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Newsletter of the Iowa Archeological Society

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Image courtesy of Jerry Baker

Lynn M. Alex Retires from OSA

By John F. Doershuk

Iowans who are asked to name an archaeologist will most likely identify Lynn Alex, long-time OSA Education & Outreach Program (EOP) Director. Lynn, who retired from the OSA in early July, has for years been the “face” and “voice” of Iowa archaeology at countless venues across the state, tirelessly promoting the importance of Iowa’s rich archaeological past and the value of preserving the past for the future. Lynn is also known to many archaeological enthusiasts for her two books, *Exploring Iowa’s Past* (1980) and *Iowa’s Archaeological Past* (2000). The latter has a wonderfully extensive bibliography that even today makes this well-written text a go-to source for researchers seeking to familiarize themselves with a specific aspect of Iowa’s archaeological record. Less well known is that Lynn Alex was also the author, in 1975, of OSA’s Contract Completion Report 1, the first in a report series on OSA archaeological projects that has recently reached 2,000 (and is still growing). Lynn’s contribution, describing an archaeological survey of a planned water supply improvement project near North Twin Lake in Calhoun County, led

to the recordation of five previously undocumented archaeological sites (13CH6-10), and reflects the expansion of public concern about the impacts of ground-disturbing infrastructure projects to fragile non-renewable archaeological resources.

Lynn went on to work in South Dakota during the late 1970s and ‘80s as a consultant and adjunct professor at the South Dakota School of Mines and Technology. She returned to Iowa in the early ‘90s to work as an adjunct instructor for the University of Iowa and at the OSA as a research archaeologist, becoming EOP Director in 1999. Lynn’s public engagement activities over the past 15 years include organizing and presenting teacher workshops as part of Project Archaeology and serving as part of the national leadership team for this important program; partnering with the State Historical Society of Iowa for their annual “Let’s Celebrate Archaeology” event; organizing and instructing the “Resources for the Study of Iowa’s Native Peoples” teacher workshop at the Herbert Hoover Presidential Library and Museum; and most importantly,

coordinating the annual statewide Iowa Archaeology Month, which in recent years has included participating on the “Engagement Team” for OSA’s annual RAGBRAI outreach. Lynn has applied for and received numerous important grants to support OSA’s engagement activities and has been part of recent OSA project teams for the Glenwood Archaeological Preserve, the Blood Run National Historic Landmark, Albany Mounds, and the Iowa Valley Scenic Byway. Lynn authored the National Historic Landmark nomination for the Kimball Village Site, submitted to the National Park Service in 2012 and currently undergoing review.

In retirement, Lynn intends to be an active archaeologist and follow-up on her major research interest, late prehistoric Plains archaeology. She is currently co-authoring a new book with William Whittaker and Mary De La Garza entitled *A Guide to Archaeological Sites in Iowa*. IAS members around the state should keep an eye out for Lynn, for she says, “I may be retiring, but I’m not going to disappear!” which bodes well for Iowa archaeology—congratulations on retirement, Lynn!

AIA’s Summer of Ancient Grains

IAS member Cheryl Walsh submitted one of three winning recipes in the Archaeological Institute of America’s Summer of Ancient Grains recipe contest this year. The contest was co-sponsored by Bob’s Red Mill, a whole-grain and natural foods company. Winners were announced in October.

Contest entries had to incorporate at least one of Bob’s Red Mill’s “Grains of Discovery,” which include amaranth, chia, farro, kamut, millet, quinoa, sorghum, spelt and teff. Winners received a pound and a half of each grain.

“I bake a lot with spelt and millet flours, so I had a number of recipes to choose

from,” Cheryl said. “I decided on my banana bread recipe because it’s pretty straightforward and everyone seems to like it.”

