

Field Notes

Magazine of the Archaeological Research Institute



In This Issue:

Looking back on ARI's First Five Years

Volume 3

Issue 3

Summer 2024



This past June was ARI's fifth anniversary as we kicked off the 2024 field season. I often get Facebook and iPhone photo reminders from five years ago, and it is an understatement to say that what ARI is today is not what our founding board members and I initially set out to create. The organization and the team have grown and changed. It has been a labor of love for everyone involved in our growth. I remind myself often that anything worth doing is never easy, and navigating this world of public archaeology has been challenging. We have had our stumbles and have tweaked how we do almost everything, but educating the public has always remained at our heart.

I appreciate everyone's patience as we have stumbled, but we have picked ourselves up and fulfilled a needed and important service for our community and archaeology. Together, we have achieved significant milestones and educated countless individuals in just five short years. This is a testament to our collective dedication and hard work, and it's something we can all be proud of.

Some milestones to reflect upon:

May 2019 - We Hired Our First Archaeologist
August 12th, 2019 - Our First Field Excavations Began & our first Tent Day
September 1st, 2019 - Our First Volunteer- Craig Williams
September 20th, 2019 - First field trip - Mr. Sprague's class from St. Lawrence
November 7th, 2019 - First Tent Take-down Day
November 14th, 2019 - Our First Board meeting
March 15th, 2020 - Moving into Walnut Street - March of COVID
April 30th, 2020 - Our 501c3 designation
June 2020 - Our First Field School
July 8th, 2020 - Our First Day Camp
September 4th, 2020 - Our First Artifact ID Day
October 2020 - Took Guard out of Agriculture
September 2021 - Began Experimental Archaeology Program
March 10th, 2021 - First FLOT
March 2022- Were Awarded the EQIP Grant to help convert the Guard Site from agriculture to a preserve with trails
June 2022 - Signed Lease with Oxbow to Reunite and Preserve Entire Guard Site
August 2022 - Stopped Excavations at Guard
September 2023 - ArchaeoCorps - Cohort #1
March 2024 - Moved into High Street
April 2024 - Our First Fundraising Event

The landscape of archaeology has been evolving since its inception and has become more scientific, ethical and respectful. ARI, in response, has demonstrated remarkable flexibility and resilience over the past five years. We have adapted our approach to research questions, transformed the Guard Site into a preserve, and evolved our message. Throughout all these changes, our commitment to preserving archaeological sites through accessible public education and stewardship has remained unwavering, instilling confidence in our future and our presence in the community.

Thank you from the bottom of our hearts for your steadfast support. Your contributions, both monetarily and through volunteer hours, have enabled us to continue offering accessible archaeological, cultural, and historical education about our region's rich past and natural resources.

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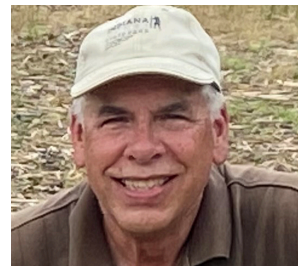
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From the Editor The Serendipitous Meeting that Brought Me to ARI



In the summer of 2020, my friend Louis Herzner and I were excavating for the University of Cincinnati on an archaeological site near Lawrenceburg. One afternoon we were walking back to our car when we came upon another group of people who were excavating a site right next to where we had parked. Naturally curious, we wandered in and met the team from the Archaeological Research Institute (ARI). The rest, as they say, is history.

Four years later, Louis is ARI's archaeology coordinator and VALOR program director, and I have the honor of editing *Field Notes*. ARI turns five this year, and it has been my great pleasure to have shared in four of those five years. I'd like to express my congratulations to the Sedler family on the organization they created and the great work it does. Happy 5th Anniversary, ARI!

In this edition of *Field Notes*, Tessa Wilk, ARI Field Manager, writes about three projects being pursued this summer in the Oxbow fields and woods. (Page 4)

Blake Hon, ARI Land Stewardship Assistant, explains what the organization is doing to combat plant species that are invading the area and crowding out the native plants. (Page 6)

On page 7, Rachel Sharkey, ARI Director of Public Archaeology, describes what is happening at the ARI 2024 Field School, where university students come to earn college credits while getting valuable field and lab experiences that will help prepare them for future careers in archaeology.

