



PONCA TRIBE OF NEBRASKA Member News

Heart Healthy Happenings

Ponca Tribe recognizes American Heart Month with a variety of offerings and activities



Ponca Tribe promotes heart health during February

February is American Heart Month, a good time for everyone to focus on their cardiovascular health. American Indians/Alaska Natives have a 50 percent greater chance of being diagnosed with coronary heart disease.

The Ponca Tribe celebrated American Heart Month with a variety of activities and offerings throughout February,

including cooking videos and healthy heart challenges from the Diabetes Program, a Facebook Live presentation on heart health, prizes, raffles, and inviting the staff to wear red to promote heart health awareness.

Right: Staff at the Fred LeRoy Health & Wellness Center in Omaha wear red for heart health awareness.



District 1 Easter Giveaway

Thursday, March 25 | 11:00 am-12:30 pm

Ponca Tribe of Nebraska Headquarters | Niobrara, NE

Thursday, March 25 | 2:00-2:30 pm

Old Shopko Parking Lot | Wagner, SD

Friday, March 26 | 3:00-4:30 pm

Ponca Tribe of NE Offices | Sioux City, IA

District 1 will be hosting an Easter giveaway

- Hams for Ponca Heads of Household
- Gifts for Ponca youth 0-18 years old
- For Ponca Tribe of NE members living in the District 1 counties near the pickup locations.

For more information, please contact District 1 Council Reps Angie Starkel, 402.922.0436, or JoAn Schlotman, 712.317.7237.

**PONCA TRIBE
OF NEBRASKA**



On the cover: Sara Pfeifer, Diabetes Program Project Director, demonstrates how to make heart healthy Mediterranean Chicken. Recipes, videos, contests, and more were part of the offerings from Ponca Health Services during American Heart Month.

Póⁿka Íye-t^he! The Ponca Language

Have you found yourself wanting to learn our language, but just didn't really know where to start or were slightly overwhelmed? This month I will go over some different ways to approach your learning and answer some frequently asked questions. -Angie Starkel

Q: I want to learn how to speak Ponca, but I don't know where to start.

A: There is no "right" way to start, but the most important thing is speak every day. Start with words you use every day ("Are you hungry?") or start with something that's of interest to you, or start with basic terms like numbers and colors. To be successful in learning and retaining our language, you need to hear it everyday. You can access recordings by requesting CDs or USB drives from the Culture Department (402-857-3519), visiting the Ponca Tribe media website (<https://poncatrIBE-ne.tv/category/language/>), as well as downloading the Omaha language apps ("Omaha Basic" and "Omaha Vocab Builder").

Q: Wait, why did you refer to apps of the Omaha language in the previous answer? Is the Ponca and Omaha language that similar?

A: Ponca and Omaha are the same language with some variations from each other, in particular more modern terms. A fluent speaker of Omaha would be able to understand a fluent Ponca speaker and vice versa. We, Ponca, and the Omaha, who were once together as one people, separated approximately 300 years ago. That time apart has developed the minor differences known today. So, learning from both Ponca and Omaha language recourses are very important to be able to keep our language alive.

Q: I heard that men always end their words with the "oh" sound and

women end theirs words in the "ah" sound? I also heard only men say aho. Is that true?

A: Men and women do have some differences in how they speak. These mostly deal with commands or accentuating a statement. In your specific example, only men say "aho" or add "ho" at the end of words or sentences. Men do say sounds that end in the "ah" or nasally "ah" sound. For example, to say "I thank you", wibthahoⁿ, which is pronounced as wi-btha-ha, both men and women say the same word. The end of the word is a nasal o sound like "aw" in the word "dawn". However, men can add "ho" at the end of the word as an emphasis, for example: wibthahoⁿ-ho, said as "ha-ho" at the end.

Q: Angie, I have heard you say Ponca words in the Council meetings? What do they mean?

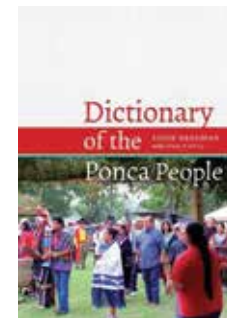
A: The Ponca words I say in the Council meetings is one way to help bring our Ponca language back to everyday use, to get other Ponca members exposed to hearing the language, and hopefully other Ponca members will start speaking Ponca too. The main words I use are as follows:

- at^hi: I am here
- áoⁿ: yes
- égoⁿ: yes, I agree
- oⁿkazhi: no
- shenoⁿ: that's the end (as in I'm done speaking about something)

Q: Are there books or written material about the language available?

