why a person chronically relapses after attending Rehab and gets clean. Relapse is simply a return to previous behavior. Most relapses occur in the first year of recovery, with two thirds occurring in the first 90 days. A relapse should never be considered a treatment failure, but should be used as a teaching/learning experience. Over the years I've learned many things about chronic relapse and here are a few:

1. If you have a problem with chronic relapse, you should refocus your efforts on the process of surrender. Anyone that relapses over and over has failed to surrender. Period. There are 2 types of surrender: Full and Partial. Full surrender is obvious once you achieve it. This person totally abandons the self and asks for help. You don't hold anything back and will do anything necessary to escape the misery you live in. You stop lying and manipulating because that way of trying to make yourself happy failed. You now listen, ask for help, and take direction from others. Partial surrender is when a person is clean, but they wish things could be different. They wish they could control their use and be able to enjoy themselves. They may also have reservations about their use. Often reserving the right to use in a certain situation or event.

2. If you struggle with chronic relapse you are likely in denial. Not denial that you have a problem, but denial of the solution. Abstinence alone is not recovery. Many assume they only need to "get clean" and don't give much thought to "staying clean." Recovery takes time and commitment. Going to rehab, meetings, and seeking professional help are all a part of the solution.

3. Those that chronically relapse fail to make major changes and take massive action to prevent relapse. That means changing people / places / things, changing your phone number and working a program. Don't feed into the mystery of recovery. It's the willingness and commitment that matter, not the specific program. There is no magic in any treatment program, it's in your commitment and dedication. You are either moving forward or sliding back toward relapse. There is no middle ground, you slack off and you relapse.

Every day you make a choice to work on your recovery or work on relapse. That's true today and 10 years from today.

If you have any questions or need additional information, please contact Keesha O'Barr or Wes Hayles at (251) 368-9136 x 2653 or 2652.

TRIBAL EMERGENCY MANAGEMENT

Poarch Creek Fire Department and the National Fire Protection Association (NFPA) reminds Poarch Creek Community that Fire Prevention Week is October 4-10. The theme this year is, "Hear the Beep Where You Sleep!"

This year, Poarch Creek fire personnel will be spreading the word about ways to keep homes fire safe and preventing accidents. Additionally, fire safety educators will be teaching Tribal youth and local students how to plan and practice escape from a home in case a fire occurs. Below you will find fire statistics that will be alarming.

HOME FIRES

- Half of home fire deaths result from fires reported between 11 p.m. and 7 a.m. when most people are asleep. Only one in five home fires was reported during these hours.
- One quarter of home fire deaths were caused by fires that started in the bedroom. Another quarter resulted from fires in the living room, family room or den.
- Three out of five home fire deaths happen from fires in homes with no smoke alarms or no working smoke alarms.
- In 2013, U.S. fire departments responded to an estimated 369,500 home structure fires. These fires caused 2,755 deaths, 12,200 civilian injuries, and \$7.0 billion in direct damage
- Home fires killed an average of eight people every day in 2013.
- Cooking equipment is the leading cause of home fire injuries, followed by heating equipment.
- Smoking materials are the leading cause of home fire deaths.
- Most fatal fires kill only one or two people. In 2013, 12 home fires killed five or more people resulting in a total of 67 deaths.



- During 2007-2011, roughly one of every 320 households had a reported home fire per year.

SMOKE ALARMS

- Three out of five home fire deaths in 2007-2011 were caused by fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 93% of the time, while battery powered alarms operated only 79% of the time.
- When smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead.
- An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where

extra time is needed, to awaken or assist others, both types of alarms, or combination ionization and photoelectric alarms are recommended.

ESCAPE PLANNING

- According to an NFPA survey, only one-third of Americans have both developed and practiced a home fire escape plan.
- Almost three-quarters of Americans do have an escape plan; however, more than half never practiced it.
- One-third (32%) of survey respondents who made an estimate thought they would have at least 6 minutes before a fire in their home would become life threatening. The time available is often less. Only 8% said their first thought on hearing a smoke alarm would be to get out!



COOKING

- U.S. Fire Departments responded to an estimated annual average of 156,600 cooking-related fires between 2007-2011, resulting in 400 civilian deaths, 5,080 civilian injuries and \$853 million in direct damage.
- Two of every five home fires started in the kitchen.
- Unattended cooking was a factor in one-third of reported home cooking fires.

- Two-thirds of home cooking fires started with ignition of food or other cooking materials.
- Ranges accounted for almost three of every five (57%) of home cooking fire incidents. Ovens accounted for 16%.
- Children under five face a higher risk of non-fire burns associated with cooking and hot food and drinks than of being hurt in a cooking fire.
- Microwave ovens are one of the leading home products associated with scald burns. According to the National Electronic Injury Surveillance System, two out of five of the microwave oven injuries seen at emergency rooms in 2012 were scald burns.
- Clothing was the item first ignited in less than 1% of home cooking fires, but these incidents accounted for 15% of the cooking fire deaths.
- Fifty-five percent of people injured in home fires involving cooking equipment were hurt while attempting to fight the fire themselves.
- Failure to clean was a factor contributing to ignition in 17% of reported home fires involving ovens or rotisseries.

HEATING

- The leading factor contributing to heating equipment fires was failure to clean. This usually involved creosote build-up in chimneys.
- Portable or fixed space heaters, including wood stoves, were involved in one-third (33%) of home heating fires and four out of five (81%) home heating deaths.
- Just over half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding.
- In most years, heating equipment is the second leading cause of home fires, fire deaths, and fire injuries.

Continued on next page.

SMOKING MATERIALS

- Smoking materials started an average of 17,900 smoking-material home structure fires per year during 2007-2011. These fires caused an average of 580 deaths, 1,280 injuries and \$509 million in direct property damage per year.
- Most deaths in home smoking-material fires were caused by fires that started in bedrooms (40%) or living rooms, family rooms or dens (35%).
- Sleep was a factor in roughly one-third of the home smoking material fire deaths.
- Possible alcohol impairment was a factor in one in five (19%) of home smoking fire deaths.
- One out of four fatal victims of smoking-material fires is not the smoker whose cigarettes started the fire.