Forrest Schmitt, Experimental Archaeology Manager, explains what Experimental Archaeology is all about, and reports on several projects being undertaken at ARI this year. (Page 8)

In celebration of the Archaeological Research Institute's five-year anniversary, several staff members and volunteers look back on some of their favorite moments at ARI. (Page 10).

Kay Jackson-Frankl, one of our longest-tenured and most accomplished volunteers, shares more garden insights with an article about wild plants that have been collected since ancient times for their medicinal values. (Page 12)

Did you know that archaeological sites in Indiana are protected by state law? Rachel Sharkey writes about the laws and the role of Conservation Officers in enforcing those laws. (Page 14)

On pages 15 & 16 Samy Norris & Molly Cowan present photo memories from the First Five Years at ARI as well as our latest calendar of events.

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2024 Summer Field Work

By Tessa Wilk, Field Manager

During the off season in winter, all an archaeologist dreams about is getting back out to the field. Okay, maybe that's not the only thing we think of. But it is a big sigh of relief to be back outside with the sun shining and the dirt flying, especially when we get the opportunity to work on some amazing projects! This year we are continuing to explore multiple project areas across the Oxbow Conservancy, including work that will allow us to further develop the Guard Archaeological Preserve (GAP) for the public to enjoy.

Access Road Development Project

To access the Guard Archaeological Preserve, we must travel on a gravel road through the Oxbow area. Along this road, between the farm field & the gravel drive, there is a section that holds the potential for a walking trail with planted gardens maintained by our Stewardship team. However, before we can build out this vision, we have to conduct a survey of the cultural resources located in this area to ensure that we are not destroying any history.

The survey of this area actually began back in 2022, but this year we are continuing the work to cover more area and to learn more about the land. Our survey method in this area is called Shovel Test Pits (STP), where we create a grid to cover the area and then dig small holes that are roughly 2-3 feet in diameter and reach a depth of 60 centimeters. This method is important and widely used by archaeologists, because we are able to gain a snapshot of a large area without using the time and resources to fully excavate the entire space. This also is a method that allows us to preserve the resources while also being able to tell the story.



Examining the soil in a shovel test pit

The Search for Rowdy Camp Continues

If you joined us last year, you may have heard something about “Rowdy Camp.” This is something the local public brought to our attention and asked our Archaeology Coordinator Louis Herzner, an Army Veteran, if he had heard of it. While Louis had not heard of Rowdy Camp before, he thought it would be easy to find information about it, but he soon learned that there was very little recorded about the camp.

What we do know is that the Rowdy Camp was a military camp that was active from 1793-1795 and was located above the confluence, or joining, of the Great Miami River and the Ohio River. During that time in history, the Great Miami River was actually in a different location than where it is today; river channels move over time. Since the area between the river's past and present locations is wide, we decided to investigate that space using a method called augering.



Augering in search of evidence of the Rowdy Camp

An auger survey is similar to STP's in that holes are placed on a grid and cover a large area, while also giving us a decent snapshot of the area. The main difference between these methods is that augers are much smaller holes (think the size of a pop can) and can go much deeper. The auger tests that we conducted last year reached a depth of 2 meters, or 6.5 feet. This depth was decided upon because the area where we were searching was located in a floodplain and we had to reach beneath the flooding soil deposits to find any cultural resources.

Last year we conducted research into the most likely place for the camp to have been, and then began our survey. While we did not find Rowdy Camp, we did realize that the landform was actually a lot more shallow than previously believed. For this reason, we are continuing our search for the camp using the shovel-test-pit method, meaning that we do not have to go quite as deep as we did last year. In addition to this change, we are marching further away from the original location we were looking at last year, and we are exploring some anomalies in the farm fields surrounding the Guard Archaeological Preserve, as they may provide evidence to support where the camp may have been located.



Shovel testing in the area of the Boarding House

Boarding House on the Ohio River

The last project area we are working on this year is continuing the search for a boarding house that was located along the Ohio River and was active in the early to mid-1800s. This site was previously recorded with the state and a general location was listed; however the exact spot where the house sat was not. We took this information and went out into the field to conduct a method called a pedestrian survey, where we walked the land and searched for anything on the surface that may indicate something underneath. It was during this pedestrian survey that a line of stones on the surface was found and the shape suggested a possible foundation.

