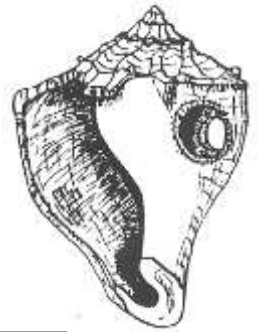


SWFAS

# NEWSLETTER

THE SOUTHWEST FLORIDA ARCHAEOLOGICAL SOCIETY



JOHN G. BERIAULT, ACTING EDITOR

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JUNE, 2000



Glitches! But all the main events occurred, on time, smoothly, and with the seeming effortless that results only from the very hard work of the several dozen individuals who put in months of planning and many hours of preparation.

Friday night saw a well-planned awards event put on by the Florida Archaeological Council (FAC) at the historic Edison Estate with the sun setting beyond the Caloosahatchee River as a backdrop.

**Frank Hamilton Cushing -Warrior,**  
You can never tell about those  
archaeologists... Cushing was a Zuni  
Medicine Man and even took part in a  
raid for horses against the Navaho

## FAS2000: MARVELLOUS!

The great membership of the Southwest Florida Archaeological Society have done it again! They have managed to put together a truly memorable event in the form of the FAS2000 Conference. From start to finish, the event was (nearly) flawlessly played out – not that there weren't minor

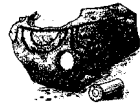
Saturday morning began the giving of papers. The team managing the audio-visual did a fine job, and people were able to enter and exit the two concurrent sessions with plenty of time to be seated and with the careful coincidence that the two concurrent sessions demanded.

### *Inside this Newsletter*

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ALL!!!**
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Laboratory:** A History - by  
Art Lee - Installation  
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Curtain

The Saturday night banquet went well. The film produced by the Florida State Museum was interesting and well-received by all. The field trips on Sunday were hopefully staged to the satisfaction of all participants. This Conference was the largest yet in the 52-year history of the Florida Anthropological Society. At least 180 people registered, of which 31 were members of our local chapter. We managed to generate enough revenue to pay all the bills with a little left over. Your acting editor was personally thanked many times by various prominent speakers

and officers from the state society for the fine way that this Conference was executed – the fitting end to the Old Millennium, or the beginning of the New – and all you people from SWFAS made it happen – **THANK YOU!**



## POTSHERDS AND

### POTSHOTS... AN ONGOING SERIES BY ROBERT GORE

#### DOWN ON THE CALUSAN FARM--PERHAPS. II.

So, again, why does it seem that the Calusa were not agriculturally inclined? The answer, in part, may lie hidden in how they were recorded in history. Consider these points: 1) nearly everything we know about the Calusa comes from Spanish military, religious, or bureaucratic documents; 2) while some friars may have wanted to learn and record the Calusan language and culture, few of these worthies were given the opportunity to remain alive long enough to do so; 3) at the same time the Spaniards had their own agenda for "Introducing" their preconceived ideas of European-style agriculture to all of the poor, benighted, naked, godless, devil-besotten heathens on the peninsula; 4) the Calusa were not interested, at least at first; 5) moreover, Spanish soldiery and citizenry posted into their domaine, owing to Castilian food prejudices, seemed to have a curious propensity for starving themselves to death amidst

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seeming plenty; while 6) Spanish castaway prisoners lived rather well (at least they survived) for up to 13 years in captivity, with no complaints about being underfed even as slaves; 7) maize and other "farm" crops were apparently routinely grown by some tribes just 130 miles to the north but were ignored by the Calusa; 8) the Calusa so bellicosely guarded their privacy and their territory that at least some of what is "known" about them is mere speculation. The last point gave me my Quixotic opening last month--and another one this month. To wit: Maybe the reason the Calusa did not have an organized agriculture is because they didn't need it—or thought they didn't. Mucho ojo, windmills!

Let's look at general nutrition. According to today's nutritionists, the healthy human male or female requires a minimum of 18 calories per pound of body weight per day. Thus, a 100 pound Calusan woman or a 150 pound man would require 1800 and 2,700 modern-style calories a day, respectively. Greater activity raises the caloric requirements as much as 50% more. Food reserves are carried in the body as glycogen, an animal starch that can be quickly converted to sugar. Fat takes longer to break down but is pound for pound a larger resource, as

### THE DATE BOOK

**June 14th - SWFAS Board of Directors Meeting**, Hampton Inn, Bonita Springs, 6:30 PM

**June 21st - SWFAS General Meeting** Bonita Spring Community Center, downtown Bonita Springs, 7:30 PM

### About SWFAS

**The directorate:** President John G. Beriault, first vice president Betsy Perdichizzi, second vice president Don Taggart, membership secretary Charlie Strader, treasurer Charlie Strader, recording secretary Jo Ann Grey, directors Steve Tutko, Sue Long, Dottie Thompson, Jo Ann Grey, Charles Dugan, Jack Thompson, Tom Franchino, John Beriault and Charlie Strader.