ELECTRICAL

- About half (48%) of home electrical fires involved electrical distribution or lighting equipment. Other leading types of equipment were washer or dryer, fan, portable or stationary space heater, air conditioning equipment water heater and range.
- Electrical failure or malfunctions caused an average of 47,800 home fires per year in 2007-2011, resulting in an average of 450 deaths and \$1.5 billion in direct property damage.



CANDLES

- During 2007-2011 candles caused 3% of home fires, 4% of home fire deaths, 7% of home fire injuries, and 6% of direct property damage from home fires.
- On average, there are 29 home candle fires reported per day.
- More than one-third of these fires (36%) started in the bedroom; however, the candle industry found that only 13% of candle users burn candles in the bedroom most often.
- Nearly three in five candle fires start when things that can burn are too close to the candle.
- Falling asleep was a factor in 11% of the home candle fires and 37% of the associated deaths.

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TRIBAL FINANCE DEPARTMENT

Tribal Government Finance has established a Tribal Loan Portal accessible to Tribal Members Only through a link on the front page of the Tribe's web site at www.pci-nsn.gov.

The [Pay Tribal Bill Here](#) link is on the left sidebar of the homepage under the Tribal Member Portal heading. Tribal Finance will provide usernames and passwords for the Tribal Loan Portal to all Tribal Members with a current loan as well as future Tribal loan program participants.

Tribal Government now accepts Tribal loan payments via VISA and Master Card through the Tribal Loan Portal or on-site payments at Tribal Government.

VISA and Master Card payments are not accepted for other programs at this time.



Please remember to keep your contact information up to date. Numerous loan statements and other correspondences from the Tribal Finance Department have been returned by the Post Office marked 'undeliverable as addressed', 'insufficient address', 'unable to forward', etc.

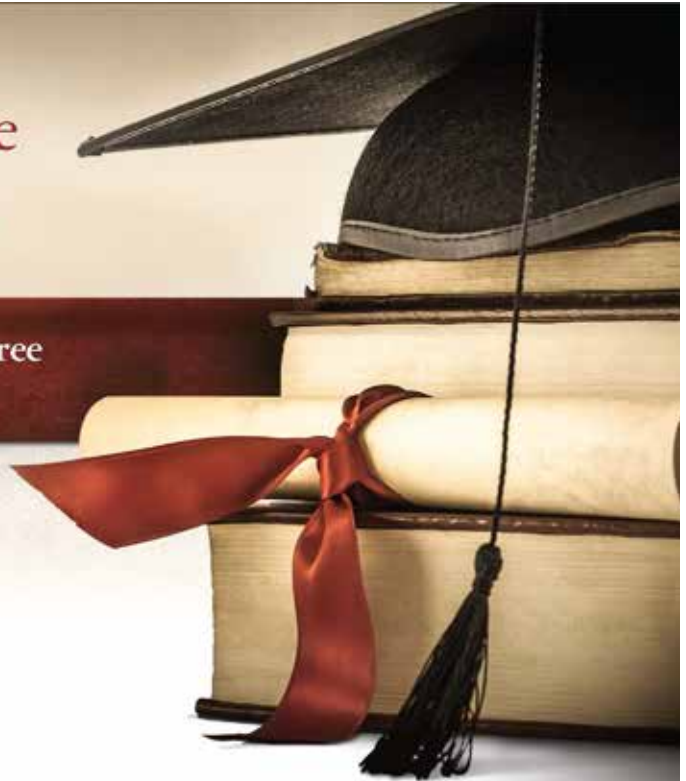
If you have any questions please call Deborah Hammons at 251-368-9136 ext. 2007.

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TRIBAL MEMBER BENEFITS DEPARTMENT

In order for annual Tribal Member distributions to be processed accurately, Tribal Member Benefits must be informed of any changes you may have to your address, phone number, and/or other personal information. Numerous correspondences have been returned by the Post Office marked 'undeliverable as addressed', 'insufficient address', 'unable to forward', etc.

Please contact the Tribal Member Benefits Department at (251) 368-9136 x 2209 or 2207 to update your contact information or to have a new Direct Deposit Form mailed to you to be completed and returned for processing. The Direct Deposit Form may also be downloaded from the Tribal Member Benefits page accessible through the Tribal Members Only Portal (TMOP). Banking information will not be taken over the phone.

Please contact TMB at (251) 368-9136 x 2209 for more information relating to Tribal Member benefits, services, ID requests, or resource development.

TRIBAL UTILITIES ASSISTANCE PROGRAM REIMBURSEMENT

If your Utility company does not accept the debit/credit card, you may be eligible for reimbursement on a quarterly basis.

The following items are required:

1. Must first pay any and all other utility companies that will accept the Utility card
2. Rejection letter from the Utility Company
3. Detailed Utility Invoice showing service address
4. Proof of detailed receipt showing payment
(Payments must have been made after April 1, 2015.)

Quarterly Reimbursement Pay-Out Schedule:

<u>Application Received by</u>	<u>Check will be mailed</u>
March 30 th	April 30 th
June 30 th	July 30 th
September 30 th	October 30 th
December 30 th	January 30 th

For further information, please contact Tribal Member Benefits at 251-368-9136 ext. 2209.

UTILITY CARDS PAY ELIGIBLE EXPENSES ONLY

“Eligible Expenses” means basic utilities services, specifically water, sewer, trash, electricity, and natural gas/propane, and basic communication services, specifically landline and/or basic cellular telephone service.

Telephone bills may be made with your Utilities Card ONLY for BASIC service. You cannot pay for someone else's phone bill, even if it is a family member on the same plan. Please, if you have any doubt or questions, contact Tribal Member Benefits at 251-368-9136, extension 2209.