Our unit excavations over these stones last year proved that this was not the foundation of a house, but instead was likely a garden or maybe even a parking area. However, we did find evidence of people living in the area that gave us hope that we were close. This year we are expanding our search in the area by digging STP's in the woods and fields along the Ohio River, and by continuing "unit excavations."

When you think of an archeological dig, you are likely thinking of unit excavations. We create a square or rectangle over the area where we want to explore and then systematically dig down to expose anything hiding under the surface.



The trench laid out at the Boarding House site

In this year's excavations, we have created a 3-meter-by-1-meter trench, or rectangle, that allows us to explore the area near our excavations from last year. We dig our units in 10-centimeter increments, meaning that we dig the entire trench all at the same level. We take photos and map each level before continuing down the next 10 centimeters and repeat the process until we can no longer gain any information or we find culturally sterile, or empty, soil.



Excavating in the area of the 19th Century Boarding House

If any of this sounds interesting to you and you want to learn more, stop on by our learning center or even sign up to come out and help us dig. Come join the search and help tell the history of the Lawrenceburg, Indiana area!

Invasive Plant Species:

What Are They? What is Their Impact? And What Are We Doing to Stop Them?

By Blake Hon, Land Stewardship Assistant

What is an invasive species?

An invasive species is an organism that causes ecological or economic harm in a new environment where it is not native. Here at ARI, we determine if a plant or animal is invasive by posing the following questions: A) Is this species causing any harm to the environment? B) Is this species causing any harm to the economy? and C) Is this species outside of its region of origin AND causing harm to the environment and/or economy? For the sake of this article, as well as for the work that is being done by ARI, we define invasive by means of the answers to the questions mentioned above.



Amur honeysuckle flowers are beautiful and fragrant, but the plant is invasive and a menace to native plant species.

What is the impact of invasive plant species?

Invasive plant species are found in many different places around the world. They are oftentimes introduced to an area by accident and without any malicious intent. Their impact can range from minor to severe. An invasive plant becomes problematic if it is interfering with agriculture, overtaking native habitat, damaging property, outcompeting native plant species, or is directly linked to the decline of native habitat.

Some common examples of invasive plant species that are found locally include amur honeysuckle (*Lonicera maackii*), Johnsongrass (*Sorghum hel-pense*), and garlic mustard (*Alliaria petiolata*). Amur honeysuckle is an extremely invasive plant that easily outcompetes native species by taking up much of the lower canopy layer and ferociously stripping the soil of nutrients essential to growth.

Johnsongrass is especially problematic for farmers. It is notorious for finding its way into fields, rapidly reproducing, and quickly outcompeting the intended crop. Garlic mustard is another quick reproducing plant that germinates much earlier in the spring compared to other native plants. With this advantage, garlic mustard is able to quickly occupy a large measure of land before native plants are able to germinate and grow.

What is ARI doing to stop invasive plant species?

One of ARI's missions is to restore ecological balance to the region we occupy, and we strive to keep the health of the environment at the forefront of the work that we do. Currently, we are undertaking several projects to help make sure that our invasives are kept in check. Projects that ARI staff is currently working on include: revitalizing the Guard Archaeological Preserve (GAP) site into a native grassland habitat, removing invasive species from different locations around the Oxbow, searching for alternative invasive eradication strategies like solarization, and researching what is likely to follow in the place of invasive species following a mass removal.



The author securing plastic tarp for solarization research project aimed at testing solarization, a method of pest removal in which a clear plastic tarp is used to trap heat beneath the soil and kill plants and seeds beneath the ground's surface.

As our organization continues to expand, we hope to continue researching and strategizing to eradicate invasive species effectively and responsibly. It is our obligation to secure the health of the environment for generations to come and allow future generations the opportunity to enjoy the charm of our native ecosystems.

