

Welcome 2021

Cultural | Physical | Linguistic | Archaeology

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Welcome Back and Welcome 2021

2020 was a wild ride, not just for us Eagles but the world over. If it has taught us anything it is that the U.S. (and the world) *needs* a better understanding and implementation of Anthropology in everyday life. *How has anthropology helped you make life and the world a little bit better?*

Don't Forget

Don't forget to pay your dues! Are you interested in being an official member of our chapter? Dues are only \$10!

Are your hands hurting after a long days work? Try these joint protection and pain prevention tips from occupational therapist and EMU alumna Adrienna Bartnicki

1) Optimal Positioning

- Avoid quick repetitive motions
- Work close to your body
- Work in neutral or middle range of motion positions
- Use a lower back brace

2) Education

- Take breaks **BEFORE** you get tired or start to feel pain/strain
- Use ergonomic tools (e.g. spear head spade & ergonomic shovel reduces load on lower back; wrist rests for your keyboard)
- Strive to maintain a healthy body weight (i.e., less load on joints)
- Walk and stretch *before* AND *after* your day of work
- Pay attention to your diet and keep a food journal; some foods increase inflammation
- Use levers, wheels, and tools to replace using your joints - work smarter, not harder (e.g., use an electric can opener vs. a

Anarchism and anthropology go well together because anthropologists know that a society without a state is possible because so many exist. - David Graeber

EVENT TEASER



The constellation we know and see as *Draco the Dragon* the ancient Egyptians saw as a crocodile. They saw the Nile crocodile as their god **Sebek**, associated with pharaonic power, fertility and a protective deity. The Nile crocodile would also assist commoners in their final funeral rites when they were laid to rest in the waters of the Nile.

The star Thuban in the tail of the crocodile was the pole star around 2500 BCE, when the Egyptians were building their great pyramids. This star was of great importance, much like our current pole star, Polaris.

Draco the Dragon, or Sebek the crocodile god can be found in the Northern portion of the sky. It is one of our circumpolar constellations meaning it never sets and can be seen all year.

manual can opener)

- Take a multivitamin with omega-3 (consult your doctor before taking any non prescribed healthcare supplements)

3) Exercise

- [Finger Stretches](#)
- [5 Stretches to Help Alleviate Carpal Tunnel](#)

4) Heat wrapping/soaking in the morning can relieve muscle stiffness and warm your joints up for work

5) Cold wrapping/soaking after work can reduce pain and swelling

6) Add foam or padding to any grip location to add cushion (e.g., tennis racket grip tape or re-grip tape)

More Information

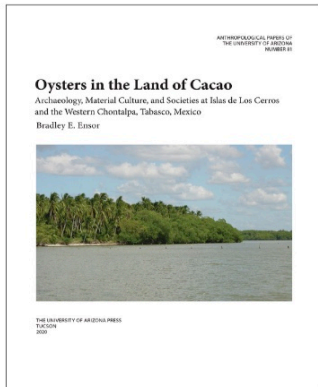
[How to Shovel and Dig Without Straining Your Back](#)

[8 Fundamental Ergonomic Principles for Better Work Performance](#)



Classic Period Jade Mask - Maya

New Book Alert!



ARCHAEOLOGY

September

272 pp.

8.5 x 11

44 b&w illustrations, 43 tables

Paper

978-0-8165-4108-9 / \$19.95 S

Electronic edition available

Anthropological Papers



Chapter VP showing off
her copy!

OYSTERS IN THE LAND OF CACAO

ARCHAEOLOGY, MATERIAL CULTURE, AND SOCIETIES AT
ISLAS DE LOS CERROS AND THE WESTERN CHONTALPA,
TABASCO, MEXICO

BRADLEY E. ENSOR

Offers a significant new understanding of the archaeology of western Tabasco

For decades, the Chontalpa region of Tabasco, Mexico, conjured images of the possible origins of the Itzá, who migrated, conquered, or otherwise influenced much of Mesoamerica. In *Oysters in the Land of Cacao*, archaeologist Bradley E. Ensor provides an important resource for Mesoamerican Gulf Coast archaeology by offering a new and detailed picture of the coastal sites vital to understanding regional interactions and social dynamics.

