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Chapter 1 : Ancient-Giantology: Giant Human Skeleton Photographed on Catalina Island, California

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The diet that they were eating clearly was a diet that was high in animal protein and animal fat. When you think about it, to get here, they had to come from the coast and they could see these islands as they were going down the coast. Where did these people that were in canoes ultimately come from? You can see the outline of it here. At one time Asia and North America were connected. The thinking now is that people that had canoes were just following the coastline around. They were hunting seals, and walruses, and other fatty animals, which is a good animal, and lo and behold, they came around here to Alaska. They went down the coast of North America. This is the oldest site in North America, the Channel Islands, for humans. The oldest site that we have in all of the Americas is a place called Monteverde, in Chile. This is dated to about 14, years ago. They took their little canoes and followed the entire continent down to South America. So if they were in South America by 14, years ago, it tells us they had to have been in California, and Oregon, and Washington, and Alaska at about the same time or maybe slightly earlier. Unless, of course, they decided to paddle and sail all the way across from China and the Polynesias. If we look at hunter-gatherers in North America, like, Columbus first came over here, they described the watercraft, and the watercraft were always canoe-type situations where they paddled boats. There was never any description of sailing per se; so we think that they were just probably following the coastline. The fat in its fat tissue is way different than if its fed in a confined livestock situation. So these maritime people, they were preying upon fish, no doubt fatty fish: When we look at the types of fats that are found in maritime animals – We call it blubber, insulation for the animal in a cold water environment, it contains primarily monounsaturated fats. It gets hard, so it would influence the movement of the mammal. Just like with salmon and so forth, it does all those good things. I have no doubt that the Santa Rosa Island Woman was probably fairly well-nourished. How they found this femur – An archaeologist back in the 60s – I think his name was Orr. He was basically surveying this island to look for archaeological sites. At the time the Navy had a base here. So he got a road grader. He wanted to make a road across Arlington Canyon, so you could get to the other side. As he was digging this road with a grader, he cut into the earth, and he could see the bone sticking out of the earth. They cut a big piece of earth containing the bone out, and then he packed it with plaster. He had the foresight to put that big block of earth in a museum. You go back to , 40 years later. Now we have the technology to accurately date this. With modern technology it was dated to, I think, So this was just a phenomenal fossil find. I guess the other thing that it begs the issue, Shelley, for listeners here – The technology to get to this isolated island means that, obviously, they had to have boats. Also, if we go back all the way up to Alaska, they had to have fire. You mentioned that one of the things that they had to do was to hollow out a log, a big log, to make their boat, and they did that by burning the center of the boat. By rubbing your hands up and down this little drill, doing it fast enough, if you have enough persistence, you can get a little bit of hot ash that starts to smoke. Then you have tinder, and you can blow on it. If they had a means to make fire, not only could they make boats, but they could also do barbecue. They were doing barbecue. In all likelihood, when they killed these maritime animals, they had a big feast. Speculating – The fossil was found close to the sea, close to a freshwater area. So she was probably harvesting plants that may have grown along that little springs, or pool. They were probably consuming shellfish that they could gather in the ocean. If it was the time of year when sea birds were there, they may have consumed eggs. If they were lucky enough, and somebody could spear a seal, they probably would have had roasted seal, and walrus, and whatever, and even – If they were there at the same time – these pygmy mammoths that were on the island. How would I replicate this in some way, if I wanted to have her style of a feast? I think certainly you could have barbecued fish. That would be a great thing to do. You can replicate – have yourself a nice barbecued fish meal, or you could get shellfish, and clams, and mussels, and other things. Abalone was found in California. Abalone makes a wonderful barbecue meal. So lots of seafood fish. We can

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do the Paleos one up from 13, years ago, because now we have delectable lettuce and other vegetables that we can add in, and a nice, big salad and olive oil. Visit my website, [thepaleodiet](http://thepaleodiet.com). If you want to send me questions or comments, the place to go is [thepaleodiet](http://thepaleodiet.com).