The committees: Field: Beriault, 434-0624; Hospitality: position open; Membership: Brenda Hamilton; Publicity: Dottie Thompson, 597-2269; Sales: Valerie Flanigan, 262-8394; Finances, Jack Thompson 597-2269, 774-8517; Lab: (774-8517), Art Lee, 261-4939, Walt Buschelman, 775-9734, Jack Thompson, 597-2269.

To Join: Address your check to the Southwest Florida Archaeological Society, P.O. Box 9965, Naples, FL 34101. Dues are: Individual \$20, Individual Sustaining \$50.00, Family \$35, Student \$15.

Any questions, comments, contributions to the Newsletter: John G. Beriault, acting editor, P.O. Box 9074, Naples, FL 34101-9074 or Email to: [JGBeriault@aol.com](mailto:JGBeriault@aol.com).

many of us sadly realize. Even a slim Calusan warrior might carry enough fat to live about two weeks without eating any other food--not that that would happen of course. But each pound of converted fat makes available about 3,500 calories. So, in the Calusan sense, fat was both good and easily available.

Second, starvation is a matter of nutrition--good versus bad, or none. That means getting all the vitamins, minerals, proteins, fats, carbohydrates, trace elements, good cholesterol formers, and the hundred other things your mother said was good for you. Theoretically, a person could starve to death by eating nothing but loaves of bread--or by drinking nothing but alcoholic beverages. Both are high in food energy but lack other necessary items, so that internal organ breakdown usually happens first. And, the human body requires more than just food energy to remain healthy. After all, if this were not so we could all live on four large bags of M&Ms per day--before our teeth rotted out and our pancreases collapsed. So, if the Calusans didn't grow maize or farm anything, how did they get their minimum daily requirements (MDRs) of some seemingly necessary food components?

Carnivory, of course, say many anthropologists. Fish, shellfish, reptiles, birds, mammals--all provide protein plus a given percentage of minimum daily requirements. Proteins are the

building blocks for tissue and bone. That not used immediately is broken down as food energy or stored as fat. Once it is made into fat it cannot be reconverted to protein. Generally at least 15-20% of a person's incoming calories should come from protein. An active Calusan would theoretically need about 1/2 gram protein per pound of body weight per day--our hypothetical 150 pound Calusa male would thus require 75 grams of protein, or about 2.5 ounces; his wife would need about 50 grams, or less than 2 ounces. For our Calusan couple meat, fish, bird eggs, and fowl would do nicely as sources. But these meats are deficient in other MDRs--the same that occur abundantly in plants. And here's another rub--plant protein is, in a sense, species-specific. That is, no single plant supplies all the necessary proteins (or amino acids) for healthy human life. However, combinations of two or more plants might-- depending on the plant species involved. What's a common complementary plant combination? Corn (maize) and beans. Add some fruit (e.g. Cocoplum) and you've got it all.

Let's look more closely at fats. They should also provide 15-20% of daily caloric intake, depending on activity levels. And it's safe to assume that the Calusa were active. Common sources of fats for the Calusa would be bird and turtle eggs, nuts of various kinds, and oils from fish (e.g. shark) and marine mammals

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(manatees, bottle-nose dolphins), and sea birds (gulls, ducks). So there doesn't appear to be a problem there.

Carbohydrates should provide about 60-65% of the total caloric intake. Carbohydrates include starches and sugars, both found in wild plants to a large degree, particularly fruits and leaves and stems, but also to some extent in roots. Wild plants are also a secondary source of protein so they would provide our Calusan couple with that added benefit.

Finally, vitamins and minerals are mandatory for good nutritional health. Fortunately, adequate daily amounts are counted in milligrams (mg = thousandths of a gram). There are about 31 grams in an ounce, so a milligram is about 1/31,000 of an ounce. Living on the estuary and eating seafood, particularly cooked in seawater the minerals sodium, potassium, calcium, magnesium, phosphorus, chlorine, sulfur, iodine, and manganese would not be a problem. These are all major constituents of seawater. Imbibing several ounces a day as cooking broth or when eating raw shellfish should produce the needed amounts in a healthy Calusan male/female. The MDRs are really quite

small; for example, the two largest being: Calcium (800/800 mg), Phosphorus (800/800 mg). Iron is even less (10/18 mg). MDRs of vitamins are even smaller for our Calusan couple, as Table 1 shows:

**TABLE I**  
**MDRs OF VITAMINS AND RELATED NUTRITIONAL COENZYMES**

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Ascorbic Acid or Vitamin C (45/45 mg)

Niacin or Vitamin B3 (18/13 mg)

Pantothenic Acid (10/10 mg)

Pyridoxine or Vitamin B6 (about 2.0/2.0 mg)

Riboflavin or Vitamin B2 (1.6/1.2 mg)

Thiamine or Vitamin E1 (1.4/1.0 mg).