This book synthesizes data from multiyear investigations at a coastal site complex in Tabasco—Islas de Los Cerros (ILC)—providing the first modern, systematic descriptions and analyses of material culture that challenge preconceptions while enabling new perspectives on cultural developments from the Formative to Late Classic periods through the lens of regional comparisons and contemporary theoretical trends. Ensor introduces a political ecological understanding of the environment and archaeological features, overturns a misconception that the latter were formative shell middens, provides an alternative pottery classification more appropriate for the materials and for contemporary theory, and introduces new approaches for addressing formation processes and settlement history.

Building on the empirical analyses and discussions of problems in Mesoamerican archaeology, this book contributes new approaches to practice and agency perspectives, holistically integrating intra- and interclass agency, kinship strategies, gender and age dynamics, layered cultural identities, landscapes, social memory, and foodways and feasting. *Oysters in the Land of Cacao* addresses issues important to coastal archaeology within and beyond Mesoamerica. It delivers an overdue regional synthesis and new observations on settlement patterns, elite power, and political economies.

BRADLEY E. ENSOR is a professor at Eastern Michigan University and author of *The Archaeology of Kinship and Crafting Prehispanic Maya Kinship*.

"Ensor summarizes two decades of innovative archaeological research on the small, nonagricultural communities around the Laguna de Mecoacan some ten miles north of the Late Classic Maya kingdom of Comalcalco. His research is a significant contribution to the understanding of this Maya kingdom. These communities were integrated into the Comalcalco polity as tributaries supplying the primate center with crushed shell and lime for the construction of elite residences and temples. Ensor further disproves the hypothesis that these small coastal communities were 'ports of trade,' suggesting that long-distance and regional trade in the area was controlled directly from the Comalcalco primate center. He further summarizes the Late Formative and Late Classic sociopolitical history of western Tabasco. His conclusions and speculations should stimulate further research and discussion of this crucial intermediate area."

—Edward B. Sisson, University of Mississippi



2014 Study Abroad - Route of Cortez. Four of our officers journeyed through Mexico with Dr. Ensor. We explored part of the region Dr. Ensor recently published about!

Images top to bottom:
Touring the mangroves in El Bellote on our way to the island

Dr. Ensor showing us Isla Chable where he conducted his research



Group photo on top of the Pyramid of the Sun at Teotihuacan!

EVENTS

Join us **March 21st at 7:30pm via Zoom ([Click Here!](#))** where our officers will take you on a journey across the world through myths and legends depicted in our night sky! This event is open for participation so come with a star myth to share (if you'd like)!



Job Alert!!!

Did you take the archaeology field school? Are you interested in becoming a paid archaeologist?! The Mannik & Smith Group is looking for field technicians for phase I & II projects in March (weather permitting). You *must* have your own transportation

If you or someone you know is interested email your resume/CV to [Robert Chidester](mailto:RChidester@manniksmithgroup.com) (RChidester@manniksmithgroup.com)

Are you interested in becoming an officer in the Alumni Chapter? We're in search of a secretary! If interested please contact our President Danielle (djulien3@binghamton.edu) or Vice President Alicia (awilli36@emich.edu)!

this is a volunteer, unpaid position

CONGRATULATIONS TO OUR LOGO CONTEST

WINNERS!

Congratulations to
Jessica Lacerte for
winning the 4 sub field,
physical and
archaeology categories
and Hannah Hilbert for
winning the linguistic
category!



We will be emailing your shortly
about your winnings!

Thank you to everyone who submitted!

Remember!

We are always accepting donations! Through donations we will be able to help out our undergraduate students, help our alumni pay for graduate school applications and fund our future events (hopefully we'll be able to meet in person soon)!

1. Visit emich.edu/foundation/give
2. Select the specific fund option
3. Type in 02597
4. In the comment section make a note of whether you are paying your dues or donating to our chapter

THANK YOU

To those who have generously donated,
we would not be able to achieve our goals
without out you!

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