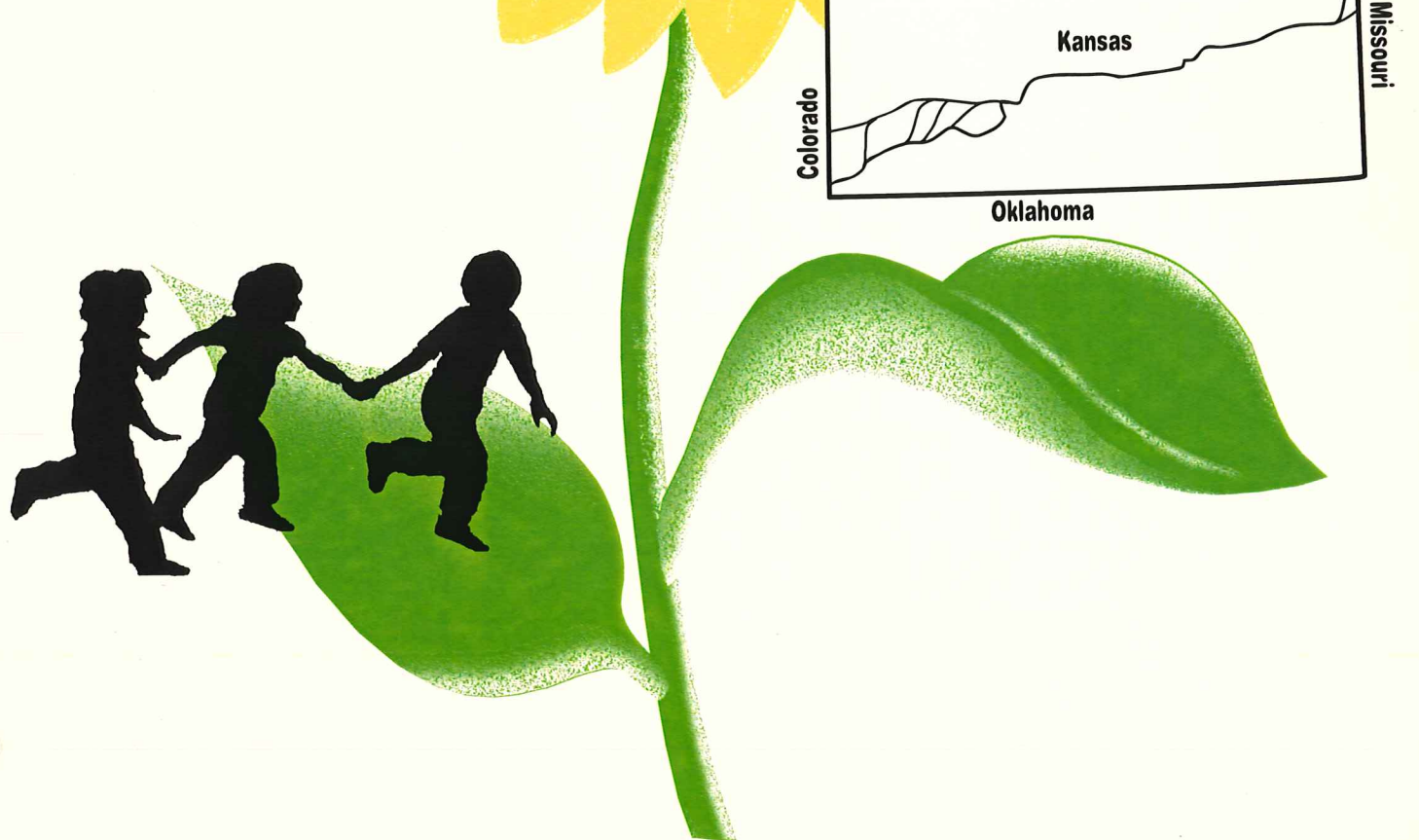


Lois

Travel the Santa Fe Trail to Kansas Kids Fitness Day



ACKNOWLEDGMENTS KANSAS TRAILS WRITING COMMITTEE

Sally Burges
Elementary Physical Educator
Whitsom Elementary

Dan Dryer
Coor Phy Educ/District Ath/OEE
Topeka Public Schools

Deon Hall
Physical Education Teacher
USD 253-W.A. White Elementary

Bobbie Harris
Physical Dimension Proj Dir
Wichita State University

Mary Krehbiel
Instructor
Wichita State University

Darrel Lang
Education Program Consultant
Physical Education and Health
Kansas State Board of Education
Outcomes Education

Susan Loitta
Fine Arts Coordinator
Williams Science/Fine Arts Magnet
School
Topeka Kansas

Paula F. Marmet
Director, Bureau for Disease
Prevention & Health Promotion
Kansas Dept of Health and
Environment

