Julia Cassaniti visiting a monastery during fieldwork at Wat Phrathat Doi Suthep, Chiang Mai, Thailand

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WSU Anthropology Brings Thai Buddhism to Pullman

Julia Cassaniti

Buddhism has arrived in the Palouse. With a large WSU-sponsored symposium on the Buddhist concept of mindfulness this past October, and the increasing inclusion of the teaching in clinical settings and classrooms on campus, interest at WSU in mindfulness has paralleled a rising global trend. As Assistant Professor of Psychological and Medical Anthropology at WSU I have spent the past four years studying some of the cultural and psychological constructions of this exciting phenomenon. The research has taken me to the countries of Thailand, Myanmar (Burma), and Sri Lanka, where—with the help of a team of local and international research assistants—I have been investigating the whats, hows, and whys of mindfulness’ magic.

My current work on mindfulness draws from a previous project I conducted on Buddhist ideas about change, and on the influence of these ideas in the mental health of people who practice Buddhism in Thailand. I wrote about this work in a series of anthropological and religious studies journals, and most recently in my new book *Living Buddhism: Mind, Self, and Emotion in a Thai Community* (Cornell University Press, 2015). In *Living Buddhism* I follow the experiences of a man I call “Sen” who struggles with a developing addiction to alcohol, and attend to the ways that he and his family interpret and alter his problems. It was there that I first became interested in mindfulness; part of the potential therapeutic techniques that helped Sen, I found, involved local understandings of mindfulness, or sati in the Pali-influenced language of Theravāda Buddhism. These understandings, however, looked a bit different than the ways that mindfulness has come to be understood in its current forms in the United States, and I wanted to find out why. In Thailand I heard about mindfulness in connection to memory and also to religious (even supernatural) ideas about potency and power, ideas that don’t often come up in American contexts. Mindfulness has come to be associated with a range of ideas about the actual and ideal healthy person, including associations with time, affect, power, ethics, and the self, but I have come to realize that many of these associations are understood differently in the Buddhist areas that spawned the international trend.

To investigate these aspects of mindfulness in Theravāda Buddhist Southeast Asia, I spent the year of 2014 gathering data from over 600 people in the monasteries, psychiatric hospitals, universities, and villages of the region. I am now in the process of writing up my findings in a new book to be published by Cornell University Press. This work was made possible in part by fellowships from the WSU New Faculty Seed Grant Program and the WSU Meyer Award, and involved a dedicated team of researchers. As an anthropology and psychology double major, Justin Van Elsberg ’13 joined me in Thailand in 2012 when I first began the project to collect preliminary data, and returned with me again the following year after graduating from WSU. Anthropology graduate students Jessica McCauley ’16 and Jason Chung, along with undergraduate students Christopher Lanphear ’16, Gina Pielh ’15, Mariisa Appleton ’14, Laura Johnson ’15, Kristell Pearson ’17, Kelsey Gallegos, and Lora Prosser ’17 have all worked on various stages of the project since its inception, processing the over 2,000 pages of findings to collecting comparative empirical mindfulness data around Pullman in the Pacific Northwest. Starting with the involvement of WSU researchers, we have branched out to include university scholars from around the world. In 2013 an NSF-funded Advance Award brought my Fulbright mentor Professor Somwang Kaewsufong of Chiang Mai University to the Pullman campus to collaborate on the project, and more recently Piyawit Moonkham, a Thai scholar from Chiang Mai, has joined the graduate program here as an M.A. student to work on related research.
Thai studies and the anthropology of religion are blooming in our department. A graduate course offered on “Religion and the Body” and an undergraduate course on “The Anthropology of Religious Experience” encourage students to think critically about what religion feels like around the world, spawning new international field research projects.

Archeology professor Jade d’Alpoim-Guedes brought graduate students Sydney Hanson, Jason Chung, and Piyawit Moonkham to Thailand this past summer for an archeological dig in relation to religious practice, and Professor Thanik Lertcharnrit of Silpakorn University in Bangkok is currently visiting our department on a Fulbright Fellowship to further his work on Iron Age archeology in Southeast Asia. These projects, along with other collaborative, field-based student research, cross anthropology’s traditional sub-disciplinary boundaries of medical, archeological, and cultural analysis. Together they offer new ways of understanding social practice in Southeast Asia and around the world.