Tribal Member Benefits is now accepting applications for reimbursement for utility payments made in cases where the card is not accepted by a vendor and all other utilities have been paid. You may view the application and all the requirements on the Tribal Member Portal. Again, please contact Tribal Member Benefits if you have questions.

Please be reminded that any misuse of the Utilities Card may result in being placed on a Reimbursement Only Status.

If you have moved, or planning to move, you are required to contact Tribal Member Benefits and register your new address and new Utilities service address.

IMPORTANT DIVERSIFIED BENEFITS SERVICES (DBS BENNY CARD) INFORMATION

A reminder for your PCI Health Card:

Please remember to keep all itemized receipts associated with purchases on your health card. The plan administrator may request documentation for these transactions at any time. Even though the card may process with a vendor as an “approved” transaction, the items or services purchased may not be eligible by the definition of approved medical expenses. This applies mainly to vision, dental and physician vendors. You may be asked to provide an itemized receipt or letter of medical need from your physician. Below is a list of eligible medical expenses; however eligible items are not limited to the list below, it is merely a guideline for common products.

The following is a list of expenses that potentially qualify under the Tribal Health Card Program.
(This list is not all inclusive)

Alcoholism treatment
Ambulance expenses
Artificial limbs
Birth control pills and other contraceptive devices
Blood tests and transfusions
Braces/orthodontia expenses
Breast Reconstruction Surgery (following mastectomy for cancer)
Chiropractor fees
Co-insurance expenses
Contact lenses, contact lens solutions and enzyme cleaners
Co-pays (for office visits, prescription drugs, urgent care, etc.)
Crutches
Deductible expenses under a medical plan
Dental Fees such as X-rays, cleanings, exams, crowns
Dentures
Diabetic supplies and insulin treatments
Drug addiction treatments (medical expenses amounts you pay for an inpatient's treatment)
Eyeglasses & Eye Surgeries
Gum treatment
Gynecologist services
Hearing aids and batteries
Hospital services
Hydrotherapy (medically necessary)
Invalid chair
Lab tests and fees
Lodging (away from home for outpatient care)
Mammograms
Nursing home and services (including board and meals)
Obstetrician services
Optometrist fees
Oral surgery
Organ transplant (including donor's expenses)
Orthopedist fees and orthopedic shoes
Oxygen and oxygen equipment
Pediatrician services
Physician services
Practical nurse for medical services
Premiums for voluntary federal Medicare insurance
Prenatal care
Prescription medicines
Prosthesis
Psychiatrist fees

Reclining chair (with letter of medical necessity)
Smoking cessation programs (by prescription only)
Special auto equipment for the handicapped
Splints
Surgeon and surgery fees
Therapy equipment
Transplants
Transportation expenses (relative to health care)
Tuition for child with learning disability
Ultra-violet ray treatment
Vaccines
Weight loss programs fees (with approved letter of medical necessity from physician)
Wheelchair
X-ray

Special Circumstance Expenses:

Capitol Expenses (for special equipment installed in a home, or for improvements, if for medical purposes)
Lead paint removal
Registered nurses fees
Long term care insurance premiums
Exercise equipment (by prescription)

Examples of Non-Qualifying Medical Expenses

Advance payment for services rendered in the next year
Athletic club memberships
Cosmetic surgery
Diaper service
Funeral, cremation or burial expenses
Hygiene products
Marriage Counseling
Maternity clothes
Nonprescription medications
Swimming pool
Vitamins and dietary supplements for general health

Note: Expenses cannot be reimbursed or paid for by any other source that includes but is not limited to: Insurance Contracts, Health Reimbursement Arrangements, Flexible Spending Accounts, Health Savings Accounts, Employers, etc.

TRIBAL POLICE DEPARTMENT

TRIBAL TIP LINE

Call (251) 446-ITIP (446-4847) to leave an anonymous tip about:

- Drug Activity
- Alcohol Activity
- Known Underage Drinking Parties
- Recent Crimes-Thefts, Vandalism, Drug Sales, etc.
- Bullying
- Concealed Weapons
- Other Safety or Community Concerns

As a partner with our Tribal Community, the Poarch Creek Tribal Police Department is pleased to provide this service. We hope this service will be a great benefit to you as a citizen. Together we can make our community safer.

The Tip Line is not monitored; your name or phone number will never be required.

All information provided via the Tip Line will be investigated.

REQUESTS TO LOWER TRIBAL FLAG

The Tribal Police Department will be honored to lower the Tribal flag to show respect for the unfortunate passing of a Tribal Member. To lower the flag the date of the wake and/or funeral, please contact the Tribal Police Department at (251) 368-9136 x 2621 or cvickery@pci-nsn.gov.

When calling or emailing the information, please provide the name, roll number, and funeral arrangements of the deceased Tribal Member. We will also show our respect for the family and friends during their time of sorrow through our thoughts and prayers.

It shall remain the responsibility of the family of the deceased to contact Tribal Member Benefits, or other applicable programs, in reference to other applicable needs or concerns.

Thank you for your assistance in this important matter.

TRIBAL REGULATORY COMMISSION

Tribal Regulatory Commission (formerly TERO Commission) meetings will be held the 2nd and 4th Tuesday of each month.

The TERO Department has moved back to their offices on Highway 21 and can be reached at (251) 368-6060.

TRIBAL UTILITIES AUTHORITY

It's that time of year again, Budget Time! PCI Utilities takes pride in being a self-sustainable entity of the Tribe. As such, we are determined to go above and beyond to increase revenues and cut cost by self-performing various duties in lieu of outsourcing, critiquing and analyzing each and every purchase made, and cross training staff to be competent in multiple areas so that we can continue to provide superb services to our customers at an affordable and competitive rate.