A: There are several resources in print available from our Culture Department (402-857-3519) as well as books available for check out from our libraries (<https://ptn.libib.com>) in each of our office sites.

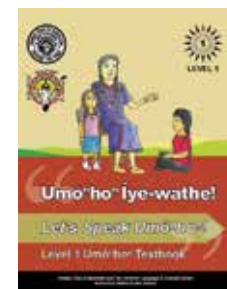
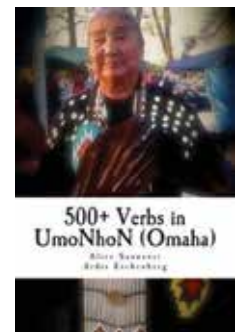
The books include:



Dictionary of the Ponca People
Louis Headman & Sean O'Neill

500+ Verbs in UmoNhoN (Omaha)

Alice Saunsoci & Ardis Eschenberg



Let's Speak UmoNhoN! Level 1 Textbook & CD

Omaha Tribe of Nebraska & UmoNhoN Language & Cultural Center

Tribal Council celebrating each Ponca tribal member birthday with a birthday card

For those members with birthday in January and February, they have already received a birthday surprise in the mail. Tribal Council approved a new program for 2021 to celebrate each member's birthday with a card and a \$20 Target gift card! The birthday cards were designed by Ponca Tribal members of all ages and all designs were presented at a Tribal

Council meeting. Since the age and designs varied, Tribal Council decided to approve all of the submitted designs to be part of this program! Members Addison and Chase Rodgers were excited to receive mail for their February birthdays from the tribe. Pictured, they proudly show off their birthday cards they received from the Ponca Tribe and their gift cards.



District 2 Easter Baskets

March 27, 2021 | 9-11 am

Ralston Administration Building
5805 S 86th Circle | Omaha, NE

District 2 is providing Easter baskets to District 2 Ponca youth ages 0-12, living in the Service Delivery Area (must be registered with Enrollment). For the health and safety of our Tribal citizens and staff, this will be a drive-thru event. Baskets will be distributed on a first-come, first-served basis, one basket per registered child. Parent or guardian must be present to pick up for their household, unless a prior authorization is given. For more information, please call Becci Sullivan at 531.222.4471.



PONCA TRIBE
of NEBRASKA



Tribal Council thanks employees and committee members for service

Tribal members and Ponca Tribe of NE Health Staff Members Candy Schott, Becky Crase, and Elisa Ramirez sport their new Ponca Tribe of NE jackets. The jackets were purchased by the Tribal Council for all staff members

and tribal members that serve on councils, committees, and boards. This is a way for Tribal Council to say THANK YOU to each and every employee and for those members who serve the tribe on committees.



District 3 Easter Baskets

March 27, 2021 | 9-11 am

Lincoln Ponca Tribe of NE Offices
1701 E Street | Lincoln, NE

District 3 is providing Easter baskets to District 3 Ponca youth ages 0-12, living in the Service Delivery Area (must be registered with Enrollment). For the health and safety of our Tribal citizens and staff, this will be a drive-thru event. Baskets will be distributed on a first-come, first-served basis, one basket per registered child. Parent or guardian must be present to pick up for their household, unless a prior authorization is given. For more information, please call Susie Baker at 925.788.0649.



PONCA TRIBE OF NEBRASKA



Taking steps to stay safe during Flooding Awareness Month

March is Flooding Awareness Month nationwide. This March also marks

the 2 year anniversary of the flooding that impacted so much of Nebraska,

including the Ponca Tribal homelands, and many Ponca members.

See the info below on how to stay safe from any flooding that might arise.



HOW TO STAY SAFE WHEN A FLOOD THREATENS

Prepare
NOW

Survive
DURING

Be Safe
AFTER

Know your area's type of flood risk. Visit FEMA's Flood Map Service Center at <https://msc.fema.gov/> portal for information.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If flash flooding is a risk in your location, monitor potential signs such as heavy rain.

Learn and practice evacuation routes, shelter plans, and flash flood response.

Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.