ARI 2024 Field School

By Rachel Sharkey, Director of Public Archaeology

The Guard Archaeological Preserve opening has occurred and that means it is time to invite the public to come break ground with us. In addition to our public field experiences offered on Wednesdays and Saturdays, we bring in college students throughout the summer to teach them archaeological field methods. If you can visit us in the field during field school, you will notice that the archaeology looks different from the previous excavations at the Guard Site. This is partially because of different research goals of the current season, but also because we are teaching students key skills in archaeology. During field school, participants are taught valuable skills to make them contenders for careers in archaeology as soon as they graduate.



University of Cincinnati field school students cleaning and sorting artifacts in the ARI lab

We still have excavation units open at Boarding House, but we are also performing systematic surveys of other project areas in order to enlighten us as to what archaeological resources may be just under the surface. These surveys, also called shovel test surveys, are the first step to finding archaeological sites and the most common (yet overlooked) form of archaeology in the United States. Newly graduated archaeology students can expect to find jobs performing this sort of work directly out of school.

The past two years, we have offered two field school sessions over the summer. The first session is dedicated to students from the University of Cincinnati. We are pleased to partner with the university to be the accredited field school for students earning their archaeology degrees from UC.



Field Manager Tessa Wilk teaching proper excavation techniques at the Boarding House site

The second session of field school is open to students from other institutions. In 2023, we had students from Miami University, University of South Florida, and Indiana State University. This year, we look forward to welcoming students from Northern Kentucky University, University of South Florida, Miami University, University of Tennessee, University of Rhode Island, and Kent State University. We are so pleased to host students from so many institutions and cannot wait to see the impact we have on them as they go out into the world of archaeology.



Students practicing one of the first rules of field work-staying hydrated!

Experimental Archaeology

By Forrest Schmitt, Experimental Archaeology Manager



A visiting group of field school students from The University of Louisville, honing their skills at ARI's atlatl range

As archaeologists, we seek to better understand the people and cultures that came before us. Occasionally, we will find things in the archaeological record whose purpose we do not yet understand. In experimental archaeology, we seek to recreate objects or structures so that we may better understand their uses and benefits.

So, what exactly is experimental archaeology? The Oxford dictionary describes it as “a branch of archaeological investigation in which carefully controlled experiments are undertaken in order to provide data and insights that aid in the interpretation of the archaeological record.” These experiments can take many different forms. Some may be long-term experiments ranging over years, such as creating a house, using period techniques, then letting the house degrade and collapse to help us better understand what such a structure would look like in the archaeological record. Other forms of experimental archaeology take much less time, such as the making of an arrowhead or a clay pot.

Our experimental archaeology department is constantly working to develop new and exciting experiences for our visitors. One such experience focuses on the atlatl. Atlatls are spear-throw-

ing devices that consist of a stick with a handle on one end and a hook on the other. The hook fits into a socket on the rear end of a spear. When the handle is swung forward in a motion similar to throwing a baseball, the spear is launched with significant force.

The atlatl allowed for humans to hunt much more efficiently and safely than by using simple thrusting spears, by adding a lever to the equation. The addition of this simple machine gave thrown spears a much greater effective distance, as well as a large increase in throwing speed. The ability to safely hunt large game, as well as the added benefit of allowing a whole group to participate in the hunt, was a large turning point in human history.

Researchers at Kent State University conducted a study which challenged the long-held idea that hunting was largely the domain of men. Using the results of their study, it can be argued that the atlatl was a “great equalizer” among the different genders and age groups, allowing women, children, and the elderly to participate in the hunt.

Through experimenting with the atlatl, it has become apparent that it is a weapon that relies on skill rather than pure strength. This research is something that we at ARI have kept in mind while tracking our own work with the atlatl.

Today at ARI, guests can utilize our indoor and outdoor atlatl ranges to learn the art of atlatl spear-throwing. It's a unique way to connect back in time with a tool that humans have used for at least twenty thousand years to feed themselves and their loved ones.

Another experience offered at ARI is "flint knapping" demonstrations. Flint knapping is a practice by which people in the past created stone tools out of a material known to us as chert. The way chert fractures allows for the creation of razor sharp edges, ideal for arrowheads, spear points, knives, hide scrapers and other tools. While it generally takes years to become an expert flint knapper, spending even a day attempting to create lithic tools with chert gives one insight into their production. Being able to better understand how much time and skill is involved in the creation of these lithic items allows us to connect back with the past in an entirely different way than just reading about them. Anyone who attempts flint knapping will surely leave the experience with a newfound respect for the craftspeople of the past.