The Poarch Band of Creek Indians Utilities Authority would also like to welcome our new board members selected to serve the Tribe on the Utilities Authority Board of Directors. Tribal Council has appointed members to the Utility Authority establishing a seven member board. Many of our recently appointed board members have served in this capacity before and are familiar with the responsibilities and services of Utilities. Shawn Rolin, Gerry 'Chris' McGhee, and Patrick Strickland have all been reappointed and we welcome new board member Teddy Walker, Jr. Josh Martin has been appointed to continue to serve as the Utilities Authority Chairman and Charles 'Bo' Bray and Ron Marshall will continue their service on the Utility Authority Board. The Vice-Chairman, Treasurer, and Secretary seats of the board will all be selected in compliance with Title 45 of the Tribal Code.

The finalization of the Canoe acquisition is in process concluding with the hearing of the Alabama Public Service Commission on October 6th. Escambia

Community Utilities, LLC, a subsidiary of the Poarch Band of Creek Indians Utility Authority, looks forward to providing efficient service with integrity to the community of Canoe. We are thankful that the Canoe customers are excited about this transition.

PCI Utilities currently has several ongoing projects that we are working diligently to complete. We had to revise the scope of work and rebid the East Well UV Project due to budget restrictions, although it has been awarded and is underway at this point. The Intelli-Pro Upgrade is 98% complete. The equipment has been purchased, installed, and is operable. Final phase consist of making necessary adjustments and modifications to parameters. Our Expanded Metal Project was advertised as a tribal set-a-side project last month and we anticipate award and construction of this project to be started prior to publication of this update. Nearly all of our equipment through the O&M Equipment Project has been selected and ordered.

If you ever have any utility questions or concerns please contact our office at 251-446-1617, Monday through Friday between the hours of 7:00am and 4:00pm, as we continue to strive at providing uninterrupted services to our customers. If you are a customer of PCI Utilities or Escambia Community Utilities and have a utility related emergency our After Hours Hotline # is 251-446-4920 and a qualified staff member will be notified and dispatched 24 hours a day, 7 days a week, 365 days a year.

Applications for Service with the Utilities Authority are available at the Utilities Department and have been posted on the Utilities Authority page of the Tribal web site, www.pci-nsn.gov. Application must be downloaded, completed, signed, and returned to the Utilities Authority. Signed applications may be emailed to alowe@pci-nsn.gov, faxed to (251) 446-1624, or hand delivered or mailed to Poarch Creek Indians Utilities Authority at 263 Aplin Road, Atmore, AL 36502.





Working as the economic development arm of the Poarch Band of Creek Indians, Creek Indian Enterprises Development Authority (CIEDA) oversees the non-gaming enterprises owned by the Tribe. CIEDA actively supports each business achieving their specific business goals and to grow and maintain economic sustainability as put forth by the CIEDA Board of Directors and Tribal Council. Additionally, CIEDA executes and oversees building, construction and development projects commissioned by the Tribe.

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 in aggregate to any Tribal Member.

All loans exceeding \$50,000 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 call Economic Development Coordinator Donna Steele at 251-368-0819 or email at dsteele@pcicie.com for additional information or to schedule an appointment.





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(3) Bedroom Mobile Home For sale



Located at 4455 Hwy 21 Atmore, AL 36502
& must be moved from current location

Minimum Bid is \$3000.00

**Bids are to be submitted at CIEDA Headquarters located at
100 Brookwood Rd. Atmore, Alabama by
Friday, Oct. 23, 2015 at 2:00 p.m.**

Open House:

To be held on Monday, Oct. 16, 2015 from 9:00-10:00 a.m.

All bids must include:

Copy of Tribal ID, Address, Phone Number, and Bid amount.

- All bids must be sealed & titled **(Bid for Hwy 21 Trailer)**.
- Unit is sold **“as is, where is”** with NO warranty of any sort.
 - **NO FINANCING**
- Payment is due in full prior to mobilization, and within **(7) calendar days** of bid being awarded via cash or certified check made payable CIEDA.
- Awardee will have **(21) calendar days** from the date of purchase to remove unit from CIEDA's property.
 - There will only be **(1) Open House** scheduled for site visits.
- Exterior porch/porches/stairs shall be detached and removed by the awardee.

Failure to comply with the timeline will result in a refund, and bid will be awarded to the next highest bidder.

Refueled, rebranded recharged



The convenience store industry is a hotbed for growth right now in America. They are the most utilized retailer for people who are on the go, according to the Bureau of Labor Statistics.

But it's the behind-the-scenes work that makes an average convenience store become a great store — one that customers will want to visit time and time again.

"Believe it or not, there is a lot of paperwork involved in running a convenience store and gas station," Creek Convenience Store Atmore (CCSA) General Manager Susie McCann said. "I begin every day with paperwork and end most days with it as well."

Director of Retail Operations Leo Hammons echoes that statement.

"I approve all invoices and make sure everything is keyed in on the proper line, because that affects inventory," he said. "It takes a lot of time to double check things, but in the end, it makes the operations run more effectively."

However, what makes CCSA unique in the industry is they set their own gas prices and change them more frequently than the average station.

"We get reports on prices from McPherson and base it off that," said McCann, who is a Tribal Member and going on her 11th year with the company. "We don't wait to change the prices like others do. When we notice the trend go up or down, we go up or down, depending on our cost. That makes us usually the first station customers notice when prices drop."

Creek Convenience Store Atmore sees an average of 1,226 customers per day and sells about 2,645 gallons of fuel per day.

McCann said vendors come in on

staggered days, so once she gets settled in the mornings, she often is out in the store managing inventory.

"I enjoy getting out on the floor with the staff," she said. "I really love my employees. They work so hard and are very dedicated."

McCann said CCSA employs 12 full-time workers who receive an excellent benefit package and 401(k) when they are hired. This is often not the case at national brand stores, which makes CCSA different.

"Everything is going really well here," McCann said. "Every day I check the grounds for repairs or possible upgrades and routine maintenance that needs doing. I sometimes deal with a gas issue or inventory issue but mostly we are a well-oiled machine."

Having been in the business most of her life — she and her husband previously owned a store for several years — McCann said she has seen the industry change and has accommodated customers' lifestyles.