Folic Acid (0.4/0.6 mg)

Biotin (0.3/0.3 mg)

Cobalamin (Vitamin B12), 6.0/6.0 umg (parts per million)

Vitamins A (about 4500-5000 International Units)

Vitamin D (about 400 International Units)

Vitamin E (about 30 International Units)

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All of these vitamins and their relatives are found either in organ meats, or muscle tissue, eggs, and animal oils, so a totally

carnivorous diet might not be all that bad. . . or would it?

Three critically important nutritional elements, folic acid, ascorbic acid (vitamin C), and vitamin K are all found only, or predominantly, in green, leafy vegetables and fruits--i.e. plants and plant products. True, vitamin K is synthesized by intestinal bacteria, but a prime exogenous source is green leafy plants. Lack or deficiencies of these vitamins will produce anemia, scurvy, and hemorrhage and other blood-clotting problems--not a happy situation for a warlike people. So the Calusa had to have eaten at least some plant materials. The three questions that will remain forever unanswered are: which ones, how often, and how much? We'll consider some possible ramifications next time.

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**HISTORY OF THE CRAIGHEAD LABORATORY: PART 7**

by Arthur R. Lee

**A Peek Under the Curtain**

Are there more tangible evidences of the results of these efforts by so many over such a long span of time? Lab workers have no

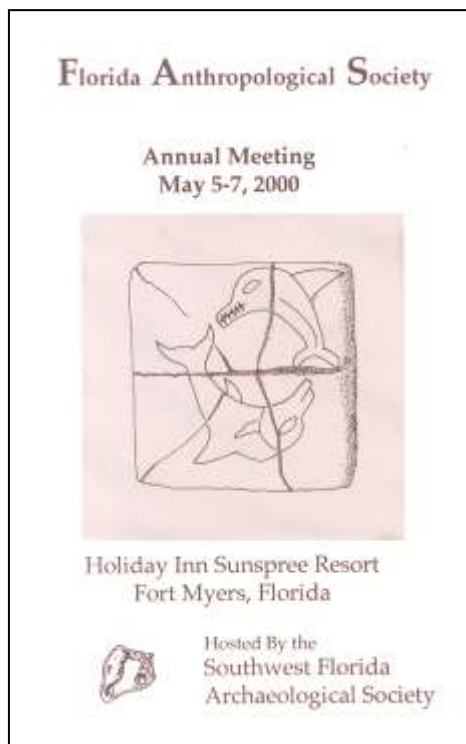
way of knowing all of the uses to which their contributions to other organizations' projects have been put, but it has pleased them to identify some of their work in others' reports. In a field which yields many suggestions, hints, and possibilities, it is highly satisfying to reflect on solid findings. Like discovering identical mid/late Archaic tool manufacturing techniques on sand dunes on both Marco and Useppa Islands, separated by many miles; like confirming pottery differences which help in delineating the line between Glades and Caloosahatchee areas; of raising at least the fringe of the curtain hiding the events of the mid-Archaic period which saw the tumultuous transition between the early Archaic era with its upland-oriented culture and the well-watered terminal Archaic period whose people looked to the sea. Lab workers have watched the development of estuaries and shallow watery meadows by their identification of shellfish remains; seen how voyagers packed their trail food; read the rise and fall of sea levels in the changes in shellfish harvests; spotted crossroad meeting places between East Coast and the Southwest populations. They believe they have worked out at least the approximate location of early waterways, and have seen the shift from societies using no ceramics to those making fiber-tempered ware, then sand-and-fiber tempering, and finally sand

tempering – a sequence known elsewhere, now more firmly established in southwest Florida. The discovery of Lucy? Not exactly. But maybe a chromosome or two?

Which is a way of responding to the question as to whether the lab has been fulfilling the mission it accepted at the outset: Advancing the cause of archaeology in this part of the world, and helping the Museum to meet its function of preserving history and imparting knowledge of it.

**Arthur R. Lee**  
October, 1999

(Editor's Note: This concludes the seven-part series by Art Lee on the History (to date) of the Craighead Laboratory. I hope everyone has enjoyed this excellent and comprehensive account as much as I!)