Paul Oberg
Assistant to the Principal
USD 259 Rae Woodman Elementary

Peggy Oliver
Art Teacher
Williams Science/Fine Arts Magnet
School
Topeka Kansas

Cindy Rabinowitz
Physical Education Specialist
Enterprise Elementary School

Barb Roths
Kansas LEAN Nutritionist
Kansas LEAN

Chris Templin
Classroom Teacher -3rd grade
Whitsom Elementary School

Mychael Willon
Director of the HIP Complex
USD 259

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

with special thanks

Sharon Haun
Program Assistant
Historic Sites Division
Kansas State Historical Society

Lois J. Herr
Outreach Coordinator
Kansas State Historical Society

Marsha King
Kansas State Historical Society

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BACKGROUND ON MARION SLOAN RUSSELL

In 1852, when Marion Russell was seven years old, she set out from Kansas with her mother and brother for California. They traveled in a large wagon train on the most famous route to the Southwest--the Santa Fe Trail. Trail life was not easy, but for Marion it was filled with wonders. There were wild storms followed by great rainbows, comforting campfires, and hairy tarantulas hiding under buffalo chips. There was Santa Fe, its abode walls strung with red peppers, its night air filled with mandolin music.

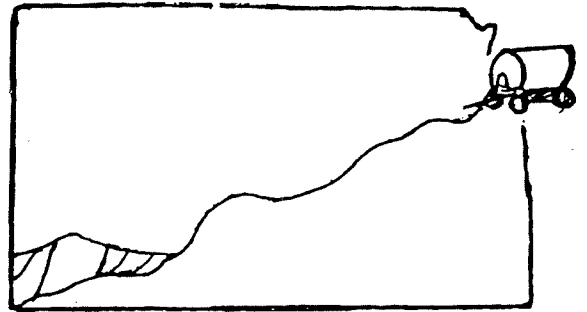
As they journeyed along the Santa Fe Trail for the first time they were part of a wagon train led by Francis Xavier Aubry, a well known figure in the history of the Santa Fe Trail. The health of Marion's brother Will concerned Captain Aubry as Will was thin and pale looking. Captain Aubry determined that Will would become strong and healthy during his journey along the trail. As with many others who made this journey Will's health did improve with trail life.

During her life Marion traveled the Santa Fe Trail several times with her family. She married a soldier stationed at Fort Union and spent her honeymoon at Camp Nickols on the trail. She describes some of her "cherished personal remembrance[s]" as specks of a cloud of dust that swirled away behind a lumbering herd of buffalo, curlews dipping in a moist meadow, her friendship with Colonel "Kit" Carson, and how the traffic of the Santa Fe Trail "flowed like a river through Santa Fé's great arched gateway."

Other memories also come to life in Marion's account of her life. She remembers being lost in St. Louis at a time when there were no patrol cars to go searching for a lost three year old child. Her memories also include an incident that was to come to mind later as she encountered snakes on her journeys along the Santa Fe Trail. While living in St. Louis her step-father killed a rattlesnake in their garden. As she stood holding her mother's hand and watching the dead snake its mouth opened wide and out jumped a big green toad.

Marion was never to forget her first trip along the Santa Fe Trail or the ones to follow. When she was a very old woman, she described in it Land of Enchantment, the book she wrote about her life. It was her "desire that these memoirs may help preserve posterity, truth and the warmth of an unforgettable period in American history; the stirring decades in which sturdy pioneers blazed trails across a strange and wondrous land of prairies, plains, and mountains.."

PRAIRIE VILLAGE RUTS



Site Information:

As people arrived in western Missouri to begin their journey on the Santa Fe Trail they traveled one of many roads or branches that joined to make larger roads or branches that merged into the mighty Santa Fe Trail. The two major feeder roads of the Santa Fe Trail entered Kansas in present day Johnson County. One brought people from Westport and the other from Independence. They merged into one in western Johnson County before splitting again into two trails, the Santa Fe Trail and the Oregon-California Trail.

Whether coming from Westport or Independence many travelers found themselves spending their first or second night on the trail at either Elm Grove campsite or Lone Elm campsite. These campsites became a rendezvous location for many of the early caravans. Elm Grove was on the Trail from Westport two and a half miles north of Lone Elm which was on the Trail from Independence. Descriptions of Elm Grove tell of a pretty little valley on the prairie. Both sites were on the same branch of Cedar Creek and both are just south of present day Olathe.

These sites both provided water and grass, important ingredients for a good campsite. Travelers stopping at these sites would rest and let their livestock graze on the good pasture found there. The grove of trees at Elm Grove was cut down tree by tree to provide fuel for the wagon caravans. By the mid 1840's only one lone tree remained at Elm Grove. This tree soon went the way of the rest of the grove and Elm Grove became a treeless campsite on the trail to Santa Fe.

Today:

Prairie Village is located at a point where the Santa Fe Trail entered Kansas. As

Prairie Village Ruts

the wagons crossed the rise they cut deep ruts into the earth that exist today. The presence of ruts on this eastern portion of the trail is unique because of the amount of development that has taken place in the eastern part of Kansas.