"The most recent addition has been our e-cigarettes," she said. "We have seen more people buy e-cigs and the refill oils than actual cigarettes. The trend is moving away from smoking and towards vaping." Another change is in technology.

"We have recently installed

a system (registers), and I absolutely love how it works," McCann said. "Learning all the new back-office system for sending in reports has been great, too. It has a lot of new features I think will really benefit us once we learn and implement them."

Last year, CCSA was rebranded from Creek Smoke Shop to follow its sister store in Wetumpka in showcasing all it has to offer.

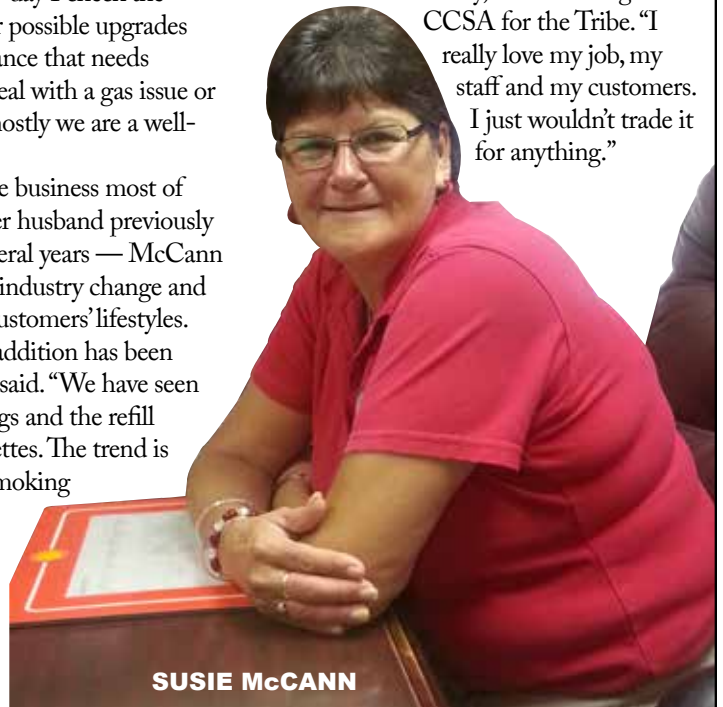
CCSA features Creek Indian heritage in its merchandise, along with other commodities. Indian dolls, handmade purses and other PBCI logo items are on display for sale all throughout the store.

McCann said she has no complaints when it comes to her job and industry.

"CIE is family," she said of working for Creek Indian Enterprise Development

Authority, which manages CCSA for the Tribe. "I

really love my job, my staff and my customers. I just wouldn't trade it for anything."



SUSIE McCANN

By Jen Peake, CIEDA
Marketing Specialist

GROUND ZERO

CIEDA land management team clears land for projects

The blazing summer heat waits for no one. Construction and maintenance projects still must be completed, and the land management team at Creek Indian Enterprises Development Authority (CIEDA) is hard at work getting them done.

Not one worker complains. At each job site, all you hear are the men joking around, smiles on faces, discussing the next part of the project while wiping sweat from their foreheads and taking a swig of ice water from the cooler that is stocked with bottles.

One such project is the clearing of land on the reservation for the new Boys and Girls Club facilities. Dump trucks, excavators and other big machines roamed all around the property moving dirt from one side or another, scooping dirt up to fill in a hole elsewhere or cleaning up what once was catfish ponds on the site. Red clay from the CLM property also is being hauled in to lay a firm foundation for the buildings.

"We move about 350-450 loads (of dirt) to fill in 1 acre," Site Manager Ron Marshall said. "Now times that by about 16 and you'll see about 7,000 loads of dirt hauled around."

The timeline for completion of preparing the land is through January 2016. CIEDA Project Coordinator James Agerton said the property is about 30 acres.

"When you get that red clay (from the pit) mixed in with sand, it will create a more firm foundational hold for structures," Agerton said.

Another land clearing project Agerton is overseeing is the log lands on the TR Miller property.

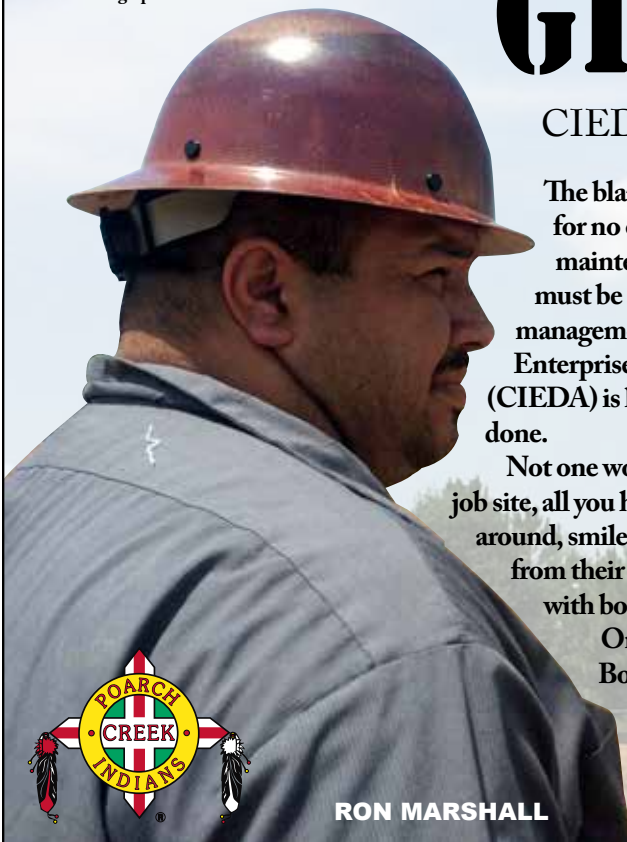
"We cleared the sites in order to plant pollinator plants to aid the wildlife," he said. "Soil samples will be taken to

determine exactly which plants are the best to plant here. This will help the plants sustain and grow."