The “ancient grains” featured in the contest were staple foods of earlier civilizations. Spelt, which Cheryl uses in her banana bread, is a wheat species that was an important grain in parts of Europe from Neolithic through Medieval times. Some of these foods continue to be important crops in other countries, such as millet in India and teff in Ethiopia. In the US, they have not been widely available until recently and are still more common in health food stores or food cooperatives



Banana Bread

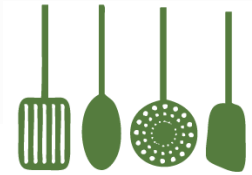
From the Kitchen of: Cheryl Walsh

Ingredients:

- 1/2 cup vegetable oil
- 3 tbsp honey
- 1 tsp molasses
- 1 egg
- 4 bananas, mashed (about 1 1/2 cups)
- 1/4 cup buttermilk, sour milk, or plain yogurt
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 1/4 tsp baking soda
- 1/2 tsp salt
- 1/2 cup rolled oats
- 2 cups whole grain spelt flour
- 1 cup broken walnuts

Method:

1. Grease and flour a loaf pan (8 or 9 inches by 4 or 5 inches). Preheat oven to 350° F (180° C).
2. In a medium to large bowl, beat oil, honey, and molasses together until smooth. Beat in the egg. Add bananas, milk, and vanilla and mix thoroughly. Mix in baking powder, baking soda, and salt. Add oats, flour, and nuts and stir until everything is well combined.
3. Pour mixture into the prepared loaf pan. Bake at 350° F (180° C) for 55 minutes, or until a wooden skewer comes out clean. (If using the smaller pan, it may take 10 to 15 minutes longer to bake.)
4. Remove from pan while hot and cool on a wire rack.



than in supermarkets.

Ancient grains offer nutritional profiles that differ from grains that are more commonly available here, so they can be healthy alternatives or complements to wheat, corn, rice, and oats. Often they can be tolerated by people who have allergies or sensitivities to modern grains.

Cheryl says she is having a lot of fun experimenting with her prize grains.

"I have always liked cooking with new ingredients, or ingredients that are new to me. I'm also interested in ancient recipes, though my banana bread recipe isn't one. I don't think bananas and spelt were ever in the same room in the ancient world."

Find the other two winning recipes online at www.archaeological.org/news/14084.

In Search of Ancient Americans

by Bill Anderson

The tall grass whispers...and the secrets of the past are shared with the people who lived along the Skunk River in Keokuk County, Iowa, long ago. It rises in two branches, the South Skunk (185 miles long) and the North Skunk (129 miles long). The headwaters of the South Skunk are located in north central Iowa. It flows roughly due southward, to the west of Interstate 35, and passes through the city of Ames, before turning southeasterly. In Keokuk County, it is joined by the North Skunk, which has its

headwaters in Marshall County. It then proceeds southeastward and flows into the Mississippi approximately 5 miles south of Burlington.

The Sauk and Meskwaki referred to the Skunk River as "Shecaqua." One early settler stated that he felt the name of Skunk River was a wrong interpretation. The Indian name was Checaqua, meaning anything of a strong or obnoxious smell, such as onions. Since the headwaters of the stream abounded with wild onions, perhaps that is a logical interpretation.

Had you lived in what is now Keokuk County in past days, you would have found a much different land than we know today. With tall prairie grass and trees growing abundantly, the valleys and bluffs provided a haven for Native Americans searching for a place to dwell. The Skunk River was a major avenue through Keokuk County (and Iowa). A source of water was absolutely essential to the life of the people who lived here – drinking,

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Archaeology Day Event Photos

Photos Courtesy of Elizabeth Reetz

Throwing the Atlatl



Bjorn Anderson throwing the atlatl



A young participant throwing the atlatl.



John Doershuk throwing the atlatl.



A participant throwing the atlatl

An Anthropology student demonstrating the atlatl to passers-by



Young participants playing double ball.



Flint Knapping Demonstrations



Mark Anderson demonstrating flint knapping.



Flint knapping demonstrations

Cherie Haury-Artz demonstrating the spinner toy to a young participant.

Mammoth tusk and bones from the Mahaska County woolly mammoth excavations



Sarah Horgen showing Mahaska County mammoth finds to members of the IAS. From left: Julieanne Hoyer, Chuck Block and Sarah Horgen.



