**Population in the Archaic Period**

Research in the Southeast Atlantic Zone suggests the region was occupied by 8 bands of 50-150 people, each living along one of the major river drainages. These bands formed a macroband who probably spoke similar languages, shared similar beliefs and had relatives in neighboring bands. Members of these bands likely met regularly to trade information, visit family members, court potential mates, and trade.

There weren't many people. During the Archaic Period, the total population of the Southeast Atlantic Zone is estimated to have been less than 1,500 people. Although by today's standards, this estimate seems incredibly low, the number of Archaic spear points in the Southeast is much larger than the number of Paleo-Indian points, suggesting that the nomadic Paleo-Indian lifestyle supported even fewer people, perhaps only a few hundred within the borders of the Cherokee Nation. (Anderson and Hanson 1988; B. J. Chapman and Adovasio 1977; Griffin 1967)