Location:

The ruts are located in a 20 acre park in Prairie Village. They are west of city hall. A pavilion with a map and interpretive signage is located at the site of the ruts.

Interesting Facts:

In 1856, Westport Missouri "Sept 25th I bot of Mr Hays one pair of Mules costing \$235.00--three years old--one of them rather poor, but will probably stand the trip. A horse I bot of H Clay Tate for \$100.00--a very good animal for by trip being small, pony built--about 4 years old." Diary of James Ross Larkin (Barbour p. 70)

In 1859 near Westport "We overtook a curiosity in the shape of a wind wagon. It is a four wheeled vehicle, about nine feet across schooner rigged a very large sail. The whole weights three thousand pounds. It plowed right through the mud, but cast anchor in a deep ravine when the wind failed to fill the sail and she stopped, the old captain has got out or applied for a patent, he says when he gets it perfected he will bet ten thousand dollars he can get to the Rocky mountains in six days..." Diary of Charles C. Post (Hafen, *Overland*, p. 29)

Integrated Activities:

Language Arts

⇒ Begin recording information in your Santa Fe Travel log (Appendix A). Include the following information: date, the name of the station, the location of the station, at what latitude and longitude is the location, and the distance traveled from the last station. This will be an ongoing activity that you can complete at each station. (See Appendix A)

Math

⇒ Play *The Lone Elm Game*: You will need 10 trees (toothpicks) to play the game with a partner. Put all 10 trees in a ball of playdough or just lay them on the table. Take turns cutting 1 or 2 trees (taking 1 or 2 toothpicks) at a time. The person to cut down the Lone Elm is the winner.

⇒ Problem of the trail: You are packing your trunk for the trip. You have 3 shirts and 2 pants. How many different outfits can you wear?
Answer: 6 different outfits.

Social Studies

Discuss

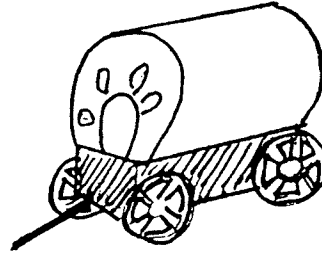
⇒ The importance of water sources and grazing areas along trails. Why would these two factors be necessary for any trail?

⇒ What is a grove of trees? Explain how important they would have been to travelers. Why would travelers cut them down and how devastating would this be to future travelers and our Earth?

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Prairie Village Ruts

Art



Project:

Students will build a covered wagon for the journey.

Materials:

Velveeta cheese box or shoe box
cardboard for wheels
muslin, cheese cloth, or construction paper for top cover
string, glue, and tape
scissors
tempera paint

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Prairie Village Ruts

Music

♪ Sing: "Kansas Boys".

♪ Discuss the verses and their meanings.

♪ Write new verses to reflect the excitement of a new journey/adventure.

♪ Create a rondo using the newly written verse as the "a" section with verbal blessings, good wishes, and farewell speeches as the B, C, D, etc. sections.

Physical Education/Health

⇒ Santa Fe Walking Trail

Survey and set up your own walking trail at your school. Figure out how many laps equal a mile. Have the students design their own Santa FE Trail walking card or have a contest and vote on which design to use. Start your class and yourself walking on the Santa Fe Trail a designated amount of laps per day. Punch the amount of laps walked on each students' card. Students eventually can start walking on their own during recess or walking part of their recess and playing the rest. Total class mileage weekly or monthly and see how far your class progresses on the original Santa Fe Trail.

(See Appendix D.)

⇒ Dressing for the Santa Fe Trail Relay

Divide the class into groups of 5 or 6. Each group chooses 1 person to be the traveler and he goes to one end of the gym. The rest of the team is at the opposite end of the gym relay style with a suitcase or box of clothing that a traveler on the trail might have worn, ie. boots, coveralls, flannel shirt, hat, gloves, long johns, etc. On the signal, one member grabs an article of clothing, runs to his traveler, dresses him, and runs back to tag the next member who continues dressing the traveler with another article of clothing. Play continues until a group has their traveler properly dressed for the Santa Fe Trail Journey.

⇒ Mule Leap Frog Tag

"Its" are chosen. They are trying to catch their mules (remainder of the class) so that they can be on their way to the next camp site of the Santa Fe Trail. The mules know that they are going to be working very hard on an extremely hot and humid day. They are trying to get away from their masters or "its". When a mule is tagged, he squats down on all fours. The mule may get up and play again when another classmate (mule) "leap frogs" over him. (Place 2 hands on squatting mule's back, jump from 2 feet over the back landing on 2 feet.)