About 13 acres were cleared for the pollinators. Agerton said the property also is being developed to create a wetland bank.

"Property that has been mitigated back to its original form will create a 'bank' or acres that have been made wetlands and can be sold as wetland credits to others," Agerton said. "If you are going to disturb it (for other purposes), then you need to create it somewhere else, and that's what we have done."

CIEDA works in close connection with the Natural Resources Conservation Service on all Tribal conservation efforts.



RON MARSHALL





A necklace, above, and a carved coconut, at right, were carved by Tribal Member Lisa Thompson.

Artfully Yours

By Jen Peake
CIEDA Marketing Specialist



Creek Travel Plaza showcases Tribal Member artwork, jewelry

Imagine this: You are traveling on vacation or for business and decide to stop for a break. You are tired of fast food, but you probably should get gas while you regroup and stretch your legs. Plus, you promised someone in your family or circle of friends you would bring back a unique memento from your trip.

You see a travel plaza at the next exit and get off the interstate, turning into the station and filling up the tank before you go in. After all, travel plazas are known for having souvenirs and great food right?

However what most travel plazas don't have is a little piece of history for sale. At Creek Travel Plaza, authentic, handmade Native American artwork, jewelry and accessories can be found as you peruse the store looking for the perfect gift.

The Poarch Band of Creek Indians are very proud to showcase their work, taking great pride in creating the finest quality of ceramics and pottery, baskets, jewelry and beadwork, clothing, carvings and much more.

Beautifully handcrafted, each piece is carefully thought out and planned.



"I make several different kinds of jewelry," Tribal Member Lisa Thompson said. "My favorite jewelry to make is using copper foil and mother of pearl shells."

Thompson said she has been crafting since she was in first grade.

"My teacher taught several of us to crochet and by fourth grade, I was well into embroidery work." But it was in the copper tooling classes at Poarch offered by the PCI Cultural Authority that Thompson said she learned "there is no limit to what we can do. I have to give credit to instructor Dan Townsend for sharing his talents ...

To be able to carve a design into a shell piece gives me a feeling that I can't even describe."

Each piece takes "an hour and a lifetime," Thompson said with a smile. "I also use the Poarch Creek emblem as a copper design. I call them 'Paw Paw's Copper Poarch Penny' in honor of my grandfather, who had to 'watch his pennies' all his life."

Thompson's jewelry can be found at Creek Travel Plaza and at the Cultural Kiosk at Wind Creek Casino in Atmore. Tribal Member Margaret Baggett's artisan baskets also are sold at both locations.



Lisa Thompson's copper pennies



Magnolia Branch Wildlife Reserve

Fun in the sun, without the heat

Adventures abound at Magnolia Branch that promote healthy lifestyles

The shift in temperatures this month will no doubt have many racing outdoors for some much needed fresh air. After a summer of heat climbing into the mid-90s and heat indexes rising to more than 115 degrees at times, the cool breeze is a welcome to the South.

If you are looking for a new adventure, look no further than Magnolia Branch Wildlife Reserve. Fall season is perfect for finding some outdoor fun, such as hiking, fishing, biking, birding or camping.

Finding a good camping spot on the lake also is a great way to escape being cooped up indoors. At Magnolia Branch, there are a plethora of activities and learning experiences to keep you busy for a while. Take the kids on a hike around the park and see if you can identify a few bird species. Or try to find a different looking flower while out on a bike ride.

Did you know there are many health benefits to being active outdoors? According to the National Wildlife Federation, outdoor play increases fitness levels and builds active, healthy bodies, which is an important strategy in helping to get fit the one in three American children who are obese.

Spending time outside also raises the level of Vitamin D, helping to protect against future bone problems, heart disease,

The average American child spends as few as **30 minutes** in unstructured outdoor play each day, and **more than seven hours** each day in front of an electronic screen.

Source: www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside/Health-Benefits.aspx

diabetes and other health issues. With obesity on the rise in American children, promoting an active outdoor lifestyle will limit sedentary time in front of electronic screens.

In Richard Louv's book, "Last Child in the Woods," he references the staggering divide between children and the outdoors. According to the book, Louv directly "links the lack of nature in the lives of today's wired generation — he calls it nature-deficit — to some of the most disturbing childhood trends, such as the rises in obesity, attention disorders and depression."

There's no need to covet the air conditioning inside — even in the absence of wind, the cooler temps will help stress levels fall, and the feeling of boredom will be less prevalent. And if you feel like taking a swim, the creek and lakes at Magnolia Branch are waiting for you to splash on in.

By Jen Peake, CIEDA Marketing Specialist

COMPOSITES: THE ESSENCE OF AEROSPACE

Have you ever wondered what goes in to making airplane parts, such as the fuselage (the body of the plane) or the wings or even the propellers? Thinking about such things can create a wow factor once you learn the ins and outs of a complex component. But at Muskogee Technology (MT), manufacturing airplane parts using composites is just everyday business.

Composites are formed by combining materials together to form an overall structure that is sturdier than using individual components. However, each individual component remains separate within the material. For example, if one person tried to hold up a heavy beam in the air by himself, he probably wouldn't last very long. But if 100 people stood next to the original holder, the combined strength of all 100 people would keep the beam in place, all the while each person was producing his or her own individual strength.

One such individual material is carbon fiber, which is a super durable, strong yet lightweight plastic held together by fibers. Carbon fibers are typically used in aerospace, automotive and civil engineering products.

MT's Director of Marketing, Mal McGhee, described the material as "a fabric-like material, kind of like vinyl. Before it's molded, you can pull it apart and see all the single fibers that make up a sheet."

Now here's where it gets tricky: Carbon-fiber-reinforced polymers, such as rayon, are composite materials featuring a matrix and a reinforcer. The matrix consists of an epoxy to hold the reinforcement material (the carbon fiber) together to provide strength. This is the type of composite that Muskogee Technology works with the most frequently.