Obtain flood insurance. Homeowner's policies do not cover flooding. Get flood coverage under the National Flood Insurance Program (NFIP).

Keep important documents in a waterproof container. Create password-protected digital copies.

Protect your property. Move valued items to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you have identified.

If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off of bridges over fast-moving water. Fast-moving water can wash bridges away without warning.

If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, seek refuge on the roof.

If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Signal for help.

Listen to authorities for information and instructions.


Avoid driving, except in emergencies.

Be aware that snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.

Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.



Take an Active Role in Your Safety
Go to [ready.gov](https://www.ready.gov) and search for **flood**. Download the **FEMA app** to get more information about preparing for a **flood**. Find Emergency Safety Tips under Prepare.

Cherishing our elders during a time of change

Jenika Long
Elder Abuse Advocate

It is safe to say that the past year has changed everyone’s life to some capacity. These changes range from our day-to-day activities, conversations, and how we interact with others. With all of these changes occurring around us, they are quickly becoming the norm. One change is how we interact with our Elders while still keeping them healthy and safe. Being away from loved ones is hard, so it is essential to be creative in how we stay connected with our beloved Elders, cherishing the memories made from our treasured interactions.

During this time of CO-

VID-19, we know that our Elders are a high-risk group. According to the center for disease control and prevention, eight out of ten COVID-19 deaths reported in the U.S. occur among adults age 65 and older. Studies have also shown Indigenous communities to be a high-risk group. These statistics show that safety measures are needed while interacting with Indigenous Elders, but a risk hidden in these extra safety measures is that more isolation increases the potential for elder abuse and neglect. So, with what we know about the effects of COVID-19, how do we make sure our loved ones are safe and don’t fall victim to elder abuse?

The number one way is staying connected. Some creative ways to stay connected with an Elder include phoning an Elder, checking on an older neighbor while still maintaining social distancing, writing a letter, sending a card, starting a book club over the phone and taking turns reading to each other, sending newspaper clippings or articles to each other then having a conversation about them, having a video chat or online exercise session for tech-savvy individuals, and sending each other art or poetry you have created.

Remember, stay informed, and never hesitate to reach out if you are concerned that elder

abuse, neglect, or exploitation is occurring. If someone you know is in immediate, life-threatening danger, call 911. You should report suspected abuse or exploitation to your local Adult Protective Services (listed on the back of each newsletter) or Long-Term Care Ombudsman Program. If you require more information on elder abuse or neglect, you can also reach out to your local Ponca Tribe of Nebraska office for help. We can all do our part for the Elders in our communities and look out for their health and safety. By reaching out to them and creating memories, we build a stronger tomorrow for the generations to come.

DOMESTIC VIOLENCE PROGRAM CASE MANAGERS & ADVOCATES

Taya Lehman
Community Outreach Advocate – Norfolk
402-371-8834 ext. 112
tlehman@poncatribene.org

Bradley Johnson
DV Case Manager – Sioux City
712-258-0500
bjohnson@poncatribene.org

Miranda Bader
Human Trafficking Case Mgr – Sioux City
712-258-0500
mbader@poncatribene.org

Donna Wolff
Training & Outreach Specialist – Norfolk
402-371-8834 ext. 111
dwolff@poncatribene.org

Mary Robertson
DV Case Manager – Lincoln
402-438-9222 ext. 223
mrobertson@poncatribene.org

Jenika Long
Elder’s Victim Advocate – Lincoln
402-438-9222 ext. 2007
jlong@poncatribene.org

Robin Rich
DV Outreach Advocate – Niobrara
402-857-3391
rrich@poncatribene.org

Skyelar Beavers
DV Case Manager – Ralston
402-315-2778
sbeavers@poncatribene.org

Glennis Guerrero
Elder’s Victim Advocate – Ralston
402-315-2777
gguerrero@poncatribene.org

Andrea Macias
DV Outreach Coordinator – Ralston
402-315-2760
amacias@poncatribene.org

Brooke Zelasney
Human Trafficking Case Manager – Ralston
402-315-2776
bzelasney@poncatribene.org

Celebrate Global Recycle Day by reusing, repurposing and recycling

Allison Gienapp
Air Technician

Global Recycle Day is coming up on March 18th. Created in 2018, Global Recycle day aims to recognize the importance that recycling has for our resources.