⇒Tinkling Routine

Two people sit on the floor and tap 2 long poles- out, out, in, in while the 3rd person jumps and hops in and out of the poles as described below

Stand with students right side to poles:

Beat 1 - hop in the poles with the right foot

Beat 2- hop to the left foot in the poles

Beat 3- hop out of the poles on the right foot

Beat 4- hold left foot up

Repeat beginning with left foot

Verbal cue - In change out hold

Stand straddling open poles

1. Jump with both feet into poles

2. Jump on both feet in poles

3. Jump and straddle poles

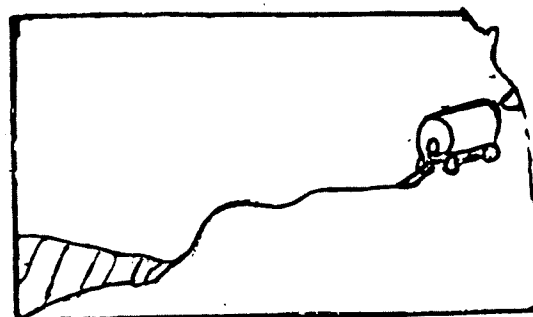
4. Hold

Verbal cue - In in out hold

⇒Shake the Snake

The children divide themselves into two groups-shakers and stompers. The shakers each hold the end of an 8 foot rope between their thumb and first finger and squiggle the rope, so that the end of it drags along the floor. Shakers must be running around the room while shaking the rope. The stompers try to step on the rope, thereby pulling it from between the 'shakers' fingers. Once a stomper has stepped on a rope and it has fallen to the floor, he or she picks it up and becomes a shaker. The shaker dropping the rope becomes a stomper. If necessary, there can be more stompers than shakers.

MCGEE-HARRIS STAGE STATION



Site Information:

In 1825 when George Sibley set out to survey the Santa Fe Trail he described the creek located 110 miles from Fort Osage as having a narrow strip of timber on each bank. This creek became known as 110 Mile Creek. The site provided a good campsite where grass, wood, and water were available without too much trouble. The fact that many wagon trains took advantage of this is evident from the number of times the location is mentioned in the diaries and journals of those traveling the Santa Fe Trail.

In the early 1850s Samuel Cornetzer built his house and farm at this spot. Cornetzer had worked as a laborer at the Methodist Mission where he met and married one of the Shawnee students from the mission. In the fall of 1853 a mail party from Santa Fe described the houses as well built and the people as being in poor health. The following summer Fry McGee bought this land. While operated by McGee and his son-in-law, W. D. Harris, 110 Mile Creek became a location to stock up on supplies, repair wagons, and meet up with fellow travelers. McGee farmed roughly seventy acres.

The 110 Mile Creek Crossing is often referred to as the McGee-Harris Stage Station. After buying the land McGee made this stop along the trail even more important. In McGee's four room house two of the rooms were used by travelers. During the winter the floor was often filled with men sleeping before the fire place on buffalo robes. The Santa Fe mail came through twice a month carried on a stage coach. The stage made an overnight stop at 110 Mile Creek where passengers would eat and spend the night. The length of the south side of

McGee-Harris Stage Station

the house was a kitchen and dining area. The fourth room was used by McGee and his wife as bedroom and sitting room.

A number of other buildings and improvements could be found on the grounds. On the north side of the trail stood several log cabins, a store, and a blacksmith shop. The stage station became one of the first post offices along the trail. Letters were handed in and out of the post office through a heavily barred door. Fry McGee was the first postmaster. A toll bridge built of logs crossed the creek and travelers paid a toll of \$.25 per wagon to use it. Those choosing not to pay the toll needed to ford the creek which was known as somewhat difficult to cross. For several years a horse powered saw mill was operated at the time. Following the death of Fry McGee his son-in-law, W. D. Harris operated the station until 1866 when this segment of trail closed.

The McGee-Harris Stage Station was known as a place where some of the border ruffians stayed. Fry McGee is in fact referred to in 1854 as the "leader and recognized head of the pro-slavery element" in that area. While his role as the leader may be questioned McGee was in fact an active pro-slavery supporter. Rumors that have never been proven are that many travelers with money who stopped at the station never left and that a secret tunnel led from the inn to the river bank.

Today:

The 110 Mile Creek Crossing, also known as the McGee-Harris Stage Station was located just south of where US 75 and highway 56 cross south of Carbondale and east of Burlingame. In the late 1920s many of the buildings on this site were torn down because of "the constant rush of sight-seeing visitors." Today only the foundations of a couple of buildings remain. This site is on privately owned land.

Location:

The McGee-Harris stage station is about 1 mile south of US Highway 56 on the east bank of 110 Mile Creek and east of Burlingame, Kansas. This site is on privately owned land.

Interesting Facts:

In 1846 Susan Shelby Magoffin traveled the trail as a new bride with her husband, an experienced Santa Fe trader. As the wife of a well to do trader Susan Shelby

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

McGee-Harris Stage Station

Magoffin's journey down the Santa Fe Trail was a bit more pampered than most.
Camp No. 5. At the 110 mile creek, 95 miles from Independence.