Mahaska County Mammoth



In Search of Ancient Americans

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bathing, fishing, and transportation. It was important that the groups of people who inhabited this area did not become too large, so as to limit the amount of food that was available.

The question that often arises is how do we know so much about the people that lived here hundreds of years ago. The number of archaeological sites recorded in Iowa numbers 26,428 with about 500 new sites recorded each year with the Office of the State Archaeologist in Iowa City. Of note is the 516 recorded sites in Keokuk County alone. Archaeologists are always looking for evidence of human occupation, such as camp sites and areas where Native Americans might have lived. It isn't necessary to find a projectile point or an axe head. Rather, waste flakes from tools and weapons being manufactured or fire-cracked rock from campsites will suffice as evidence of human occupation. By finding out where people of the past lived, we can understand how they used the land.

Individual landowners are the legal owners of archaeological sites and artifacts located on their property. Landholders are thus stewards of the past. You can learn about known sites on your property and recommended management practices by contacting the State Archaeologist. To find out more about potential archaeological sites, a contact can be made with Colleen Eck, the Site Records Manager at the Office of the State Archaeologist in Iowa City (319-384-0735 or via e-mail at colleen-eck@uiowa.edu).

There are many misconceptions about the people who lived here before the white settlers came. Food was often scarce and winters were often long and cold. Finding adequate shelter was another problem that existed. Movies and TV have glamorized the teepee as the mode of shelter during all times of the year. That is simply not true. Winter months in Iowa can often be brutal. A rock shelter

might not seem as glamorous, but it would suffice well during the winter months. Another misconception that exists is that warfare was a constant between the Native Americans and the white settlers. Getting along with each other was much more prevalent than quarrels that existed.

We are familiar with Indian names such as Black Hawk, Wapello, Poweshiek, Mahaska, and Appanoose. But what about Keokuk, after whom the county and city in Iowa are named? Written grandly in the annals of early Iowa is the name Keokuk. As a chief of the Sacs he stands out among all the leaders of that powerful tribe, rivaled only by Black Hawk. Intelligent, crafty, cautious, and vain, Keokuk was always alert in his own interests. In contrast, Black Hawk was outright, scornful, affectation and deceit, patriotic, and bold – qualities of character not to be found in the Watchful Fox. Black Hawk was the man of war, looking longingly at the hills and valleys of his youth, fighting for his people and their heritage, and losing his fight all the way. Keokuk was the man of guile, the talker, achieving his ends and high rank by dint of words and scheming. A man with a persuasive tongue was Keokuk, an orator unsurpassed in a tribe that was famous for the eloquence of its chiefs, convincing, always projecting new and devious ways of accomplishing results to his own advantage. He looked into the face of the wind and cut and reefed his sails accordingly. Keokuk was born at Saukenuk, near Rock Island, about 1870. Not a chief by birth, Keokuk rose to that position through his ability in politics and his ability of always putting his best foot

forward on public occasions. His name in the Sac language means “one who moves about alert” and is descriptive of his early youth.

By watching for opportunity and ultimately seizing every advantage, Keokuk became the powerful leader of his people.

Of interest in the lore of history regarding another famous chief who lived in southern Iowa is the death of Chief Wapello. Preferring to hunt on old hunting grounds along the Skunk River where wild game abounded, with the added inducement of wild honey, Wapello and his band would leave the Des Moines River and travel north to the Skunk, as he did the last few days of his life. We are not certain of the exact cause of his death while on his last trip north to the Skunk River area. The 55 year old became seriously ill, lingering only a few days

26,428

number of archaeological sites recorded in Iowa

500

new sites recorded each year with the Office of the State Archaeologist.

on the banks of Rock Creek in Jackson Township, Keokuk County, where he had pitched a hunting lodge. This area is where the forks of the North and South Skunk join together. His body was brought back to the Indian Agency by ox cart and was buried near Agency, Iowa, the same day. Wapello's final service was performed with Fox burial rituals in the presence of Chiefs Keokuk and Appanoose.