The author using an antler billet to prepare a piece of chert, early in the process of making a spear point

Another area we are focusing on is pottery production. We seek to learn more about how the natural clays in this area were processed and turned into pottery. Through the process of collecting clays and turning them into pottery, we also wish to study the effects of shell tempering, which was a hallmark of the Ft. Ancient culture that once called this area home.



An array of stone, shell, wood, and clay implements reproduced by ARI's experimental archaeologists

Temper is a material added to pottery to help in the firing process and add to the overall strength of the clay. In ancient times, typical tempers included sand, crushed rock, and even crushed, broken pieces of older pottery. About 1,200 years ago, people in the Ohio Valley began using crushed freshwater mussel shells. We know that this shell temper is more proficient at diffusing heat during the firing process, but what, if anything, are its other advantages? Perhaps because of its proficiency in heat diffusion, it allows for water to boil more quickly. Through experimentation, we hope to learn more about shell tempering and why it became the preferred method.

Here at ARI, we are constantly trying to learn more about the past in order to better understand and share our area's history. In my opinion, there are few better ways to do so than through experimental archaeology.

Personal Highlights from ARI's First Five Years

of Exploration, Research, Preservation & Education

By Betsy Dulle



The Archaeological Research Institute is celebrating its fifth anniversary this year. Over the past five years, ARI has made significant contributions to midwestern archaeology, driven by a passionate team of researchers, volunteers, AmeriCorps members, board members, and supporters. As we commemorate this milestone, we want to share some personal highlights and achievements from our ARI team.

Kay Jackson has been with ARI as a research assistant and volunteer for four years. Kay shares her personal highlights during her tenure with ARI:

"There are many favorites, but there are two which clearly stand out. The first time I participated in a dig at Guard and a piece of pottery was found and Marcus handed it to me and said, 'You are the first person to touch this in over a thousand years!' The electricity made my hair stand on end. The other was also at a Guard dig when Larry and I excavated a pipe!"



But there are memories of creating dams so water could not flood Guard, trying to plant in soil so hard it broke hoes and transporting water from the rain collectors by buckets! We have come a long way!"

Samy Norris has been with ARI for two years as the Education and Programming Director. Before coming to ARI, Samy was a Public School teacher. Samy's personal highlight is a memorable education moment that she had during an Adult Field Experience:



"I had the opportunity to do a tour of the Guard Site, complete some survey work at the Not-So-Rowdy Camp, and educate the principals of the Lawrenceburg Community School Corporation about archaeology. It was such a rewarding experience for all of us. For them, they had no idea what was in their backyard (literally) and what the mission and goals of ARI were. For me, it was fun to open the eyes of educators to what we can do to help them educate their students about the history of the community. This one trip opened a fantastic relationship between Lawrenceburg Schools and ARI."

Louis Herzner, Archaeology Coordinator, joined the ARI team in 2020 while pursuing a Master's in Archaeology from the University of Cincinnati. Prior to attending the University of Cincinnati and coming to ARI, Louis served in the military for 24 years. Louis recalls his favorite moment as an exciting discovery that left a lasting impression on him:



"I would say the most exciting discovery that was made during my time at ARI was the turkey bone whistle that was found in a trash pit. After it was cleaned in the laboratory, one of the team members attempted to play it. This was the first time this instrument made sound for over 800 years. It was an incredible experience to witness."

Rachel Sharkey started her exploration with ARI two years ago when she was hired as the Director of Public Archaeology. Before Rachel came to ARI, she worked for the Division of Historic Preservation and Archaeology for Indiana's Department of Natural Resources. Rachel's personal highlight does not pinpoint an exact moment, instead highlights why ARI is special to her:



"It is hard to pick one memory. I would rather highlight that every single day makes me proud to be a part of this organization. Seeing the day to day and the impacts we make in the lives of our visitors is inspiring. No, we don't offer life-changing services here, but we offer a means for people to connect with the community, the past, and even each other over shared experiences."