"Tonight is my fifth en el campo (in camp)...The camping place tonight is near a creek, which at present is quite small...Took a little walk this evening while they were fixing the tent...We find some beautiful roses-quantities of wild pinks...Of roses there are many quantity. Now at my tent door there are two bushes one on either side, and inside nearly all the way from the head of my bed to the door are bushes with full blown roses, bursting and closed buds. It is the life of a wandering princess, mine..." (Drumm p.10)

In 1858 on "September 20th. We nooned to-day at 110 Creek. The trail is as smooth and as well-worn as a city street." David Kellogg's Diary (Simmons, p. 55)

Integrated Activities:

Language Arts

Begin recording in your Santa Fe Trail Diary (Appendix B). Complete the following sentence starters:

Today I....

I will always remember....

The most dangerous thing happened today! I saw....

Math

⇒ Play *The Total Toll Game*. Label 2 wooden cubes like this: 1,2,3,4,5,6 on one cube and .20, .20, .25, .25, .25, .30 on the other cube.

The object of the game is to be the first one to make \$10.00 with your toll bridge. One cube is the total number of people and mules. The second cube is cost per person/mule. Roll the two cubes and determine the amount of money you will make. Everyone takes a turn. Keep a running total of your earnings. When you have made at least \$10.00, the game is over. Good luck!

⇒ Problem of the Trail: How many different ways could you arrange 12 mules to pull your wagon? Draw a picture of ALL the different arrangements. Which one would be the most likely way that the traders used?

Social Studies

Discussion

⇒ Which direction were the travelers going?

Answer: Both east and west.

⇒ How much do you think Mr. McGee charged to go over his bridge? (Teacher note: He charged 25 cents per person)

⇒ What would you have charged back then?

⇒ How about now?

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

McGee-Harris Stage Station

☞ Do we have any toll roads in Kansas? Find a Kansas road map and research this. Outline it on your Kansas map.

☞ Why do we have toll roads?

ART

Project:

Cornhusk dolls

Materials:

corn husks dried or fresh (if these are not available, crepe paper may be used)

cotton balls or something to stuff the doll

cloth scrapes, yarn, beads, beans, seeds, pipe cleaners

string



Project:

Paper dolls

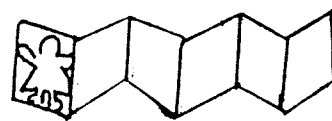
Materials:

construction paper cut 4" X 18" folded every 3 inches makes six dolls

doll pattern made of tag board

scissors

crayons, markers, colored pencils



Music

♪ Learn the following rhyme:

At McGee Harris Stage Station we come and we go,
How much is the toll? I'll let you know.
We pay once for you and twice for me,
And thirty three times for Old McGee.

Create a game centered around the rhyme. For example:
Pass a bean bag around the circle, the person holding the bean bag at the end of the rhyme answers a math problem.

♪ Divide the class into two lines. Children face each other with raised hands to create a bridge (London Bridge). One child is "It" travels under all the bridges until caught by the lowering bridges at the end of the rhyme. "It" must answer a question about the Santa Fe Trail, if correct they get another turn, if incorrect, a new "it" is chosen.

♪ Use adaptations of other favorite games.

Physical Education/Health

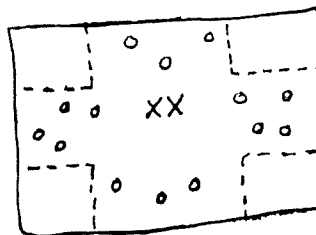
⇒ Bartering Game

Gather many pieces of equipment, building blocks, milk jugs, Pringles cans etc. Divide your class into groups of 4 or 5. Each member chooses 2 pieces of equipment. Each group should have 8-10 items. Tell the groups that they have come to a river crossing on the Santa Fe Trail and must build a bridge with the equipment they have selected. If they can't make it work, they may "barter" or trade items with other groups. Teacher can set guidelines for the bridge. For example, it must hold a Barbie doll, it must span 8 feet long etc... Some groups may need to trade 3 items in order to get 1 that they need.

⇒ Lizard Tag

Mark off a designated open space with a square in each corner. This is a continuous tag game.

Select 2 or 3 students to be "it". They will be merchants, traders or pioneers traveling the Santa Fe Trail. The rest of the students are lizards. To start the game, the lizards are scattered throughout the playing area but not inside the four corner boxes. The students who are "it" start in the middle. On the command "Go", students who are "it" try to catch the students who are lizards. When a lizard is tagged, he/she must go to one of the four corner areas and do 5-10 pushups. Then they may re-enter the game. Play continues for about 2-3 minutes. Stop game, select 2 new students to be "it" and play again.



X = "it"
O = lizards

⇒ Walk the Lonesome Trail

Walk the Lonesome Trail is a wonderful action/sing-along activity that would be a great addition to this unit. The students walk, ride and form a wagon train along the trail as well as act out things they might see on the trail like cactus, rattlesnakes, long horns, jackrabbits and tumbleweeds. This tape may be purchased from US Games "Cat Paws".