For nearly 13,000 years humans have lived in what is now the state of Iowa. Not only have people lived here for thousands of years, but they have been buried here as well. Approximately 2,500 years ago, the Woodland peoples began to build conical-shaped mounds to inter their dead. The

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practice continued for almost 1,500 years. Later prehistoric and early historic American Indian burials included isolated graves and cemeteries. Unfortunately many prehistoric and historic burials have been destroyed through construction, farming, erosion, and vandalism. All burial sites in Iowa are protected by law. Burial site maintenance and management should be designed to prevent damage to human remains and associated materials, and to preserve sites for the benefit of descendants and the public.

For a look back into the past, a person should spend some time looking at the wonderful collection of archaeological

materials to be found on the ground floor level of the Keokuk County Courthouse in Sigourney. This collection of artifacts shows the true craftsmanship and ingenuity of the people who lived long ago.

Archaeological evidence suggests that the Western Hemisphere was colonized more than 20,000 years ago. The earliest humans crossed from Asia to North America over land now submerged beneath the Bering Straits. Although glaciers still covered portions of Eurasia and North America, geologists have concluded that the Alaska interior was ice-free, providing an open passage into North America. Both plants and animals slowly drifted southward over

the American continent. The earliest archaeological evidence we have places man in Iowa about 12,000 years ago. During this time, Iowa was home to such creatures as giant sloths, mastodons, and mammoths. A trip worth taking is to visit the University of Iowa's Natural History Museum (Macbride Hall) to see what Iowa was like during the Pleistocene, or Ice Age.

As we continue our search for ancient Americans and as we listen to the whispers of the tall grass, we need to remind ourselves that we are indeed fortunate to live here in Keokuk County where the trails along the Skunk River and the bluffs high above this major source of life tell of the days gone by.

What's the Point?

Daniel Horgen

Discovered: Washington County Historical Society, Iowa.

Measurements: 3¾ inches in length with a maximum width of ¾ of an inch.

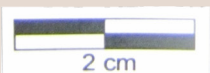
Notes: These fairly large lanceolate and straight-stemmed forms often have weakly defined shoulders. The flaking on these types of points is usually of the transverse parallel form, but certain specimens exhibit a more irregular flaking pattern. These types of points nearly always exhibit fine workmanship.

Send your responses to Daniel G. Horgen at daniel-horgen@uiowa.edu. Answers will be listed in the next issue of the Newsletter.

Last Issue's Point:

The projectile point illustrated in the last issue of the Newsletter is from the Charles R. Keyes Collection and has been well documented in several Iowa projectile point reference guides. This point has appeared in Toby Morrow's *Iowa Projectile Points* (pg. 22) and also in Joseph Tiffany's *Guide to Projectile Points of Iowa* (Part 1). However, the county designation and identification within these reference

guides differ. This projectile point was recovered from Crawford County rather than Cedar County, with the confusion coming from the specimen label of "CD-1701." The Keyes Collection has its own unique county abbreviations which differ from current county abbreviations used in site recording within this state. The point has also been variously identified as an Agate Basin or Browns Valley point. Both are considered morphological correlates of the Lanceolate Plano Cluster and share almost identical characteristics to other points related to the Big-Game Hunting Tradition of the plains but their relationship is poorly understood. Browns Valley points tend to be shorter and wider overall than Agate Basin. The lack of well documented or excavated occurrence of the Browns Valley type and the similar characteristics to others implies that caution should be used in the continued reference to the Browns Valley type.



Dan Boddicker and John Lisle submitted responses of Agate Basin. Jim Zalesky provided an insightful observation regarding the similarity between Agate Basin and Browns Valley points. Agate Basin projectile points are

generally considered to be Late Paleoindian to Early Archaic in age and suggested dates range from 10,600–7,000 B.C. These points are commonly found throughout much of the Great Plains and the Upper Midwest.