Forrest Schmitt, Experimental Archaeology Manager, has been serving with ARI for a little under two years. He recalls a memorable project and team effort he encountered during his service at ARI:

"The Kentucky Heritage Council Archaeology Conference presentation about the differences between historic brick and pre-contact daub must be the one that sticks out the most. It was such a rewarding experience to sit down and design a research study. To then successfully present this research was an amazing moment. We were all already friends, but I think that it took our working and personal relationships to the next level to work together on such a project."



My name is **Betsy Dulle**; I am an AmeriCorps member, Public Archaeologist, and Programming Manager.

My personal highlight is from last summer when I began my adventure here at ARI as a field student through the University of Cincinnati. The people I met and the experience I had during my month-long field school drew me to join the ARI team. As we explored "Rowdy Camp," a post-Revolutionary War encampment, I made unforgettable memories and lifelong friends. I am happy to be part of such a great team of individuals and proud of all the things they have accomplished.

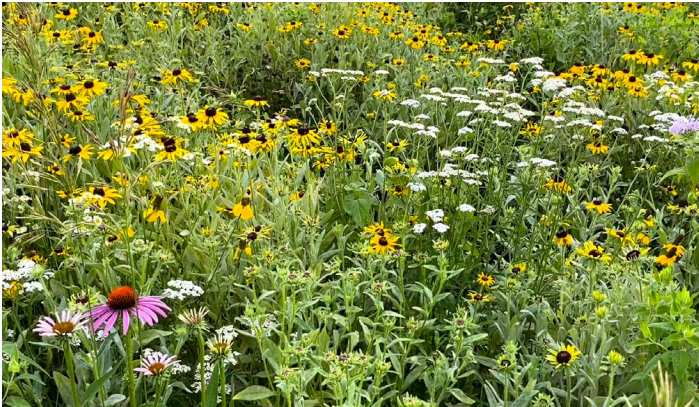


If you have a special ARI memory, tell us about it. Email our Director of Education and Programming, Samy Norris at samy@exploreari.org or your editor at: larry@exploreari.org. Whether you were working, studying, or visiting with us, we'd like to hear about your experience. Your comments will help us know what programs and activities are best serving our community. Thank you for your help!

Using the Gardens as a Medicine Chest

By Kay Jackson-Frankl

NOTE: *The knowledge required for the safe collection, preparation and ingestion of traditional medications requires years of focused study and practice. This article is NOT sufficient preparation for such practice nor is this article endorsing the various plants/herbs/flowers or trees described for ANY medicinal use.*



Most of us walk past our gardens and marvel at our beautiful plants. We enjoy their beauty and their fragrances, but we don't typically think about the healing properties found within the roots, stems, leaves and flowers. In our modern world, if we get injured, or we become ill, or if we suffer from a headache or toothache, we have options. We can call the doctor or just head to the nearest drug store.

But what did people do for a headache or toothache before there were doctors and drug stores? What did people in this area do, say, 250 years ago, when the inhabitants were Native Americans and early pioneer settlers? They turned to nature. Native American healers had to know a great deal about local plants and their medicinal uses. They had to know what to use for a given affliction, how to use it, and in what measure. For the medicine man or woman, every season had its own work: whether foraging, cleaning and drying, or making the teas, ointments, salves, tinctures, and oils. Keeping inventory of dried and stored medicines to make sure the tribe had enough for "cold and flu" seasons, any epidemics, and treatment of emergencies, deliveries, and just the maladies of "growing up" and "growing older." But it was also a sacred mission. Healing was all about restoring balance to the mind-body-spirit-emotion of the person. The motto being "harm none." Even

today, for ancient Indigenous populations the world over, the knowledge, foraging, and use of healing herbs, flowers, and trees still is a sacred work with deep spiritual and cultural roots.

Pioneer settlers had to be mostly self sufficient. Except for an occasional visit by a traveling doctor, or a rare trip into a city like Cincinnati, they were on their own. So they, too, needed to know how to use native plants for medicinal purposes. Many of their remedies were learned from their Native American neighbors.

In this article we take a look at four different plants and trees that we see every day and provide some information regarding the healing properties these plants possess.



