

ALCOHOL AND THE CNS

Submitted by Walt Klamath

The most noticeable effect of alcohol on the central nervous system (cns) is intoxication or sleep, as stated before no one knows for sure how intoxication from alcohol occurs.

A small amount of alcohol causes stimulation and excitement to the nervous system, but continued, causes depression.

The nervous system is a complex arrangement of nerve cells, called neurons, most of them in the brain and the spinal column, some in the CNS. These neurons carry electrical impulses to each other. There are neurons that specialize in certain functions or react to stimulations, such as heat or cold pressure light. Some neurons act as mediators between neurons.

Some simple tasks are taken care of at the CNS, but most of the burden of operating the body falls on the brain.

Alcohol seems to block out the electrical transmission from one neuron to another. Alcohol effects all of the neurons that it comes in contact with. It makes more places for the neurons for special jobs to discharge in this case more places for alcohol to go. This causes a situation called tolerance, it will take more alcohol to induce the feeling anticipated. As time goes on and more alcohol is used this condition reverses, it will take less to cause intoxication.

After long term use, and alcohol is taken away, withdrawal symptoms occur. These can happen while there is still a high level of alcohol in the blood. The most common type of withdrawal is the morning after hangover. There are several phases of withdrawal, mild where one is irritable, hard to get sleep maybe slight tremor then the tremors, the morning shakes the more severe, the convulsions, sometimes called rum fits, then the really scary ones the hallucinations. The DTs are quite severe and are life threatening, these must have medical attention.

CNS damage and nutrition play an important role in alcoholism. Alcohol depletes the B

form a protective cover for the neurons, alcohol removes the covering allowing neuron deterioration, these show as walking disorders (staggering) and strange eye movements.

There are several stages of brain damage due to lack of vitamin B, most of them can be reversed by abstinence of alcohol and a good medically supervised vitamin therapy. Once into chronic brain syndrome, it is irreversible, this used to be called "wet brain" the person would spend the rest of their life in an institution somewhere. We have been talking about alcohol, but other chemicals effect the neurons in much the same way, sometimes more drastic in some areas, the end result is almost the same, destruction of cells.

SILETZ NEWS DEADLINE

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Siletz News, P.O. Box 549,
Siletz, Oregon 97380



MEETING: General Council Meeting

DATE: May 6, 1989

TIME: 1:00 p.m.

PLACE: Siletz Tribal Community Center

COUNCIL MEMBERS PRESENT:

Delores Pigsley, Chairman
Alfred "Bud" Lane, III, Vice-Chairman
Jessie Davis
Gladys Staggs
Bonnie Petersen, Secretary
Mary "Dolly" Fisher
Jane John
Frank Simmons
Priscilla "Pat" Morrell

OTHERS PRESENT:

See attached list

Tribal Chairman, Delores Pigsley, called the meeting to order at 1:05 p.m. Aggie Pilgrim gave invocation.

MOTION #1 - Frank Simmons moved to approve the amended agenda, with the deletion of Guest Speaker and the addition of Pow-Wow Committee and Special Presentation to the Ben Family. Seconded by Jane John. Motion approved by voice consent.

MOTION #2 - Tina Jones moved to approve the minutes of the 2/4/89 General Council Meeting. Seconded by Bud Lane. Motion approved by voice consent.

Dee called forward the Ben family for a presentation. Many people remember when the Ben family was active in teaching the customs and dances and traditions of the Siletz People, carried on by the Ben family, and specifically Archie Ben. At the last Tribal Council meeting it was approved to make Archie Ben an Honorary Chief of the Confederated Tribes of Siletz. Dee presented a plaque to Victoria Ben on behalf of the Tribal Council. Jane John noted that each year we are losing more and more of our elders, and this was a traumatic loss. Pat Morrell hoped that others will follow in his footsteps. Dolly stated that she will never forget the traditional dance that Archie and Victoria taught her. Jessie stated she was proud of Archie and was sorry that the presentation was not made while he was still alive. He has been an influence on all Siletz

Tribal Members. Gladys stated she appreciated all that Archie and his family has done in helping people and relating traditions to our people. Agnes Baker Pilgrim noted that we are not all that we seem, it is what is behind a name that makes a person. It is an honor for her to say that a man such as Archie Ben stood for all of us. He was not a bragger, or a political person. He always seemed to be fair to all, and always in their hearts. He is gone, but his presence is still here. He is at peace with his creator. Grant Pilgrim sang three Honor Songs. Ed Ben spoke on behalf of his family. He noted that Archie Ben was considered the Chief of the Chetco Tribe. He was the last Chairman before the Chetco Tribe was terminated. Archie would sit in the shade at the Pow-Wow, and would not leave until the last flag was taken from the grounds. He will be here in spirit at this year's pow-wow. The Ben family will continue to dance and participate. Ed noted that what sometimes goes unnoticed is the cooperation of the partners. Ed thanked the Tribal Council for acknowledging Archie Ben, and hope that this tribe goes forward and achieves great things. Dee thanked Aggie & Grant for attending and assisting.

TRIBAL MEMBER CONCERNS - Leonard Flanary is concerned about who owns STEDCO. Dee explained that STEDCO is the economic arm of the Tribe and belongs to all tribal members. Leonard asked how to find out information about STEDCO. He had asked about the fern enterprise and was directed to ask Frankie Rilatos and Frankie referred him to Ted. Ted explained that it continually changes. Leonard stated he has tried on more than one occasion to get assistance on a small business loan. Ted suggested he ask for an appointment with Ted to fill out the paperwork. Dee assured Leonard that if he had not already received assistance, that paperwork would be mailed to him and assistance granted. Leonard was also asked who owned the water, water tower, property, etc. He asked who controlled the billing. Phil noted that it was based on the meter reading. There is a minimum for water and sewer, and additional would be based on a fee per gallon over the base amount.

Edmond Ben stated that Saturday, August 19th, his mother was planning a Memorial Meal for Archie Ben. Everyone is invited to come and share in the meal, at noon at the Tribal Community Center.

Shirley Walker requested the Pow-Wow Committee waive the charge for all Siletz Members that run a booth at the pow-wow. She feels it is unreasonable. Jessie noted that it was discussed about having a reduced price for tribal members, but felt in all fairness they would have to charge everyone the same amount for a booth. These fees help offset the costs for the pow-wow.

CHAIRMAN'S REPORT - Dee reported that because of bad weather there was a low voter turnout. Council discussed concerns from last General Council's meeting, including a way to call a halt to elections because of bad weather. They are looking at developing a signature card to shorten the voting by absentee. There has been a lot of activity connected with the land transfer of public domain lands. The Tribe is in negotiations with different agencies and entities. Senator Hatfield is willing to go forth with introduction of the bill. There are many concerns, including the Spotted Owl, and export