Part of my research on culture and health in Southeast Asia combines unusual religious experiences and psychiatric distress. I feel very honored to be part of a new book, Our Most Troubling Madness, edited by Tanya Luhrmann and Jocelyn Marrow and out now from University of California Press. For my contribution I write about a woman named “Poi”, a close friend in Thailand who for the past fifteen years has suffered from something that looks a lot like and not like schizophrenia. It feels great to finally give a wider voice to Poi’s experiences of hallucinations, cure-seeking, Bangkok hospitals, and periods of recovery, especially here as part of a collection that offers great new ways to think about the role of culture in psychiatric illness.


For more on Julia Cassaniti’s work and travels in Southeast Asia see:


In Passing
Carl “Gus” Gustafson

Carl Eugene “Gus” Gustafson, 79, of Pullman, died February 13, 2016, after a short battle with a particularly aggressive form of cancer. Carl was born on May 13, 1936, in McPherson, Kansas. He married Frances Charlene Gustafson in 1957 and subsequently relocated to Pullman in 1960 for graduate work in zoology at WSU, getting both an MA and a PhD in zoology. His dissertation, entitled “Faunal Remains from the Marmes Rockshelter and Related Archaeological Sites in the Columbia Basin” was defended in 1972; his committee chair was George E. Hudson.

Upon graduation, Carl joined the Anthropology faculty as an Assistant Professor and conducted research and taught in the department until his retirement in 1998. For over three decades he served as the department’s zooarchaeologist, providing training to graduate students in that area and offering a number of other courses as well.

He conducted field research at a number of seminal archaeological sites in Washington state, including the Marmes Rock Shelter, Ozette and the Manis Mastodon Site—all contributing to our understanding of the Northwest’s first human residents. Through his work, Carl developed trusting relations with the Native American community who appreciated his respectful approach. In 2011, advanced imaging analysis of a foreign bone embedded in a rib of the Manis Mastodon provided definitive proof (published in Science) that people had shaped and wielded a projectile to hunt prehistoric elephants in the shadow of receding glaciers almost 14,000 years ago—long before recognized by the then-prevailing Clovis paradigm. This vindicated his interpretation of the Manis Mastodon site, which has been on the National Register of Historic Places since 1978.

Outside of work, Carl was an avid sportsman. He turned his love of hunting and fishing into a small post-retirement business in Pullman, performing gunsmithing and rod building for other enthusiasts.

A very partial bibliography of Gus’ published work includes:


Recent Graduates

FALL 2015

Artstein-McNassar, Melissa; 2015, Ph.D., Chair: Nancy McKee
One Goal, Different Paths: Cultural Models, HIV/AIDS, and Minority Health Outcomes in Urban America

Calvert, Scott; 2015, M.A., Chair: Barry Hewlett
Religion, Cooperation, and Reproductive Suppression among the Hamar Agropastoralists of Southwest Ethiopia

Chung, Jason; 2015, M.A., Chair: Julia Cassaniti
How Can I Become a Person? The Paradoxical Nature of the Ideal Self within Whoonga Addiction in South Africa

Helfrecht, Courtney; 2015, Ph.D., Chair: Courtney Meehan
Effects of Stress on Onset of Middle Childhood Among Sidama Agropastoralists

Jordan, Anna; 2015, M.A., Chair: Jeannette Mageo
"Keep it On Line:" Discourse, Temporality, and Selfhood in a U.S. Memory Care Facility

SPRING 2016

Carney, Molly; 2016, M.A., Chair: Melissa Goodman-Elgar
Paleoethnobotanical and Geoarchaeological Analyses at the Flying Goose Site (4SP0435)

Carr, Caitlyn; 2016, M.A., Chair: Robert Quinlan
Estoy Luchando (I am Fighting/Struggling): Machismo and Idioms of Distress Among Rural Guatemalan Women

Caudell, Mark; 2016, Ph.D., Chair: Robert Quinlan
Life History Theory within the Human Niche: Conceptual Conundrums, Coalescing Commentaries, and a Consideration of Culture

De Los Santos Alamilla, Rodrigo; 2016, M.A., Chair: Brian Kemp
Clan History and Genetic Diversity among the Tlingit Population from Southeast Alaska

Dira, Samuel; 2016, Ph.D., Chair: Barry Hewlett
Learning to Survive Social-Ecological Risks: Cultural Resilience among Sidama Farmers and Chabu Forager-Farmers in Southwestern Ethiopia

Feeney, Kevin; 2016, Ph.D., Chair: Marsha Quinlan
Peyote & the Native American Church: An Ethnobotanical Study at the Intersection of Religion, Medicine, Market Exchange, and Law

McCaulay, Jessica; 2016, M.A., Chair: Julia Cassaniti
The Embodiment of Privileged Knowledge: Djinn Healing in Urban Mali