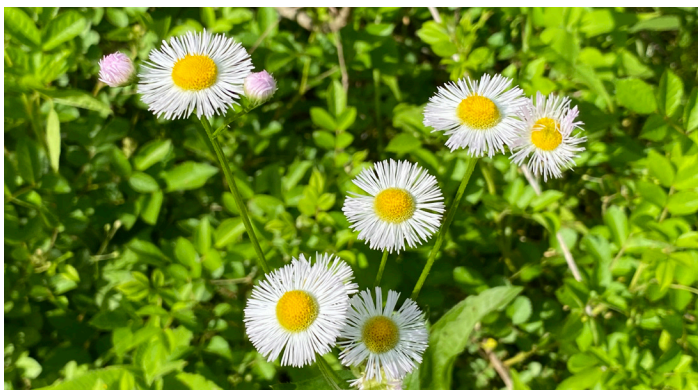
Willow trees: The use of Willow bark was established as early as the time of Hippocrates. Its bitter taste didn't stop him from prescribing it for patients with headaches, arthritis, fever and women with labor pain. From Willow bark, a compound called salicylic acid can be formed and from a mix of salicylic acid and Spirea, or Meadowsweet, to decrease the acid and bitterness, comes Aspirin. It took until 1853 for researchers to combine Willow and Spirea to form the compound called, generically, aspirin, and aspirin remains in use today. It is the inner tree bark, which was foraged and used fresh, or dried, as tea, oil, or chewed, and given to the person suffering from fever or pain.



Broadleaf Plantain: Many of us spend a lot of our time and money trying for the “perfect” lawn. But did you know that the clover, plantain, and dandelions are full of healing qualities? I am only addressing the plantain here, but if you look up the others, I think you will be amazed!

Plantain leaves were typically collected in the spring when they are a lovely green. They were used whole and applied against the wound as they have anti-inflammatory, anti-viral and anti-bacterial properties. The seeds were collected in the fall and used as a laxative. The seeds contain psyllium, a common ingredient found in most bulk laxatives of today.

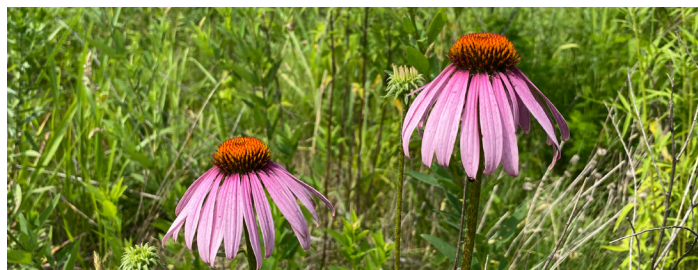
After foraging, the women usually, would separate the roots, leaves, and seeds into piles to then wash and dry. The roots and leaves were used to prepare teas, salves, and ointments for coughs, rashes, intestinal problems, urinary tract infections - even poison ivy!



Fleabane: That pretty pink daisy type flower with the yellow center is Fleabane. It is found in moist soil with lots of sun and it is not picky about sharing the area with trees or grass. Fleabane was used for various ailments and the preparation depended on the diagnosis.

A poultice was used for headaches while incense was made, and the smoke inhaled, for head colds. Additionally, the roots could be chewed, or a tea used to treat the cough and other symptoms of a cold.

Interestingly, this plant was also used in combination with other plants and herbs to treat headaches, mixed with tallow as a salve for skin irritations and sores, and used as an eye wash to treat “dimness of eyes.” The roots were also used as a drink to bring on menstruation, and as a diuretic. With so many uses, proper diagnosis was vital as was exact preparation and dosage.



Echinacea: Our last plant for this issue is echinacea or the Purple Cone Flower. Archeologists have evidence that Native Americans may have used echinacea for more than 400 years to treat infections and wounds, most often for toothaches, coughs, colds, sore throats, and poisonous snake bites and insect stings. Often, it was used as a “last resort” for scarlet fever, syphilis, malaria, diphtheria, and septicemia.

All parts of the plant can be used. The plants can be ground to a mush and the “juice” used in tea or applied directly to the wound. The root could be chewed for a toothache, a cold or sore throat.

Unfortunately, this plant is widely used in holistic healing and alternative health practices. This has resulted in a decrease in the plant’s native availability as more people seek to use the plant but may not practice “compassionate” foraging. What is “compassionate foraging”? It is not taking more than you need and never taking so much of a plant that it cannot regenerate.