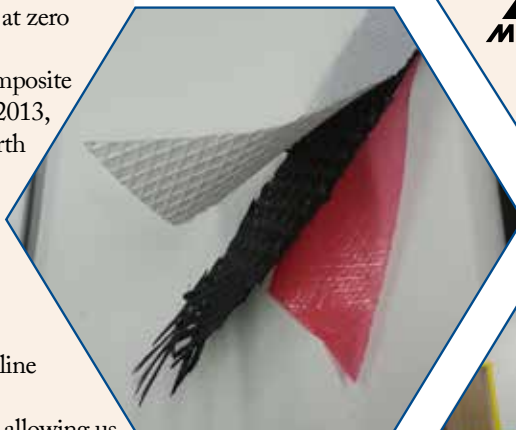
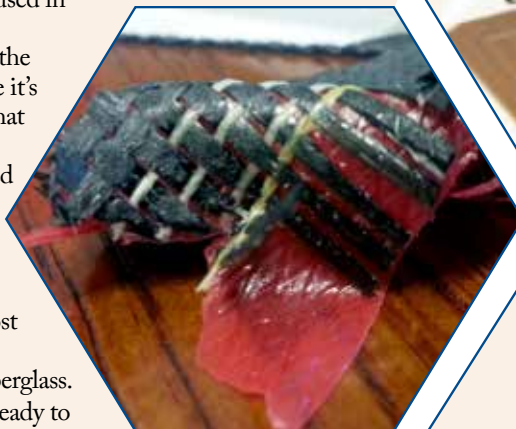
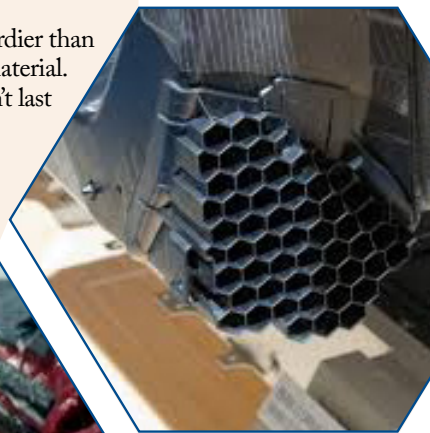
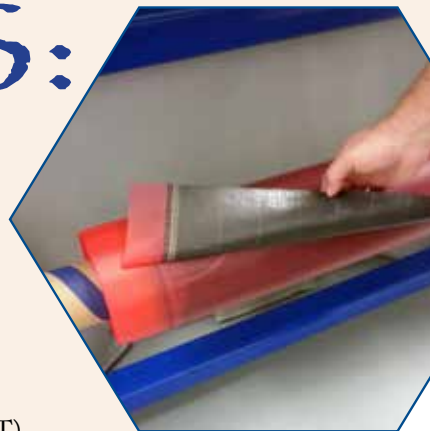
Many carbon fibers are backed with a single layer of fiberglass. After mixing the fiberglass with resin, the carbon fiber is ready to use. These are called pre-preg composites, because they have already been made. Pre-preg materials must be stored in a freezer at zero degrees Fahrenheit or colder.

Now the fabricating begins. MT takes the pre-preg composite and fits it into a mold for whatever a client is needing. In 2013, MT entered into a partnership with GKN Aerospace North America. This began with storing inventory for GKN and has morphed into creating fuselage kits for GKN airplanes. Once the composite is molded, it is then heated in an autoclave oven to harden. For smaller pieces, the molds are placed into bags and vacuum sealed.

Airbus, Boeing and GKN all use a majority percentage of composite materials in their aircraft, according to an online source.

"Back in February, we received our quality certification, allowing us to go into full production cutting composite materials," Accounting Manager Lou Roberts said.

Aerospace is increasingly turning to using composites, and MT is ahead of the game. So the next time you step on an airplane, look around, touch the walls and think about what exactly is holding you up in the air. It just might have come from Muskogee Technology.



MT
MUSKOGEE TECHNOLOGY

By Jen Peake, CIEDA
Marketing Specialist





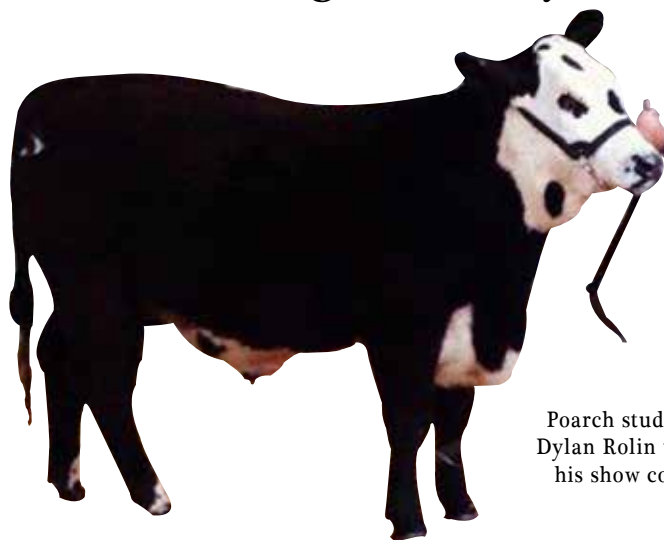
PERDIDO RIVER FARMS



Poarch students DJ Rolin, Jaycelynn Chunn, Wyatt Rutherford and Jason Davis.

Taking the 4-H bull by the horns

Perdido River Farms hosts
events throughout the year



Poarch student
Dylan Rolin with
his show cow.

By Jen Peake, CIEDA Marketing Specialist

Every year, Perdido River Farms (PRF) hosts a variety of 4-H events for children from Poarch and all over Escambia County to learn from and participate in. And fiscal year 2015 was a busy one.

Poarch Creek Indians Children's Services Coordinator Christyn Sells said the main 4-H events at Perdido River Farms are all linked to the Poarch Creek 4-H Steer program through PCI Education, in conjunction with the farm. Students learn discipline, care taking and responsibility by participating in 4-H programs.