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Chapter 2 : Channel Island Woman's Bones May Rewrite History - latimes

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In Death Valley there is ample fossil and skeletal evidence to indicate that the area was once a tropical paradise with ample lakes and forests for habitation. It is now an area of total desolation. The ruins of an ancient town, which must have been destroyed by an ancient catastrophe, have been found in Death Valley in the Nevada Desert. Traces of melted rocks and sand can be seen. The heat of a volcanic eruption would not have been enough to melt rocks. Not a blade of grass grows in the district. A Captain Walker was the first to see one of the ruined cities, the centrepiece of which was a huge rock, between 20 to 30 feet high with the remains of an enormous structure upon it. The southern side of both the rock and the building was melted and vitrified. Captain Walker wrote of Death Valley in *The city extended for about one mile. There are signs of a volcanic eruption with carbonized or vitrified blocks the result of some terrible catastrophe. In the centre of this true American Pompei there is a rocky spur twenty to thirty feet high on which the ruins of gigantic constructions can be seen. The buildings at the southern extremity look as if they had been in a furnace and the rock on which they are built shows signs of having been melted. The local Indians have no legends of the area but the ruins fill them with superstitious terror. There have never been volcanic eruptions in the Death Valley though. Dr Martin states that in Death Valley there are misshapen trees and a large population of Reptiles, fumes that make it fatal to human life and weird lights sometimes in shapes resembling human beings which move through the darkness, sometimes slowly and sometimes with the speed of lightning. They rush skywards in columns of fire. In the Cowden brothers uncovered the skeletal remains of a human being , years old, , BC. It was a giant female and the bones were petrified and crystallized in places and the bone marrow had opalized. In the same strata were the remains of prehistoric Camels and other mammals as well as an elephant-like creature with four tusks and not two as well as towering tree ferns, petrified palm trees and fossilized fish. There were several extra buttons at the base of the spine and a possible tail like appendage. The canine teeth were twice the size of modern man. The woman was 7. There were also hand hewn caves high up in the chalk like cliffs that were almost inaccessible from either top or bottom approaches. The area must have been an inland Sea or an inlet of the Pacific Ocean at the time. Beehive structures or kilns of unknown age have been found in Death Valley. In a newspaper report from August, 4, there is mention of the discovery of mummies in caverns by a Dr F. Bruce Russell who discovered these finds originally in These mummies were of men eight to nine feet tall and were clothed in garments consisting of medium length jackets and trousers extending slightly below the knees. The material resembled gray dyed sheepskin. In another cavern there appeared to be a ritual hall together with devices and marking similar to those used by Masons. In a long tunnel were the well-preserved remains of elephants and tigers. Hieroglyphics were also found chiseled on polished granite. The caverns were found in an area of miles square and covering much of southern Nevada from Death valley, California, to Arizona. Inside the city were perfectly preserved mummies that wore thick armbands and wielded gold spears. They found out by accident that the city had been previously lit by a system of lights fed by subterranean gases. They also claimed to have seen a polished round table that appeared as if it was in a council chamber. They also claimed to have seen statues of solid gold, stone vaults full of gold bars and gemstones and huge stone doors that were perfectly balanced by counterweights as well as other fantastic sights. The two miners followed the caverns upwards until they opened up onto the face of the Panamints, half way up the eastern slope in the form of a few ancient tunnel-like quays. Below them was the Furnace Creek Ranch and Wash. Local superstitions in the area by the local indigenous inhabitants state that the area is to be shunned as it is taboo and the abode of spirits and only death will greet you there. There are quite a few local stories of subterranea stretching for miles under the Valley and that some of these tunnels*