It’s good advice to “think before you pluck”!

Resources:

https://plants.usda.usda.gov/Documentlibrary/factsheets/pdf/fs_ecpu
<https://www.drugs.com>

Protecting Indiana's Archaeological Sites

By Rachel Sharkey, Director of Public Archaeology



The first law protecting archaeological sites in the United States was the Antiquities Act of 1906. This law offered protection to archaeological resources on federal lands. In 1979, the Archaeological Resources Protection Act (ARPA) was put into effect, once again protecting cultural resources, this time on public and Indian lands. The vast majority of archaeological sites in Indiana are located on private property - so how are these protected? The National Historic Preservation Act (NHPA) of 1966 took a step in the right direction by offering a system of checks and balances for any project with federal involvement, even on private property. Through this act, any project receiving federal funds, permits, or licenses must undergo review to ensure that cultural resources, such as archaeological sites and historic buildings, will not be impacted by the project. However, this act offers no protection if private funds are involved.

In 1989, Indiana took protections a step further and enacted Indiana Code 14-21-1 which protects archaeological resources across the state. This law protects archaeological sites on private property from intentional disturbance or investigation from non-archaeologists and is one of the most stringent in the United States. These protections fall under the auspices of the State Historic Preservation Office (SHPO), which is part of the Indiana Department of Natural Resources (IDNR). IDNR

has their own law enforcement professionals, known as Conservation Officers, who conduct police work related to natural and cultural resource laws and rules. These officers help the SHPO to enforce Indiana's archaeological protection laws. For more information on archaeology in Indiana and the SHPO office, you can visit this webpage for the DNR, Historic Preservation & Archaeology: www.in.gov/dnr/historic-preservation/archaeology.

ARI and Oxbow, Inc. have used Conservation Officers on several occasions to protect archaeological resources in our community. If there is a suspected looting on Oxbow or ARI property, we can reach out to Conservation Officers to help monitor the situation and catch people in the act. Surface collection of artifacts is allowed by law, but only if landowner permission is obtained beforehand. Non-professional digging for artifacts is not allowed in Indiana and is considered a Class A misdemeanor.

The lands owned by ARI and the Oxbow are considered private property and so the archaeological resources within are protected by Indiana State Laws. This is in part why we are so focused on public archaeology at ARI. We recognize the interest and importance of the cultural resources in our region and invite people to visit the sites alongside us rather than keeping them locked away. We also recognize the importance of these resources and appreciate the laws in place to help protect them for generation to come.





Archaeological Research Institute



August

3rd.....Farmers Market 9:00 am-1:00 pm

10th.....Rock, Fossil, & Artifact Identification Day 10:00 am-2:00 pm

20th.....Happy Hour History-Speaker Series: Pat Trader, Current Research 6:30 pm -8:30 pm

27th.....Stew Crew Presents Barks & Bonfires 6:00 pm - 8:00 pm

September

7th.....Farmers Market: Cooking Demonstration 9:00 am-1:00 pm

7th.....Director of Public Archaeology, Rachel Sharkey,
at Indiana State Museum 10:00 am - 3:00 pm

14th.....Farmers Market: Booth 9:00 am- 1:00 pm

14th.....Rock, Fossil, and Artifact Identification Day 10:00 am- 2:00 pm

17th.....Happy Hour History- ARI Speaker Series: Louis Herzner, VALOR 6:30 pm - 8:30 pm

21st.....ARI Adventure Trek: Journey of an Artifact

24th.....Stew Crew Presents B & Bonfires: Bats & Bonfires 6:00 pm - 8:00 pm

28th.....ARI Extravaganza 10:00 am - 4:00 pm

October

3rd.....Farmers Market 9:00 am-1:00 pm

4th..... LAST DAY OF PUBLIC FIELD SEASON

11th.....Haunted Wine Walk

12th.....Rock, Fossil & Artifact Identification Day 10:00 am - 2:00 pm

15th.....Happy Hour History: Speaker Series-Jon Seymour, Afternoon birding

16th-19th....Midwestern Archaeology Conference

22nd.....Stew Crew Presents Boos & Bonfires 6:00 pm- 8:00 pm

22nd- 25th...Preserving Historic Places Conference