Do you know how much energy and resources can be saved by recycling certain materials? Take plastics materials for example. By recycling 1 ton of plastic materials, we can save around 5,774 kWh of energy. That is enough energy to power a single household in Nebraska for almost 6 months. Recycling 1 ton of paper can save on average 4,100 kWh of energy, which is enough

energy to power a single household for 4 months. If you flip the 4,100 kWh of energy into gasoline, that is 326 gallons of gas that are not being consumed and keeping about 2.9 metric tons of carbon dioxide out of the atmosphere.

Here are some things you can do to help recycle in your area.

- Recycle plastic materials like soda bottles, milk jugs, and most food packaging. Make sure to wash plastic containers out before you recycle them. In addition, check the label for the recycle symbol to see which category they fall into, and check with your local recycle center to make sure they will

accept them. If you are not sure what the recycling symbol means for your plastics, check out this website, <https://www.acmeplastics.com/content/your-guide-to-plastic-recycling-symbols/>.

- Take plastic shopping bags back to retailers (like Walmart) for recycling.
- Donate gently worn clothes and other textiles to local second-hand facilities and shelters instead of throwing them away.
- Reuse or repurpose what items you can. Use reclaimed woods and building materials for your next craft project.
- Compost organic mate-

rials, such as yard waste and food scraps. If you are unable to compost yourself, check your area for local gardeners or farmers that may be able to help. Composting keeps organic materials out of landfills and cuts back on the amount of methane gas landfills produce.

If you are not sure where to take some of your recyclable materials, you can use this link, <https://recyclesearch.com/profile/nrc-recycling-guide/>, to find recycling centers close to you. For more information about recycling contact Allison Gienapp, Air Technician, by email: agienapp@poncatribene.org or phone: 402.857.3391.



Apply by March 15, 2021 for the Chief Standing Bear Scholarship!

The Chief Standing Bear Scholarship was created in 2017 to support post-secondary education for American Indian students enrolled in a tribe and able to provide proof of tribal affiliation. The story of Ponca Chief Standing Bear's struggle is one of perseverance and triumph over adversity. Chief Standing Bear's exemplary traits can be admired and modeled by current day American Indian youth.

To apply the applicant must be a Nebraska resident attending any qualified, non-profit 2- or 4- year college or university who can provide proof of tribal affiliation. Applicant must have maintained a 2.5 GPA.

REQUIRED WITH APPLICATION:

1. High school or college transcript(s) (copies of transcripts are acceptable). High school seniors must submit their high school transcript; high school graduates need only submit their college transcripts.
2. First page of your FAFSA Report.
2. Proof of enrollment or membership card for an American Indian Tribe.
4. Answer a special essay question about exemplary traits of Chief Standing Bear that you have adopted and modeled in your own life.

For more information about how to apply, please call the Ponca Tribe of Nebraska Education Department at 402.371.8834, email Pat at pate@poncatribene.org, or Aubrey at aknudsen@poncatribene.org.

Removed everything... even the kitchen sink

Misha Mazurkewycz
TRP Technician

The Tribal Response Program has been working hard this past year to assist the Northern Ponca Housing Authority with their plans for their Omaha Property. Their future plans involve removing two existing houses on the property but there was an issue, the houses

contained asbestos. These houses were built in 1905 and 1935 with some renovations done in the '70s, but any home built prior to 1980 could contain asbestos. Even today you can buy products at the store that contain asbestos fibers. At this property, there was asbestos found within the tile, ceiling, windows, chimney, electrical, and even

under the kitchen sink. As you know, asbestos can be dangerous, especially when you are going to be breaking it up like in a demolition. Therefore, before any demo could be done, we had to remove it. With a grant, we were able to hire contractors to test, safely remove, and properly dispose of the asbestos that was found. It took the crew a week

of spraying and scraping in January to remove all of the asbestos. In order to do this safely, they had to seal the windows and doors and have locked openings for the team to come in and out of while bagging up the asbestos to be disposed. Below are some pictures of the asbestos and the removal.



Member Registration for Website

Last fall, we moved our websites to a new host to improve functionality. If you previously had membership-level access to our website, please note that you will need to register for the site again.

Attention All AVT/HIED Students Nationwide:

Please remember to submit your official transcripts after **EACH** term funded in order to be eligible to receive future funding. Students must apply each school year.