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have naturally mummified bodies of people who appear to have died suddenly in them. Also in Death Valley there is the Racetrack Playa where odd things have been happening for many years. These stones range from pebbles to six hundred pound boulders and the cause of the phenomenon is unknown. Are all the phenomena of Death Valley related in some way? Prehistoric people cut strange petroglyphs onto the walls of Titus Canyon in a remote part of Death Valley. There are depictions of sheep and lizards and something like an upside-down candelabrum. Also there are various triangles, diamonds, zigzag lines and one incomplete set of wavy lines radiating out from a circle. In treasure seekers looking for geodes found one geode with something different inside it. Inside the geode that was not hollow was an unknown stone with an iridescent surface that had been formed under the effect of intense heat. In its core was a shining metal rod two millimetres in diameter and seventeen millimetres long. Geodes are hollow spherical or oval stones that are lined with crystals. The particular stone bore traces of fossil shells and the next day when they attempted to cut it in half they broke their diamond saw. In cross-section the exceptionally hard material was like porcelain or ceramic with a shining two-millimeter rod in the middle. X-rays were taken and showed Porcelain; copper and metal like electrical equipment. It resembles a sparkplug. Technically it is not a geode as it is composed of hardened clay mixed with biological elements. There was an incrustation of fossil elements on it. There are what appear to be ancient mines in the area but there are no records of any of them being worked by white people. A distinct imprint in solid stone has been found. It is similar to antique Mexican fashion with a high narrow heel and a broad flat sole. The imprint is perfectly clear and looks as if it were pressed into soft mud a day or two ago. It is a right foot. Soil is fine-grained shale impregnated with Lime. Ferns, leaves and twig imprints were also found as well as the complete outline of a fish twenty feet below the surface. The discovery was reported in The remains of dwarf mammoths have been found here that were roasted in ancient pit fires. The mammoths were roasted and eaten by humanlike creatures who were giants with double rows of teeth. We know that the dwarf mammoth has been extinct since the Cataclysm of nine to ten thousand BC. In July , a party of miners working near the falls found the tomb of a woman whose skeletal remains indicated that she stood six feet eight inches tall. Martindale, who was in charge of the miners, had noticed a pile of stones that seemed to have been placed against the wall of a cliff in an unnatural formation. The miners removed the stones and found a wall of rock that had been shaped and fitted together with knowledgeable masonry. The joints between the blocks were a uniform thickness of one eighth of an inch. Thinking there was treasure inside the miners tore the wall down. Only the mummified corpse lay on a rock ledge that had been carved from the natural stone. The miners were not interested in the giant mummy and then found another vault. Within this vault was the mummy of a woman clutching a child to her breast. The mummy was six feet eight inches tall and when alive must have been somewhat taller. They have uniform grooves, cusps, cups or sprocket teeth around their edges with thicknesses up to two inches thick. About one in six of the cogs are perforated by a circular hole that is conical and not straight through. There are elliptical holes and double conical holes. Were these parts of machines? Nothing else of this technological skill has been found here. Some of the cogs have rounded cookie cutter cogs on their outer edges. Others have hemispherical dents sunk in around the rim. All of these features are regular and precisely spaced. The quality of the workmanship would be difficult to perform even with modern tools. The cog stones are only found underneath levels of artifacts that are among the crudest in North America. Why do we often find advanced technology coming prior to primitive technology?

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Chapter 3 : 'Arlington Springs Woman', 13, Years Old Human Skeleton, California Island

Excerpt from Skeletal Remains From Santa Barbara, California, Vol. 1: Craniology In general the state of preservation is very good. Except that of A, which, as already mentioned, consists of a number of fragments, and D which represents a skull cap or calotte only.

The extraordinary discovery provides important clues to a critical yet mysterious period in human history--the end of the last major ice age--when nomadic people began populating the Americas but left little evidence about who they were or where they came from. The new evidence suggests that the first settlers could have been Polynesians or southern Asians who arrived by boat. Some of the recent remains have features more typical of Europeans, scientists say. Johnson, curator of anthropology at the Santa Barbara Museum of Natural History, part of the team involved in the research. The skeletal remains consist of two thigh bones scooped from a gully at Arlington Canyon on Santa Rosa Island 40 years ago. They were tested in the s and kept in their original soil before being encased in plaster and stored in the basement of the Santa Barbara museum. Researchers at the museum and Channel Islands National Park recently decided to subject the bones to sophisticated DNA and radiocarbon testing methods that were not available when the bones were discovered. The results showed that the bones are probably 13, years old, 1, years older than previously thought. That would make the so-called Arlington Springs woman slightly older than the oldest known human skeletons in North America, which came from Montana, Idaho and Texas, scientists say. Results of the investigation have not yet been submitted to peers for critical review and have not been published in scientific journals. But a paper describing the experiment presented March 30 at the fifth California Islands Symposium at the Santa Barbara museum has fueled excitement among leading scholars in the field. Two sets of tests were performed on the bones and have produced differing estimates of their age. The first set was performed by the Stafford lab and R. Ervin Taylor, chairman of the anthropology department at UC Riverside, another respected expert in the carbon dating of skeletons. Those tests produced an age of 11, years. Stafford, a research geochemist who runs the Stafford lab, performed a second set of tests on another piece of leg bone that was in better condition. That test isolated a protein common to bones and analyzed the remaining amino acids, which indicated an age of about 13, years. Additional tests on a lump of charcoal and a mouse jawbone, found beside the leg bones in the same stratum of soil, confirmed that age, Stafford said. Taylor said he hopes to double-check the older date by testing the same portion of femur that Stafford used. "You take his data seriously," Taylor said. Either way, the bones from Santa Rosa Island join an exclusive group of skeletons from the very earliest people to arrive in the Western Hemisphere. In those days, the colonizers would have seen continent-sized glaciers and woolly mammoths. The sea level was feet lower than it is today. The northern Channel Islands near Ventura and Santa Barbara counties were joined in a contiguous land mass that scientists refer to as Santa Rosae. The bones were found in a canyon on the island that ancient peoples have inhabited on and off for thousands of years. It is possible she may have lived there and walked across a canyon, now underwater, to the current Santa Rosa Island where she died, said Don Morris, archeologist for Channel Islands National Park. Arlington woman presses right back into this time of the early migration of the New World. She could be the oldest skeleton in North America," Stafford said.