## Archaeology on the Web

By Linda Ballou

A recent trip to California renewed my interest in petroglyphs. Images pecked, scratched or abraded into stone are common in the western states, but, I wondered, have any been found in Florida where rocks are far less common?

An online search led me to the Eastern States Rock Art Research Association website [www.public.asu.edu/~rexweeks/Eastern\\_States\\_Rock\\_Art\\_Re.htm](http://www.public.asu.edu/~rexweeks/Eastern_States_Rock_Art_Re.htm) which declares that Florida is one of 15 states in the Eastern U.S. offering public access to rock art sites. The Crystal River State Archaeological Park, they informed me, contains two large petroglyph boulders. "Often referred to as the 'stele,' these upright limestone slabs have carved images resembling human forms. Some archaeologists think that the stone was used to mark the changes of the seasons."

Interesting, but I wanted to know more. My pursuit took me to the National Park Service website on the Crystal River Site, [www.cr.nps.gov/goldcres/sites/crysrv.html](http://www.cr.nps.gov/goldcres/sites/crysrv.html). They gave a brief description of the archaeological site and directions for visitors, but no mention of petroglyphs or stele. The DEP site on the Crystal River Park, [www.dep.state.fl.us/parks/District\\_2/CrystalRiver/](http://www.dep.state.fl.us/parks/District_2/CrystalRiver/), says that "two large limestone boulders seen along the trail may have served as ceremonial markers for these early people." Not a word about any images on them. Hmm.

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The next site I visited, [www.geocities.com/Athens/Olympus/3457/CRiver.htm](http://www.geocities.com/Athens/Olympus/3457/CRiver.htm), posted an article called Pyramids in Florida? by Anne Harrison of the New England Antiquities Research Association. Speaking of the Crystal River Site she says, "Two ceremonial stones called Stelae are the most enigmatic features of the site. It is believed that these two limestone rocks were deliberately placed in an upright position by the Indians around AD 440...Stele I has a human head carved into its surface... Stele II is an undecorated rock that faces to the second temple mound." She includes a photograph of Stele I depicting what looks to me like the face of a jack o' lantern long past Halloween.

A better photograph appears on A History of Citrus County site at [www.citruscounty-fl.com/StateHist.html](http://www.citruscounty-fl.com/StateHist.html) though we are advised that the features and color of the faces have eroded considerably over the centuries. "The crude carving shows that the person represented had long hair in a plume over the left shoulder," they go on to say. Still looks more like a smooshed pumpkin head to me.

In trying to find out about Florida petroglyphs, what I learned is that web oriented research can sometimes leave you between a rock and a hard

place. Other than a passing mention of Dr. Bullen having done some research when the stones were found in 1964, I never located any references to specific archaeological studies regarding the Crystal River rock art. But the search has fueled my interest in visiting the Crystal River Archaeological site itself, and in pursuing the topic further. So far I've only pecked at the surface.

## SPECIFIC THANKS...

People like to be thanked (I know I do) when they do something that took time, trouble and maybe even some sacrifice to accomplish. In the case of the FAS2000 Conference, there are a lot of people that deserve thanks for making this event such an outstanding one. I am in great danger of *not* recognizing everyone I should, because many people did many fine things and worked very hard to bring this event off. What I am going to do is recognize some of these people in this issue – and will make allowance in the next issue for recognizing more people as I am told by **you other participants** *who* I have forgotten. So please contact me in the next several weeks by Email and other means and tell me who needs to be recognized and thanked. We do owe a great deal of thanks both on the state and local level for the fine way the Conference was done and how events unfolded.

I would first and foremost like to thank Charlie Strader, the *de*

*facto* Conference Chairman, because he was the man who did the “leg-work”, set up the timelines, planned the event, and even came very early to the Conference prepared to be a roving trouble-shooter if anything went wrong. Charlie printed the name-badges, acted as mediator and conciliator in ways too numerous to explain. Charlie guided us through this event and the outcome is a tribute to his skill in management.

Linda Ballou, Betsy McCarthy, and Art Lee produced the beautiful Program (see cover illustration this issue) that became the “bible” of the Conference. I personally think it is the finest produced to date for this event. Linda also “took much of the flak” (i.e. acted as intermediary) for the many requests for information and other contacts from Conference participants that poured in via Email from all over the State in the weeks prior to the event.

Charlie Dugan was the guiding spirit for registration. He came early, stuffed information packets, made sure lists were kept accurately, got the 180 conference participants checked-in, and did innumerable troublesome and vexing jobs with the strength, finesse, and good humor that is his hallmark. People working hard to help Charlie with registration were Dottie Thompson, Valerie Flanigan, Betsy Perdichizzi, and Jo Ann Grey.

