Sacred Sites and Sacred Foods

Questions
Sacred Sites

**Great Sand Dunes (Colorado)**
Q. What is the oldest record of humans at the Great Sand Dunes?
   A. 11,000 years ago
Q. Who were some of the first people to come to the Great Sand Dunes?
   A. Nomadic Hunters and Gatherers.
Q. What are two examples of animals that once lived on the Great Sand Dunes?
   A. Bison and Mammoths
Q. What is the Ute’s word for the Sacred Sand Dunes?
   A. Sowapophe-uehe or “The land that moves back and forth”

**Mount Blanca (Sisnaasjini – Dawn or White Shell Mountain) (Colorado)**
Q. What is Mount Blanca known to the Navaho people as?
   A. The Sacred Mountain of the East
Q. Where is Mount Blanca Located?
   A. Near Alamosa in San Luis Valley, Colorado
Q. What tribe first inhabited Mount Blanca?
   A. Navajo

**Pagosa Springs (Colorado)**
Q. What altitude is Pagosa Springs located at?
   A. 7,000 feet
Q. What two tribes fought over ownership of the springs?
   A. The Utes and The Navajos
Q. In what year did the U.S. government claim ownership of the springs?
   A. 1880

**Mesa Verde (Colorado)**
Q. Mesa Verde was one of the first preservation sites of what?
   A. Prehistoric Man
Q. When was Mesa Verde opened?
   A. 1906
Q. How many archeological sites are protected by Mesa Verde?
   A. Over 4,000

**Chimayo (New Mexico)**
Q. Each year hundreds of people travel to El Santuario de Chimayo for what reason?
   A. To be healed
Q. In what year was a burst of light seen from a hill in Chimayo?
   A. 1810
Q. What was found at the site the burst of light was seen?
   A. A crucifix

**Chimney Rock (Nebraska/Colorado)**
Q. Where can Chimney Rock be found?
   A. Between Durango and Pagosa Springs Colorado
Q. Chimney rock served as the home to the ancestors of what Indian Tribe?
   A. Ancestors of the Pueblo Indians
Q. Chimney Rock served as a major landmark for what major trails?
   A. The Oregon Trail, the California Trail, and the Mormon Trail
Blue Lake (New Mexico)
Q. Where is Blue Lake located?
   A. In the northern mountains of New Mexico
Q. It is believed that the Taos people were created from what?
   A. From the waters of Blue Lake

Sand Creek (Colorado)
Q. What two tribes occupied Sand Creek?
   A. The Cheyenne and Arapahoe tribes.
Q. How many people were killed at the Sand Creek Massacre?
   A. An estimated 70-163 indigenous people
Q. The Sand Creek Massacre was a part of what?
   A. The Indian Wars of the United States

Ludlow (Colorado)
Q. The United Mine Nation organized the strike against what three large companies?
Q. How many people died when the Colorado National Guard attacked the tent colony at Ludlow?
   A. An estimated 19 and 25 people

Zion (Utah)
Q. Who were the first occupants of Zion Canyon?
   A. The Anasazi people
Q. When did the first humans first occupy Zion Canyon?
   A. about 1,500 years ago
Q. Who was the first Mormon occupant of Zion?
   A. Isaac Behunin

Tulum (Yucatan Peninsula-Mexico)
Q. What was Tulum traditionally known as?
   A. Zama meaning city of Dawn
Q. Why was Tulum an important trade hub?
   A. Because it had access to both land and sea trade routes

Stonehenge
Q. What does Stonehenge consist of?
   A. It consists of earthworks surrounding a circular setting of large standing stones.
Q. When was Stonehenge made?
   A. Around 2,500 BC

Pyramids of Giza (Egypt)
Q. For what purpose were the Pyramids of Giza built?
   A. They were built as tombs for kings.
Q. When were the pyramids built?
   A. In the 4th dynasty of Ancient Egyptian culture.
Q. How many main pyramids are there?
   A. Three main pyramids.
Teotihuacan (Mexico)
Q. Where is Teotihuacan located?
   A. In the Basin of Mexico
Q. What is Teotihuacan most known for?
   A. The pyramid of the Sun and the Moon
Q. How many inhabitants occupied Teotihuacan?
   A. More than 200,000 inhabitants

Ghost Dance
Q. Who was the main figure of the Ghost Dance movement?
   A. Jack Wilson
Q. What was Jack Wilson considered among the Paiute people?
   A. He was considered the profit of peace and believed in a peaceful end ti white American expansion.

Sacred Foods

Three Sisters (North America)
Q. What three main crops are referred to as the three sisters?
   A. Corns, Climbing beans, and squashes
Q. Why are these three crops grown close together?
   A. They help each other grow more efficiently
Q. The Three Sisters are one of the earliest examples of what?
   A. Companion Planting

Seven Warrior Foods of the Aztec
Q. What are the seven warrior foods?
   A. Tlaolli, beans Etl, squash Tzilacayohtli, amaranth Huauhtli, nopal Nopalli, chili Chilli, and chia Chia
Q. These seven foods are a good idea to anyone that wants what?
   A. A healthy diet

Corn (Maize / Tlaolli)
Q. Corn is able to do what on its own?
   A. Reproduce
Q. When is it thought that corn started to spread across the Americas?
   A. Between 1700 and 2500 BCE

Beans (Etl)
Q. Beans are a rich source of what?
   A. Fiber
Q. How long have beans been being cultivated?
   A. As far back as 7,000 BC

Squash (Tzilacayohtli)
Q. Squash is seen as a vegetable but is actually what?
   A. A fruit
Q. Squash is grouped into what two categories?
   A. Summer and Winter squashes
Q. Squash is native to what regions?
   A. North and South America
Amaranth (Huauhtlie)
Q. When is it thought that amaranth was domesticated?
   A. About 5,000 years ago
Q. Amaranth is classified as what?
   A. A vegetable and a grain

Nopal (Nopalli)
Q. Nopal is made from what?
   A. From the pad segments of the prickly pear cactus
Q. Where did Nopal originally grow?
   A. In the volcanic regions of Meso America

Chili
Q. When were chilis first domesticated?
   A. Around 6,000 years ago
Q. Chili’s are self-pollination, meaning what?
   A. They pollinate themselves and produce viable offspring

Chia (Chian)
Q. Where do Chia seeds come from?
   A. Southern Mexico
Q. It was believed an Aztec warrior and runner could sustain themselves for how long with a tablespoon of chia?
   A. A whole day

Pomegranates
Q. What well known book are pomegranates talked about in?
   A. The book of Exodus
Q. What do Pomegranates symbolize to the Hindu people?
   A. Fertility and prosperity

Chocolate
Q. Who were the first people to consume chocolate?
   A. The Mayans
Q. What was chocolate used as?
   A. It was used as a mood enhancer