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Chapter 4 : MYSTERIOUS ARCHEOLOGICAL SITES - GEORGE MITROVIC AUTHOR

Reprint of the ed. published by Museum of the American Indian, Heye Foundation, New York, which was issued as no. 39 of Indian notes and monographs, a series of publications relating to the American aborigines.

It is ten times easier to adopt what one cannot change. Hill of The Oregonian staff Three human bones found 40 years ago off the Southern California coast may rewrite the history of the Americas. Recent radiocarbon dates indicate they are about 13, years old. If confirmed, that would make them the oldest remains ever found in North America. The bones -- two thigh bones and a kneecap -- were found in , buried 30 feet deep in the side wall of Arlington Canyon on Santa Rosa Island in the Channel Islands off Santa Barbara. Orr, who was curator of anthropology and paleontology at the Santa Barbara Museum of Natural History, discovered them. The finding adds support to the theory that at least some of the first humans who came to the New World may have arrived by boat rather than by a land route. Johnson, current curator of anthropology at the Santa Barbara Museum, where the bones are stored, said Orr was interested in the pygmy mammoths that had become extinct on the Channel Islands at the end of the last ice age. Orr, who died in , was surveying mammoth bones on the island when he saw a human thigh bone poking out from the side of the canyon. A closer examination revealed the other two bones. Johnson said Orr, who called his discovery "Arlington Springs Man," obtained a radiocarbon date of 10, years from charcoal in the same soil layer that contained the bones. They estimated from the length of one thigh bone that the woman was about 5 feet 1 inch tall. Johnson said field work at the discovery site might provide more information. Discoveries of such ancient remains are rare. The oldest previous skeletal remains found in North America were those of "Buhla. Only about half of her was recovered, as her pelvis and other lower-limb bones apparently were lost in a rock crusher. Radiocarbon dating put the remains at 10, years old. The oldest remains found in Washington or Oregon are those of Kennewick Man, a virtually complete skeleton found in July on the banks of the Columbia River in Kennewick, Wash. A radiocarbon date determined the remains to be about 9, years old; further testing is planned. If the 13, year old date holds up, this would be the oldest human skeleton found anywhere in the Americas, North and South. Luzia is dated at 11, years old.

Chapter 5 : Full text of "Skeletal remains from Santa Barbara, California : I. Craniology"

San Francisco, June Up to three hundred years ago, a giant race of Indians inhabited the coastal regions of California. Remains of these have been discovered in the islands of the Santa Barbara Channel.

Chapter 6 : Skeletal Remains California News

Latest Skeletal Remains California News from top California sources and national sources, including.

Chapter 7 : CiNii Books - Skeletal remains from Santa Barbara, California

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Chapter 8 : Colleen B. Young | Anthropology

The remains of Arlington Springs Man, discovered on Santa Rosa Island off the coast of Southern California, aren't much to look at - just two thigh bones are all that remain. However, radiocarbon dating of the bones suggests that the

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man who once owned them lived over 13, years ago!

Chapter 9 : Human Skeletal Remains From SBA (Phillip L. Walker) | the Digital Archaeological Record

The Santa Barbara County Sheriff's Department is investigating human remains found at an Isla Vista beach Tuesday, shown here, and near Campus Point Thursday.