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Bud House and Tom Franchino did splendidly in running and presiding over the two concurrent sessions where the papers were given. They kept those sessions concurrent, the speakers introduced, and the breaks and lunch occurring when they should. Tom and Bud stayed at their posts like the officers of the *Titanic* (but with a much more cheerful conclusion!), and managed this “heart” of the Conference events with the professionalism of seasoned warriors. Other people who helped out tremendously were Mike Weinberg, Phyllis Kolianos, Don Taggert, and Betty Anholt.

Jeanne Sanders presided over the excellent lunch buffet, and then worked tirelessly to see the Saturday night banquet was in order. Her committee which included Rose Somogyi and Marion Anundson did the beautiful arrangements of gourds that so vividly decorated the tables.

A special mention needs to be of Jean Belknap. As Jack Thompson put it: “Jean Belknap was one who made the effort. Her daughter had just arrived from out of town, was only going to be here a few days and Jean hadn't seen her for a long time. She came Saturday morning and worked until Charles Dugan sent her home. Wanted to keep her promise to work.”

Steve Tutko did much of the organizing and discussions with the personnel of the host hotel (by the way, thank you, Holiday Inn Sunspree Resort Hotel for a fine job!). He was responsible for streamlining things, negotiating favorable rates, and getting the bags for the information packets given to all Conference participants.

Ray Sequin prepared the beautiful plaque given as the Craighead Award to George Luer by Art Lee at the Saturday night banquet. Sue Morrow Long provided the pads of note paper placed in each packet. There are many other people needing thanks. I'll begin this issue, and the rest of you help me in the next issue to finish.

## **DR. CURTIS McKINNEY TO SPEAK TO SWFAS AT JUNE 21<sup>st</sup> MEETING**

Dr. Curtis McKinney, professor of geology at Florida International University in Miami will be the speaker in June. Curtis' involvement with SWFAS goes back a long way, in fact almost to the beginning. He worked alongside SWFAS volunteers at the Bay West Site in the spring of 1980 when the Society was only several months old.

Curtis went on to obtain his academic credentials in geology but has worked on many exciting

archaeological projects over the years – including both the Miami Circle and the Big Cypress Oil Well Transects with your acting editor in just the last year.

His talk should be fascinating and not to be missed!

## **STILL WAITING FOR JUDGEMENT DAY...**

By Art Lee

Supporters of the Collier County Museum -- home of SWFAS' Craighead Laboratory -- will have to wait another month to learn whether the county commission will provide enough funds for it to operate after Oct. 31, the end of the current fiscal year.

After sitting in the commission chambers for more than four hours, waiting for the scheduled discussion of apportionment of tourist tax money, supporters of the museum were told that the issue would not be discussed until the next monthly meeting. The Museum the past few years has been entirely funded from the tourist tax, but the Tourism Development Council, chaired by County Commissioner Tim Constantine, had recommended a sharp reduction in the Museum's share of the take in favor of the Collier County Historical Society's purchase of an early Naples beachfront residence, the Wilkinson

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house. The cut would effectively close the museum, according to Director Ron Jamro, unless the commission votes additional money from the general fund.

The delay was triggered by the commission's refusal to act on an application for tourist tax funds by the Marco Island Film Festival; commissioners complained that they needed more information before acting on a request for an extra \$45,000. Since the museum budget and proposed funding for the Wilkinson house purchase also would draw heavily on the revenue from the tourist tax, action on those related items was postponed until June 13, the next scheduled meeting date.

## **OPERATION A...**

I thought you would enjoy Bud House's response to my request for information on people to commend for their contributions to the Conference. I sorta thought Bud viewed this exercise as one with a military objective...

## **NOTES FROM OPERATION A**

Commendations should be presented to the magnificent timers:

**PHYLLIS  
KOLIANOS AND DON  
TAGGART.** they should also be presented to the assistant

operation managers: **STEVE TUTKO AND SHIRLEY HOUSE.** without their diligence and attentiveness the operation could have been less efficient. all nineteen papers were interesting and were well received. it certainly was an enjoyable day. **thanks to all involved.**

Wayne House, Manager

## **NEED HELP! - WILLYA, HUH?**

I know we're looking at some bad English here, but I'm asking for someone who would be willing to keep a calendar of speakers for at least the next several months as we plan out our meetings for the next season. We are not asking that the person contact the speakers to engage them to come, just update the information so we can make arrangements and get this information in the Newsletter. We need to know *which month* needs a speaker – as strange and simple as that sounds. Please contact me at the June meeting if you are interested. Thanks!