Miller-Atkins, Galen; 2016, M.A., Chair: Luke Premo
Local Extinctions and Regional Cultural Differentiation in the Paleolithic

Placek, Caitlyn; 2016, Ph.D., Chair: Edward Hagen
Beyond Pickles and Ice Cream: A Biocultural Investigation of Pregnancy Diet in South India

Prokosch, Jordan; 2016, M.A., Chair: Jeannette Mageo
Marshallese Americans Community and Mimesis among Transnational Migrants

Snyder, Jr., Charles; 2016, Ph.D., Chair: Marsha Quinlan
Culture, Health, and Hope: Exploring Historical Trauma, Syndemics, and the Application of Anthropology to Reducing Health Disparities in Native American Communities

Williams, Justin; 2016, Ph.D., Chair: William Andrefsky
Morphological Variability in Clovis Style Hafted Bifaces Across North America

Mortuary Archaeology Field School—Drawsko, Poland

The International Slavia Field School in Mortuary Archaeology offers seven weeks of intensive field excavation each summer. The excavation site is located in the small village of Drawsko, Poland within a medieval cemetery. The cemetery is adjacent to the remains of a local, medieval stronghold.

In the summer of 2016 Keroshini “Kero” Guynes, a WSU anthropology major, traveled to Poland to participate in this unique hands-on archaeological adventure.

Archaeological field experience is not a prerequisite for this program, creating an exciting training opportunity for the budding archaeologist.

Under general supervision, Kero excavated the remains of an intact seventeenth century skeleton. She came away from the program with a better knowledge of osteology, physical anthropology, and experience in archaeological excavation technique and procedure.

WSU undergraduate Kerashini Guynes (above) measuring the skeleton meticulously to include every curvature, making it translatable on a grid map.

The view of the field (above) with excavation in progress. Three skeletons laying side by side, in the seventeenth century Slavic grave. Burial practices incorporated the use of sickles placed across the neck to prevent demonic reanimation of the dead.
Graduate Student Spotlight

Sydney Hanson and Jason Chung

When we applied to study Thai for the summer at University of Wisconsin-Madison’s Southeast Asian Studies Summer Institute (SEASSI) program, we did not expect how much it would help prepare us for the upcoming summer trip to Thailand. Our weekdays at SEASSI consisted of going to class from 8:30 a.m. to 12:30 p.m. Our class had six other graduate students, who all came from different academic and ethnic backgrounds. Our instructor was Ajarn Janpanit, a Thai language professor who has been teaching for many years both in the United States and in Thailand. With such a diverse group of individuals, it gave us an opportunity to network with one another. While we were only in class for four hours daily, we covered a variety of topics each day such as basic Thai greetings, how to barter at the market, and even how to cook several Thai dishes. After each class, we had about four hours worth of homework. All of us would be quite exhausted at the end of each day.

The SEASSI program also offered instruction for other Southeast Asian languages, but it was difficult to socialize with the other programs as our own was so intensive. We did, however, collaborate with other language programs during the cultural night near the end of the summer. Even though the program was difficult, it felt great knowing that at the end of it all we would have a working knowledge of Thai.

Sydney Hanson visiting the Wat Pa Sak Temple in Thailand

Sydney Hanson—Thailand 2016

Although the SEASSI program provided a steady workload to keep ourselves busy, we also had some time to explore the city. Madison is chock-full of great places to eat, and it was great to experience food choices otherwise unavailable in Pullman. Another perk of Madison was that the whole city was flat, making navigating through the summer humidity a bit more bearable. The people of Madison were also very friendly and quite welcoming to those of us visiting for the summer. In conclusion, while I have never taken a formal course in language instruction, the SEASSI summer program has given me basic language skills to navigate around Thailand.

Acknowledgements: Both Sydney and Jason would like to thank Dr. Jade d’Alpoim Guedes, Dr. Julia Cassaniti, Dr. Marsha B. Quinlan, and Dr. William Andrefsky for encouraging us to apply for SEASSI, as well as giving us academic guidance along the way for us to be accepted into SEASSI’s Summer Thai Program.
Faculty Updates

**Julia Cassaniti**

Julia Cassaniti has won the American Anthropological Association 2016 Stirling Prize for Best Published Book in Psychological Anthropology for her new monograph, *Living Buddhism: Mind, Self, and Emotion in a Thai Community* (Cornell University Press).