Summer 2021 deadline: May 15, 2021
Fall 2021 deadline: August 15, 2021

The Ponca Educational Trust Fund is available nationwide to students who enroll at one of the University of Nebraska Campuses/Online Courses: Lincoln ~ Omaha ~ Kearney (Must be enrolled in 12 or more credit hours per semester to be eligible)

Attention All K-12 YIP Students Nationwide:

- High School Seniors for the 2020-2021 school year are eligible to receive a \$500.00 Graduation Incentive!
- Our department is accepting projects for incentives in the following areas: Art, Essay/Poetry, and Student of the Month. **Winners may receive \$100.00 for 1st place, \$50.00 for 2nd place, and \$25.00 for 3rd place.* Grade divisions are as follows: Primary (K-2), Intermediate (3-5), Middle (6-8), and High School (9-12)
- Perfect Attendance \$100.00 (0-.49 days of absenteeism), \$50.00 (.5-3.49 days absenteeism), and \$25.00 (3.5-5.49 days of absenteeism).

Deadline to apply for the 2020-2021 school year is July 31, 2021.

All Education Department Applications and Program Information is available online on our tribal website. If you have any questions for the education department, please feel free to contact Aubrey Knudsen @ office (402)371-8834, work cell (402)844-0957, or aknudsen@poncatrIBE-ne.org.

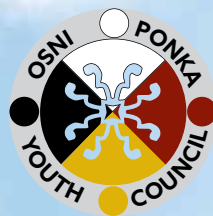
Ponca tribal enrollment is required for ALL education programs

Let's Stay In Touch!

Youth Council is excited to announce our new e-newsletter! We are excited to have this new mode of outreach, to invite youth to participate and create a community of leaders within our tribe.

If you, your family, or friends are between the ages 14-24, and would like to be included in receiving the e-newsletter, please email the Youth Council at youthcouncil@poncatrIBE-ne.org

Follow us on Instagram:
@poncatribeyouthcouncil



Youth Council stays active with new projects and contests

Maci Schott

This month Youth Council is excited to preview some new upcoming projects by our members. Youth Council members Cami and Maci Schott will be creating a new initiative surrounding the topic of "Going Green". This project is connected to UNITY, a national network organized for Native American youth. UNITY has created an "Earth Ambassadors" program to engage native

youth in learning about environmental issues and how they impact land and communities. With this being said, Youth Council has created an initiative to celebrate the earth and raise awareness in regard to how our members, both young and old, can support environmental protection. During this project, there will be competitions for all to partake in. Please follow the Ponca Tribe Youth Council Facebook page and our Instagram for

more information on this project!


Youth Council is also going to have an Instagram contest for youth ages 14-18. To participate, members will need to follow our new Instagram account, like posts, share on their story, and tag other tribal members in the comments of our posts. This contest will take place this Spring. A random winner will be picked and be able to win a prize for participating!

Please tell all Ponca youth to follow our Instagram @poncatribeyouthcouncil for more information!


Lastly, Sofia Hegstrom has created an educational brochure to help Ponca Youth have learning resources. Her goal in creating this is to help our youth be successful academically. Part of her first brochure is below. She will be creating another educational brochure to help youth of different ages this spring!

Learning Resources


This is a list of easily accessible learning website resources with a quick description of them and how you can use them for your class subjects.

Khan Academy
 Khan Academy is a free learning resource that offers short videos and lessons for students from First grade to college courses. Khan Academy covers Math, Science, Economics, Reading and Life Skills.

ProCon.org
 ProCon.org is a website that is very resourceful when writing persuasive essays. Procon.org offers relevant and popular arguments, containing information from both sides of the argument.


Crash Course
 Crash Course is a YouTube channel, which has an abundance of informational videos about history and science. The videos explain the subjects in a way that is easy for young minds to understand.

Free Rice
 Free Rice is a learning resource that is positively beneficial in two ways, it offers short vocabulary questions, and for every question that you answer correctly, the World United Food Program will donate 5 grains of rice to people around the world who are without food.

Teen Ink
 Teen Ink is a website where teens can share their own poetry, stories, and essays with other teens and give positive feedback and critique.

TED-Ed
 TED-Ed offers various short, thought provoking videos and discussions about relevant and real-life situations and arguments.