"We have also had chick chain meetings and the Escambia County Hog program meeting there as well, where participants from all over the county have been able to attend (Tribal and non-Tribal)," she said.

This adds additional visibility, further showcasing PRF's exemplarity cow/calf operation. Earlier this year, the farm was recognized by the Alabama Cattlemen's Association, receiving the state environmental award.

"We are very proud to be hosts and sponsors of these events," General Manager John English said. "Not only does it educate and help our youth, but the whole county participates as well."

Sells said meetings often are swapped between Escambia County Extension Office and Perdido River Farms to make sure all youth in the county are able to participate in events, since each location is at the opposite end of the county.

"We have also had calf grooming clinics for all county participants," Sells said.

Each year, Poarch Creek youth receive their project steers the last week in August, and the animals are housed at the farm for the duration of the project. Sells said the children engage in a six- to seven-month process working their animals, which entails training, feeding and tending to the steers until the show in March.

In the spring, Poarch youth participate in a cattle battle show in preparation for the Escambia County show, which PRF hosts every March.

During the 2015 Escambia County Steer and Heifer Calf Show on March 5, 21 exhibitors showed almost 50 animals in 15 classes of cattle, with 12 participants from the Poarch Creek 4-H Club in the exhibit. Ten of the 12 Poarch children took home a ribbon, winning first through sixth place in their respective categories.

After the show, the animals were sold at a premium sale.

Sells said the Poarch Creek 4-H club will begin its new steer program season this September at Perdido River Farms.

"And we will do it all over again," she said.

Muskogee Inn wins Award of Excellence

Booking.com honors
Atmore hotel with 8.7
guest review rating

Muskogee Inn was recently recognized by Booking.com with winning the Award of Excellence for Guest Reviews in 2014.

Muskogee Inn received a rating of 8 or above, based on a minimum of 10 reviews as of Dec. 31, 2014. The travel website acknowledge Muskogee Inn's "outstanding commitment to its customers in delivering consistently amazing stays."

General Manager Rochel Martin said the award was an honor to be recognized as a top customer service hotel.

"Relating to our guests on a personal level is something we take pride in," Martin said. "We strive to make your stay with us as comfortable as possible, and for Booking.com to honor us with this award upholds our commitment to provide the best possible accommodations for our guests."

"Connecting travelers of all backgrounds with the world's best places to stay is at the core of our mission at Booking.com," said Gillian Tans, president and chief operating officer at Booking.com.

This is the first time Muskogee Inn has received the Award of Excellence for Guest Reviews, Martin said.

By Jen Peake
CIEDA Marketing Specialist



NATURAL RESOURCES CONSERVATION SERVICES



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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 to see updated news and information about services that may be helpful to you and your family.

Other sites that may be of interest to Tribal Members include:

Farm Service Agencies

www.fsa.usda.gov

www.fsa.usda.gov/al

www.nrcs.usda.gov/farmbill

USDA Rural Development

www.rurdev.usda.gov

www.rurdev.usa.gov/al

Alabama Forestry Commission

www.forestry.state.al.us

For more information contact:

David Elliott, NRCS Tribal Liaison

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October (*Otvwoskv-Rakko*) 2015

SMART Recovery

Every Monday night @ 6:00 pm
Tribal Court Lobby

Parenting Skills

Every Wednesday @ 11:00 am
Tribal Court Activity Room
Open to TM & FG
RSVP/Lunch Provided

October 5-6, 2015

Monday & Tuesday,
Museum gift shop closed for monthly
inventory.

Monday, October 5, 2015

5:00 pm (CST)

*Deadline to submit information for
publication in November 2015 issue of
Poarch Creek News*

Thursday, October 15, 2015

Last day to submit bids for Mobile
Homes for sale through Housing
Department
Sealed bid opening 2:00 pm

Friday, October 16, 2015

Free Retinal Screening
Premiere Family Eyecare
1:30 pm - 2:30 pm

Thursday, October 22, 2015

2015 Sports Banquet
Wind Creek Casino 6:00 pm
Must RSVP by Friday, October 16, 2015

Friday, October 23, 2015

Last day to submit bids for Mobile
Homes for sale through CIEDA
Sealed bid opening 2:00 pm

Friday, October 30, 2015

2015 Community Fall Festival
5:00 pm - 8:00 pm
Ball Field behind FLMLC

Saturday, October 31, 2015

Last day for 2015-2016 School
Supply Reimbursement Program
and Summer Camp Reimbursement
Program

Tribal Council Meetings

Thursday, October 1st & 15th
Building 500 Auditorium 4:00 pm

Tribal Court Sessions

Monday, October 5th & 19th
Tribal Courtroom 9:00 am

CIEDA Meetings

Friday, October 2nd & 16th
CIEDA Offices 7:30 am

Tribal Regulatory Commission Meetings

Tuesday, October 13th & 27th
Building 500 8:00 am

Calvin McGhee Cultural Advisory Committee

Monday, October 12th 4:00 pm
Cultural Building on Hwy 21
(Formerly Tribal Council Offices)

Education Advisory Committee

Wednesday, October 14th 3:00 pm
Family Services Conference Room
Buford L. Rolin Health Clinic

Utility Authority Board Meeting

Thursday, October 15th
1:00 pm
Utilities Office

4-H Club

Monday, October 12th & 26th
6:00 pm Education Department

Saturday, November 14, 2015

Household Hazardous Waste
Collection Day
Fire Station #1 on Jack Springs Rd.
8:00 am - 12:00 pm

Newsletter Contact Information

Poarch Creek News

*The Poarch Creek News is the official
newsletter of the Poarch Band of Creek
Indians.*

Government Relations Department
Gayle Johnson, Media Specialist
(251) 368-9136 x 2210
Direct Dial # 251 446-5210

gjohnson@pci-nsn.gov www.pci-nsn.gov



Poarch Creek Indians
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