⊗ Hunters and Animals

Equipment: 2-4 balls

To start the game, 2 to 4 students are designated as "Hunter" and each hunter is given a ball. The hunters position themselves in the center of the playing area. The remaining students are designated as animals and they line up along one end of the line. The hunters decide on a "movement challenge" for the animals (run, hop, jump, walk, and skip) and call it out. All animals move using the challenged movement. The hunters must also perform the movement called out, and attempt to touch the animals with the ball before they make it safely to the opposite end of the line. The hunters may elect to touch the animals while holding the ball in their hands. A thrown ball, however, must hit an animal below waist level to count.

If an animal refuses to leave the safety of the end of the line, the hunters may count to five and then tag the student behind the end of the line. Hunters must have a ball in their possession in order to tag an animal.

The animals that are tagged must remain stationary in the playing area where tagged and they become "poison trees." A poison tree may reach out with its branches (arms and hands) and tag other animals who come near the tree. Any animal tagged in this manner also becomes a poison tree. Animals moving outside the side boundary lines to avoid being hit or tagged are automatically caught at that spot and become "poison trees." Each time the animals make it safely to the opposite end of the line, a new movement challenge is called out by the hunters.

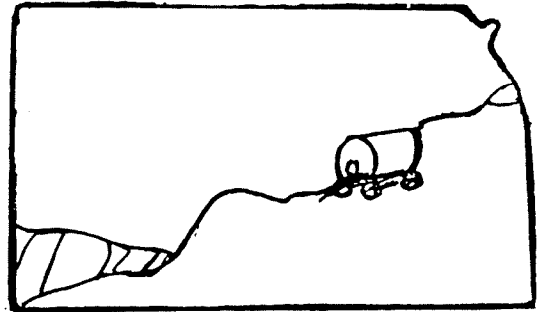
Suggestions:

Do not allow the poison trees to move from the spot where caught in order to tag other animals.

Hunters must be required to position themselves in the middle of the playing area until after making their movement challenge.

This is a fun and exciting game for students, but adequate space must be allowed for the safety and enjoyment of all.

Council Grove



Site Information:

Council Grove received its name as the location where an 1825 treaty with the Osage tribe was negotiated. This treaty promised safe passage of Santa Fe Trail traffic through the Osage hunting grounds.

Most wagons reached the Neosho River crossing at Council Grove after about ten days on the trail. A quantity of hardwood trees could be found on the shores of the river. This first leg of the trip was a time for the travelers, teams, and equipment to get adjusted to life on the trail. Council Grove also served as a rendezvous spot for many on the Santa Fe Trail. Here individual wagons or small groups of wagons would organize into a larger caravan for safety as they continued their journey along the trail. Once organized into a larger caravan they would elect a captain, other officers, and agree on a set of military-style rules.

While at Council Grove those traveling the trail often took time to rest, wash clothes, repair their wagons, write letters, and generally take a break from their travels. Some wagons took timbers from the last hardwoods they would see along the trail. These were tied under the wagons to be used to repair axles or other wagon parts that broke while on the trail. Some of these timbers traveled in this fashion to Santa Fe and back again. An oak tree with a hole at its base was used as a "post office" from the 1820's to 1847. Letters placed in the tree by those going west were picked up by those going east, and vice versa. In 1847 Seth Hays arrived in Council Grove to establish a trading post with the Kaw. This trading post replaced the post office oak as the place to mail letters in Council Grove. Other stores opened to trade with those traveling along the trail. In 1850 a mission for the Kaw children was built in Council Grove.

Council Grove is a site mentioned in many of the journals and diaries of those who traveled the Santa Fe Trail. It is interesting to note that this area is often referred to as a dividing place or a point of change on the trail. Travelers saw it as the end of civilization or as a point where the land features began to change noticeably.

Today:

Council Grove remains a town that is well aware of its importance in the history of the Santa Fe Trail. Guides for the self-guided walking tours of places related to its Santa Fe Trail history are available. Seth Hays' trading store, the Frame Store, is currently in use as the Hays House Restaurant. Some of the original timbers are still visible in the basement. The Kansas State Historical Society operates an historic site in one of the Kan Mission building.

Location:

This location is comprised of several individual sites: Council Oak, Post Office Oak, Neosho River Crossing, Frame Store, Kaw Mission, Last Chance Store, and the Conn Stone Store.

Interesting Facts:

In 1846 "*Council Grove, 145 miles from [Independence]. Friday [June] 19th. Camp No. 9. We are now at the great rendezvous of all the traders. Council Grove maybe considered the dividing ridge between the civilized and barbarous...*"
Diary of Susan Shelby Magoffin (Drumm p. 16)

In 1846 "July 8...Council Grove being a noted spot, we looked for a shady grove on an elevated spot; but it is nothing more than the belt of trees which borders the Neosho river here, and all lies in a low bottom. The belt is perhaps a mile wide and the trees (some of them) large, with very little undergrowth where the road passes.: (Journal of Abraham Robinson Johnston, a soldier with the regular army.)