The raw material type of this point is Knife River Flint. This high quality raw material was commonly quarried in Dunn and Mercer counties of North Dakota. Knife River Flint pebbles and cobbles are also found in glacial till and outwash areas in north central Iowa within the boundaries of the Des Moines Lobe. However, the small size of these glacially deposited cobbles would have limited the flintknapper's ability to produce large projectile points.

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2009 *Projectile Points In Your Pocket: A Field Guide to Iowa Projectile Points*, University of Iowa Press, Iowa City.

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1957 *Ancient Man in North America*, Popular Series. Denver Museum of Natural History, Denver, Colorado. No. 3 of the Oklahoma Anthropological Society, Oklahoma City.

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IAS Newsletter Editor and Secretary Needed

The Iowa Archeological Society is looking for individuals for officer positions starting in Spring 2014 for three year terms. Current positions that will be open are IAS Newsletter Editor and Secretary. For more information regarding the duties of the Editor, please contact Lauri Chappell at thewillow301@gmail.com. For information regarding the duties of the Secretary, contact Kathy Dice at kdice@lccb.org. Anyone interested in serving as an IAS officer should contact President, Don Raker, at donraker@icloud.com to be added to the list of candidates.

2013 New IAS Members

Johnny Bice	Fort Dodge, IA	Justin Moe	Cedar Rapids, IA
Monte Bonorden	Amana, IA	Ardith Ortgies	Des Moines, IA
Teri Bryant-Streit	New Sharon, IA	Elizabeth Reetz	Iowa City, IA
Archie Cook	Des Moines, IA	Charity Rowley	Iowa City, IA
Anthon Funk	Garden Grove, IA	Bill Sherman	Des Moines, IA
Kristina Grube	Kiel, WI	Tom Steen	Carlisle, IA
Katie Helgevold	Fort Dodge, IA	Jerry and Karen Steffen	Cresco, IA
Iowa Tribe	White Cloud, KS	Dan Tiedman	Lake Mills, IA
Bruce Klein	Council Bluffs, IA	Michelle Twidwell	Mt. Pleasant, IA
Frank Kraklow	Moline, IL	Mark van der Linden	Saint Paul, MN
Robert Lepcin	Brighton, IA	John and Sandy Wenck	Des Moines, IA
Melissa Loughman	Ames, IA	Steven Witmer	Urbandale, IA
Leiah Luense	Marshalltown, IA	Justine Zimmer	Iowa City, IA

New 30-Year Lifetime Members

Congratulations to Jim Collins, Iowa City, IA; Fred and Nancy Finney, St. Joseph, IL; Lorraine Houck, Decorah, IA; Robert Sasso, Highland Park, IL; and Richard Shepard, Indianola, IA, on achieving the Honorary Lifetime membership status in 2013!

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Membership Information

Contact Alan Hawkins, IAS Membership Secretary, at The University of Iowa, Office of the State Archaeologist, 700 Clinton Street Building, Iowa City, Iowa 52242-1030, (319) 384-0989, alan-hawkins@uiowa.edu.

Membership Dues

Voting	
Active	\$25
Household	\$30
Sustaining	\$35
Non-Voting	
Student (under 18)	\$14
Institution	\$35

Newsletter Information

The Iowa Archeological Society is a non-profit, scientific society legally organized under the corporate laws of Iowa. Members of the Society share a serious interest in the archaeology of Iowa and the Midwest. The Newsletter is published four times a year. All materials for publication should be sent to Editor, Lauri Chappell, University of Iowa, Office of the State Archaeologist, 700 Clinton Street Building, Iowa City, Iowa 52242-1030. Email: thewillow301@gmail.com. When submitting articles, please provide text, captions, tables, and figures separately. All digital photographs should be at least 300 dpi at full size. Graphics, if supplied digitally, should be high-resolution tiff or eps files. A special thank you to Jenna Reynolds for designing the newsletter.

IAS Website

<http://www.uiowa.edu/~osa/IAS/index.html>