**Julia Cassaniti** and **Tanya Luhrmann**


**Andrew Duff**

Kristin N. Safi, and **Andrew I. Duff**


**Barry Hewlett**

H. Terashima, and **Barry Hewlett** (eds.)


**Barry Hewlett**


**Barry Hewlett** and **C.J. Roulette**


S.J. Dira, and **Barry Hewlett**


**Barry Hewlett**, **R.E.W. Berl**, and **C.J. Roulette**


Z.H. Garfield, **M.J. Garfield**, and **Barry Hewlett**


**C.J. Roulette**, **E.H. Hagen**, and **Barry Hewlett**


**Tim Kohler**

Tim Kohler and Mike Smith (ASU) were awarded the 2016 SAA Amerind research seminar to fund a symposium at the Amerind Foundation in September 2016 based on their 2016 SAA symposium entitled “Inequality from the Bottom Up: Measuring and Explaining Household Inequality in Antiquity.” This will result in an edited volume on this subject published by the University of Arizona Press.

**TA Kohler**, and **R. Higgins**

2016 “Quantifying Household Inequality in Early Pueblo Villages.” *Current Anthropology* 57(5).

R. K. Bocinsky, J. Rush, K. W. Kintigh, and **T. A. Kohler**


F. Arakawa, M. D. Varien, and **T. A. Kohler**


**Erin Thornton**


**Erin Kennedy Thornton**, **Kitty F. Emery**, and Camilla Speller


**Thornton, Erin Kennedy**


Kitty F. Emery, **Erin Kennedy Thornton**, Ashley Sharpe, Petra Cunningham-Smith, and Brandon McIntosh


**Erin Kennedy Thornton**, and **Kitty F. Emery**


**Robert Quinlan**

**Robert J. Quinlan**, Isaya Rumas, Godfrey Naisikye, **Marsha B. Quinlan**, and Jonathan Yoder

Thanik Lertcharnrit is an associate professor at the Department of Archaeology, Silpakorn University in Bangkok, Thailand. He obtained his Ph.D. from Washington State University in 2001.

He came to WSU’s Department of Anthropology, under the 2016 Fulbright Thai Visiting Scholar Program, to work with Dr. Jade d’Alpoim Guedes and collaborate with Sydney Hanson, a graduate student at WSU, on the archaeobotanical remains from Promthin Tai and several other central Thai sites.

The scholarship supported his research for a period of four months from September 15, 2016 – January 15, 2017. His main objective for this research was to answer key questions that remain to be resolved with regards to early agriculture in Thailand, including (1) When did rice and millet agriculture first arrive in Central Thailand?, (2) Did rice agriculture spread to Thailand from East Asia or from India?, (3) How did humans respond to and adapt their agricultural systems in the face of climatic changes over the past 2,000 years?, and (4) What were the climatic conditions that early agriculturalists in Thailand faced?

Upon his return to Thailand, he will continue and expand archaeobotanical research to other parts of Thailand and build up a team of Thai archaeology students and professional archaeologists to pursue this field of research. He will also keep collaborating with international scholars in this field to help provide technical training and exchange knowledge about archaeobotany. This will not only lead to more research competency but also to build more archaeobotanists in Thailand.

Washington State University graduate student Kathryn Harris has won a national advocacy award in part for her successful efforts to maintain health insurance subsidies for graduate students nationwide.

Kathryn, vice president of legislative affairs for the WSU Graduate and Professional Student Association, was recently awarded the National Association of Graduate-Professional Students 2016 Lifetime Achievement Award for Excellence in Advocacy in Service of Graduate-Professional Students.

As director of legislative affairs for the national association, she spearheaded work that resulted in the federal government reversing an executive guideline to end university health care insurance subsidies to graduate students.

Kathryn’s dissertation research examines the changing sociopolitical complexity of the southeastern Columbia Plateau over the last 3,000 years. Using concepts from evolutionary and social network theories, her project employs obsidian provenience sourcing and morphometric analysis of projectile points to trace how people dealt with pressures through shifting adaptive strategies and increased intergroup interaction. Ultimately, it considers the particular question of how indigenous inhabitants of the Columbia Plateau established the culturally significant ethnographic pattern lifeway while addressing the universally important question of how and why cultures interact and change through time.
Alumni Profile

Markku Niskanen

I had wanted to study human evolution since I was seven, but studying physical anthropology was not possible at that time in Finland. I also considered paleontology (Björn Kürten was a professor at the University of Helsinki), but fossil humans interested me more. I contemplated this problem during my mandatory military service period and decided that I had to go abroad. I travelled to the United States in August 1984 just a few months after I was done with my service without waiting to get a student visa.