In October of 1852 a small part of three carriages and three baggage wagons traveled west on the trail carrying the newly appointed agent for the Mescalero Apaches to Santa Fe. The day they left Council Grove they encountered a tremendous rain storm. The mules refused to face the storm, turned their tails to the wind and stopped short. They had to make their camp on the prairie with

no wood for fires. Letter of Dr. Michael Steck (Simmons p. 21)

In 1858 "...and four miles more to Council Grove. This place on the Neosho river...may now be considered as the outpost of civilization in this direction; for, although houses will be found at various points beyond, this is the last post-office, and the last store at which a full assortment can be found." William Parson's guidebook to the Pike's Peak goldfields.

Integrated Activities:

Language Arts

- ⇒ Write a letter to a relative that you have not seen in a very long time. Tell them at least 3 reasons why you are so excited to be in Council Grove.
- ⇒ Write a one act play to demonstrate the relationships between the traders and the Native Americans.
- ⇒ Read journal entries, poetry, letters, etc. of people that traveled the Santa Fe Trail

Math

- ⇒ Set up a trading post called "*The Last Chance Store*". Take turns being the owner and the travelers. Establish a system for trading.
- ⇒ Use pattern blocks and design a blanket that is symmetrical.
- ⇒ Problem of the trail: You are a trader traveling to New Mexico with a wagon of pots and pans. How much did the pots cost you? What will you sell the pots and pans for so that you make a 2000% profit?
- ⇒ How long would it take to walk 30 miles?

Social Studies

- ⇒ Write a letter to a child who might have been with their parents on the Santa Fe Trail.
- ⇒ Find examples of oak trees and draw pictures of them. Collect oak leaves and acorns and glue around pictures.

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Council Grove

⇒ Dictionary work: Look up the following words and discuss:

1. cache
2. trade
3. goods
4. producer
5. consumer

⇒ Research information as a class about the Kaw or Kansa Indians. What importance did they have to our Kansas history?

Arts

Project:

Woven rug (construction paper weaving)

Materials:

12" X 18" brown construction paper

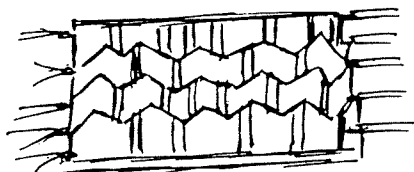
12" paper strips in assorted earth tone colors

scissors

Hole punch

glue

Fold brown construction paper the short way. Cut design lines. Be sure to leave a one inch border on all 4 sides. Weave strips and glue in place. Punch holes in the ends. Attach yarn tassels.



TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Council Grove

Music

♪ Sing the African/American spiritual "I Got a Letter this Morning"

♪ Read the passages from authentic sources as well as created letters between singing.

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Council Grove

Physical Education/Health:

⇒ Scatter Square Dance

Students stand in scatter formation. When the music begins, the students skip around the room in any direction. The teacher calls out a square dance direction, (e.g., honor your partner, right elbow swing, do-si-do, left elbow swing, or promenade with a partner). The students immediately perform the movement with someone close by. The students continue doing the movement until the teacher calls "Hit the Lonesome Trail." The students then begin to skip around in empty space and the dance continues.

⇒ Dance Tag

Several square dance movements should be taught, e.g., promenade, honor your partner, do-si-do, right elbow swing, etc. One movement is begun by all the students. When a whistle is heard, all students freeze. The teacher picks one or two students to be "it" and a game of freeze tag begins. When the next whistle is heard, all students should freeze again. The next movement is announced. The students continue this dance until a whistle is heard and the game continues.

⇒ Storm in the Room

How to Play: The participants should be standing in an area that allows them ample room to move. They are to respond with both sound and action to key words from the leader. The leader should be an enthusiastic story teller using the following words and actions often as they describe how a storm moves quickly into and through the camp site.

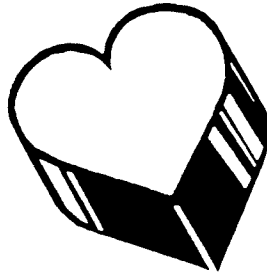
Key Word	Sound	Action
Thunder	Clap	Stomp feet on floor
Lightning	Zap	Forceful throwing motion
Rain	Shhh	Hands raised overhead wiggling.
Wind	Whe!	Roll arms across body
Evap(orate)	Ssssss	Rise to tiptoes, arms extended
upward, look up		
Sun	Ahhhh	Hold arms in circle above head

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Council Grove

Post Office Oak

Set up 4-6 tree stumps (boxes, crates, etc) which represents the Oak Tree Stumps that mail was put in at the Council Grove station. Make a heart with the following message on it for each tree stump station. Cut the heart into six pieces, put each piece in an envelope and all six envelopes into a tree stump. Have a small group of students line up in relay formation 30 yards away from each tree stump. On the signal "go", the first student runs or gallops to the tree stump, picks up one letter and takes it back to the line. As soon, as the first student returns, the second students runs or gallops to get a letter from the tree stump and brings it back. When all the letters from their tree stump are retrieved, students open all of the letters and put together their puzzle. First group to finish may be declared the winner if you choose their activity to be a race.