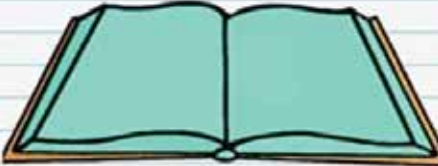

Ideas for Studying Motivation

Listen to Music 
 Listening to music can change an environment completely. While doing homework or studying, you might want to turn to instrumental music so that you don't have any lyrics to distract you.

Remove Distractions
 When doing schoolwork, you will want to turn off your phone, stay off social media, and focus solely on your schoolwork.

Get Plenty of Sleep
 Before starting a new project, you should plan ahead and make sure that you've gotten enough sleep. If you're too tired to work, you won't be able to get anything done.

Take Breaks
 After an hour or so of working, you should take a 10-15-minute break to give your brain a break and let your mind rest a little.

Cante' Waste' Win Tiospaye' Talking Circle



Please join our Female Talking Circle
Every 1st & 3rd Friday each month @ 6pm
Nebraska Urban Indian Health Coalition
2240 Landon Ct, Omaha NE
Any questions contact Marissa Wright (402)309-4503
or Lestina Saul (402)885-5445

Healing through tradition, ceremony and
prayer...

Change of Address Form

Mail to: PTN Enrollment Dept PO Box 288 Niobrara, NE 68760 Fax: 402-857-3771

HEAD OF HOUSEHOLD MUST BE AN ENROLLED PONCA TRIBE MEMBER

OTHER ENROLLED PONCA TRIBE MEMBERS IN HOUSEHOLD:

PREVIOUS ADDRESS: (Street/P.O. Box, Apt #, City, State, Zip, County)

NEW ADDRESS: (Street/P.O. Box, Apt #, City, State, Zip, County)

NEAREST RELATIVE
PHONE/ADDRESS:

PHONE NUMBER:

ALTERNATE/CELL
NUMBER:

E-mail

DATE NEW ADDRESS IN EFFECT:

To provide better services to Ponca tribal members, this information will be shared with all PTON Departments as needed. Any service may be suspended until this information is corrected and/or updated.

SIGNATURE REQUIRED

DATE

LAW AND ORDER CODE REVISION
Discussion on April 6 at 10:00 a.m.
During Tribal Council Meeting

****** NOTICE: All Tribal Members ******

The Tribal Council will be discussing amending the Law and Order Code. Please take your time to read this FLYER.

The Ponca Tribal Council will be proposing to add Title XI, Landlord and Tenant Ordinance and Title XVIII, Health to the Ponca Tribal Law and Order Code. Both of these Titles are new and are being added for the following purposes:

The Landlord Tenant Ordinance is being added so that non NPHA landlords and tenants will be provided a law to govern the rights, obligations and remedies. The ordinance will:

- Provide the law governing the rights, obligations and remedies of the owners, lessors, and tenants of premises in the territory of the Tribe.
- Clarify the laws governing occupation of premises within the territory of the Tribe
- Protect the rights of landlords and tenants within territory of the Tribe
- Preserve peace, harmony, safety, health and general welfare of members and others in territory of the Tribe
- Provide eviction procedures landlords are required to follow during evictions
- Encourage landlords and tenants to maintain and improve premises in order to improve the quality of housing as a Tribal resource.

The Health Ordinance is being added to provide for holistic, culturally competent health services that will:

- Ensure health services program encourage wellness,
- Ensures health services program is designed to improve health status
- Assures quality health care services
- Provides for preservation of public health during health emergencies

A complete copy of the proposed amendments is available at the tribal offices, or one may be obtained by contacting Jan Colwell, Tribal Council Secretary at 402-857-3391.

There will be a discussion by Tribal Council that is open for public comment on April 6, 2021 at 10:00 a.m. or as soon thereafter as it may be heard.

Written comments will be accepted until noon on March 29, 2021. The written comments may be emailed to janc@poncatribene.org or mailed to: Jan Colwell, P.O. Box 288, Niobrara, NE 68760



Colman James Howell

Born 1-1-2021, 7 lbs 6 oz, 20.5 inches

Proud Parents - Rob and Crystal Howell (District 2 Tribal Council Rep) Siblings - Caitlin, Claire, Trip, Sophia, Ella, Lucy, Killian, Everley, Luke.