Within a few days of my arrival I got accepted in the Grays Harbor College (Aberdeen, Washington) and my student visa issue was sorted out. I lived with my American relatives in Montesano, and I completed my A.A. degree in 1986. During the fall of 1986, I went to WSU to study anthropology.

I realized very soon that WSU is where I really wanted to study. I really liked the physical environment, university libraries, physical exercise facilities (e.g. gyms), and especially the anthropology department and anthropology people (both faculty and students). Professor Grover Krantz became my mentor practically within a few days of my arrival. I got involved with the Sasquatch search, hunt, and research during my first semester in WSU. There were many hikes in the mountains of Washington, Idaho, and Oregon, but I still do not know if Sasquatch exists or has ever existed.

I finished my B.A. degree in May 1988 and started as an M.A. student after a summer break. My academic advisors were Professor Grover Krantz (chair), Professor Timothy Kohler and Professor John Bodley from WSU and Professor Donald Tyler from University of Idaho. These professors from WSU and UI, as well as Professor C. Loring Brace from University of Michigan, had a great deal of positive influence on my academic development and later career.

My master’s thesis topic was “The Transition of Neandertals to Anatomically Modern Humans” and focused on craniofacial and postcranial changes associated with this transition. I had commenced studying this topic already during my senior year. My first AAA paper (1988) was also on this topic. I am actually still continuing this research, but focusing more on changes associated with the Last Glacial Maximum, Neolithic Revolution, and Industrial Revolution.

I got my first publication while doing my M.A. studies thanks to Professor Kohler. A human skeleton was found during the summer 1989 excavations at Burnt Mesa Pueblo directed by Professor Kohler, who asked me to come to examine that skeleton. I thus drove to New Mexico and had a very nice week or so examining a skeleton in situ and participating in archaeological excavations.

I completed my M.A. in May 1990 and started to study for my doctorate degree during the following fall semester. During the summer of 1990, I was in Finland and England. For part of this summer (actually most of it), I examined and measured skulls representing various populations from Europe, Africa, East Asia, and Australia. This holiday skull examination took place at the Department of Anatomy of University of Helsinki and the Natural History Museum in London. I gained access to the vast collections of the Natural History Museum in London thanks to a letter of reference written by C. Loring Brace (University of Michigan). During my stay in England, I contemplated doing my Ph.D. there, but then decided to make a compromise. I decided to do my Ph.D. at WSU (was not yet willing to leave WSU and Pullman), but to do my data collection in England, Sweden, and Finland.

I returned to WSU in August 1990 with a plan for my doctoral dissertation research. After spending my summer break looking at human craniofacial variation, I wanted to examine craniofacial differences of European populations and how these differences relate to genetic differences (based on classic genetic markers), environmental differences (e.g. average temperature), and subsistence differences (length of time elapsed since the forager-farmer transition). I eventually found that cranio metric differences based on craniofacial measurements and genetic differences based on “classical” genetic markers are highly correlated, average January temperature affects the cranial base configuration, and recent hunter-gatherer past reflects in the facial configuration (mainly mastication anatomy). I defended my doctoral dissertation (“An Exploratory Craniofacial Study of Northern and Central European Populations”) in 1994.

I am currently a senior research fellow and the head of a bioarchaeological research community (BARC) at University of Oulu. We conduct particularly close joint research with Johns Hopkins University, University of Massachusetts, Charles University in Prague, and Stockholm University in human skeletal research. This research collaboration with these institutions has been ongoing since 2007. I am personally still researching what I started to research as a young undergraduate at WSU. I have always been interested in reconstructing humans from their skeletal remains and how our phenotype is affected by a complex interaction of genetic inheritance and environment (e.g., climate, and diet) as well as physical activity. We are now expanding this research on animals, for example, to examine how domestication and use as working animals has affected and continues to affect various species. As a rider and a horse owner, I am particularly interested in horses. We are now starting international horse research with universities of Helsinki, Stockholm, Bordeaux, and Queensland.

I have only good memories of WSU and Pullman where I studied and worked from the fall of 1986 to the fall of 1995. These years (and people in the WSU anthropology department) had a tremendous impact on my academic development and academic career. I am extremely happy that I went to WSU.
Good Vibrations Exhibit

Good Vibrations, a world music project with an emphasis on percussion, is on exhibit at the Museum of Anthropology, College Hall, through the end of this semester. This project was created and curated by Jonny Douglas, WSU senior anthropology major.

Hours: Monday–Friday, 9 a.m.–4 p.m.
Museum of Anthropology | Washington State University
PO Box 644910 | Pullman, WA 99164-4910