I would like to take the opportunity to recognize my daughter, Julia Nightser. Julia is a senior this year at Thomas Jefferson Highschool in Council Bluffs, Iowa and has been attending Iowa Western Community College for the past two years. Her sophomore year she had applied for the Early College Academy program and was accepted for her Junior and Senior years of high school. During this time, she has maintained a cumulative GPA 4.418 and is currently ranked #1 in her class. Julia works part time as a tutor for Iowa Western and as a hostess at Texas Roadhouse in Council Bluffs. Julia has volunteered in multiple fashions, most notably with younger kids playing volleyball at our local YMCA.

This spring Julia will graduate from Iowa Western with her Associate degree and then return to Thomas Jefferson for a week or so where she will then graduate with her high school class of 2021! Her current plans are to attend Iowa University in the Fall of 2021 and obtain a degree in Actuary Science/ Math/Statistics.

We are extremely proud of Julia's accomplishments and she continues to amaze us with all her endeavors!

-Chris Nightser



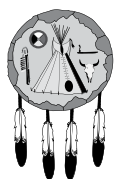
Elder's Council Meeting

March 1 & 2 | 9 am

April 5 | 9 am

Lifesize & Conference Call available.





PONCA TRIBE of NEBRASKA

P.O. Box 288
Niobrara, NE 68760

www.poncatribene.org

PONCA TRIBE of NEBRASKA Office Locations

NIOBRARA 68760

Headquarters

2523 Woodbine St., P.O. Box 288
Ph: (402) 857-3391
Fax: (402) 857-3736

Enrollment

2523 Woodbine St., P.O. Box 288
Ph: (402) 857-3391
Fax: (402) 857-3771

Cultural

P.O. Box 288
Ph: (402) 857-3519
Fax: (402) 857-3652

LINCOLN 68508

Administration

1701 E Street
Ph: (402) 438-9222
Fax: (402) 438-9226

Osni Ponca

2756 O Street
Ph: (402) 434-2127
Fax: (402) 434-2128

NORFOLK 68701

Administration Building

1800 Syracuse Ave.
Ph: (402) 371-8834
Fax: (402) 371-7564

Gym Building

1800 Syracuse Ave.
Ph: (402) 371-8834
Fax: (402) 379-0988

Ponca Hills Clinic

Ph: (402) 371-8780
(402) 371-5726
Fax: (402) 379-4291 - Pharmacy
(402) 379-4293 - Registration
(402) 371-4094 - Medical Lab

Ponca Express

Ph: 877-769-3111

Northern Ponca Housing Authority

1501 Michigan Ave.
Ph: (402) 379-8224
(800) 367-2320
Fax: (402) 379-8557

Purchased/Referred Care

Ph: (800) 405-0365
Fax: (402) 371-0176

OMAHA 68107

Fred LeRoy Health & Wellness Clinic

2602 "J" Street
Ph: (402) 733-3612
Fax: (402) 733-3487

Administration

5805 South 86th Circle, 68127
Ph: (402) 315-2760

Dental

2602 "J" Street
Ph: (402) 733-1325
Fax: (402) 733-3487

Northern Ponca Housing Authority

10635 Birch., 68134
Ph: (402) 505-3055
Fax: (402) 505-3066

SIOUX CITY 51103

Administration

119 6th Street
Ph: (712) 258-0500
Fax: (712) 258-0762

OTHER RESOURCES

Child Abuse Hotline

800-652-1999 (Nebraska)
800-362-2178 (Iowa)
877-244-0864 (South Dakota)

National Child Abuse Hotline

800-422-4453

National Suicide Hotline

800-273-8255

Domestic Violence Hotline

800-799-7233

National Human Trafficking Hotline

888-373-7888

National Problem Gambling Helpline

800-522-4700

Elder Abuse Hotline

800-252-8966

Boys Town Crisis Line

800-448-3000

Drug Treatment & Referral Hotline

877-726-4727

Nebraska Family Helpline

888-866-8660

Veterans Crisis Line

800-273-8255

The Ponca Tribe of Nebraska Newsletter is published monthly and printed by Printco Graphics, Omaha, Nebraska.
Deadline for submissions is the 1st of each month. In the event the 1st falls on a weekend, submissions are due the Friday before.
All submissions of a political nature are subject to Tribal Council approval. Send to Jessica Hitchcock, jhitchcock@poncatribene.org.
See or print the newsletter archives in full color on the member's side (you must log in) of the web site at: www.poncatribene.org