You can't beat a healthy heart



≈30 yards

X
X
X

X
X
X

X
X
X

X
X
X

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Council Grove

Repair Shop

Equipment: basketball, jump rope

Three taggers are "it". On the signal "Go" the three taggers begin tagging students. As students are tagged they go to a repair shop. If that student had only been tagged once, that student goes to repair shop "1". The student will act out the activity and then go back into the game. Continue until teacher wants to change taggers.

REPAIR SHOP

①

10 set ups

②

5 push ups

③

10 toe touches

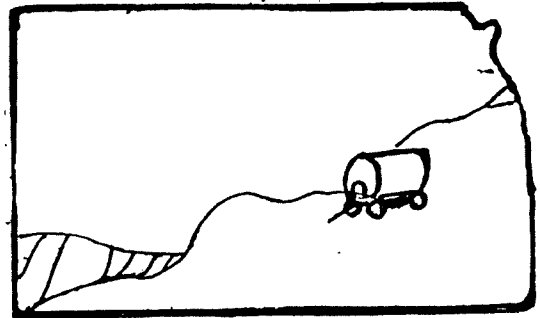
④

20 jumping rope

⑤

10 basketball
dribbles

Diamond Springs



Site Information:

This site was a campsite favored by Santa Fe Trail travelers because of the high-quality spring water. It was known during the trail era as the "Diamond of the Plains." A stage station and small settlement grew up here prior to the Civil War, but these were destroyed in a raid by Missouri bushwhackers, led by Dick Yeager, in 1863. The station was never rebuilt, but Diamond Spring continued to be a valuable water source and popular campsite as long as the trail was active in this vicinity.

Today:

Diamond Springs is located in Morris County south of highway 56 and west of 177 near the headquarters of the Diamond Spring ranch. This site is located on private property.

Location:

Near the headquarters of the Diamond Spring Ranch southwest of Council Grove.

Interesting Facts:

In 1856 "There came at last an evening when our tired oxen stumbled to a halt at little Diamond Springs. Water bubbled from the earth as clear and sparkling as a diamond. It came in such quantity that a little stream had its source there. A great stone house stood near by, its windows boarded up, its massive door barred and bolted.

Diamond Springs

Our wagon-master went into a huddle with the drivers and it was decided that on account of the border ruffians and the danger from Indians that we should go into camp at Diamond Springs and stay there until such time as a larger caravan might join us or the Government be induced to send a detachment of soldiers to protect us. Some of the drivers argued against the delay. Many of them were anxious to get to Fort Leavenworth. However, we were guided by the decision of the wagon master.

Mother tried to say that she could not see where we could be in much more danger on the road than in camp; but being a woman no one listened to her. The man said that if we were to be attacked by ruffians or Indians we would have the old stone house in which to seek shelter. One argument led to another and finally it was decided to break the great lock and to enter...

After two weeks at Diamond Springs our food supply began running low, but still the men refused to press onward. Perhaps there is such a thing as mass panic for one evening when the advisability of breaking camp was discussed around the fireplace and a vote was taken most of the men voted to stay where we were. That was the evening mother arose to her small height and announced firmly that she was much more afraid of Old Man Famine than a host of border ruffians. She said she was very anxious to get back to Kansas City and would walk if she could go no other way. The men laughed indulgently at her fearless words, but I knew my Mother meant what she said, and, when another and another day passed and still no mention had been made of breaking camp, I and was not surprised when she awoke me early one morning and told me to dress quickly, as she and I were going to walk to Council Grove. Council Grove being the next stop on the Santa Fe Trail...

Before the sun arose or before anyone was stirring around the camp at Diamond Springs, Mother and I made our way afoot out to the Santa Fe Trail. Autumn was coming and there was a tang in the early morning air. The hazel furze was yellow; there was the buff of honeysuckles and the violet of passion flowers. This was a different world from that of New Mexico with its dim distances and long silences. We walked for a time in silence. All that I thought of was the warm bed I had left in the wagon. I wished that Mother had left me to guard the wagon and taken Will with her...

Council Grove was sixteen miles from Diamond Springs, and we halted only once and that was to eat our lunch in the shadow of a ruined water wheel...I rested and slept for a moment, my head on Mother's spread-out dress skirt. When she

awoke me it was with some tenderness, 'We walk on now, my baby.' She steadied me as I walked on beside her...All that I could think of was how tired I was, and how hard it was to keep up with my Mother, who evidently wanted to reach Council Grove before night came and caught us. I tried hard to be as brave and as uncomplaining as my Mother, but the muscles in my slender thighs were twitching with fatigue when we climbed the steps of the store at Council Grove. When the grocery-man there asked me kindly if I was tired, I remember how I burst into tears and how mother had to answer him for me. We stayed that night in the home of the grocery-man where his wife put us to sleep on a great feather bed. As I dropped off to sleep that night I found myself wondering if all the beds in heaven were not duplicates of the grocery-man's big feather one.

Mother awoke me early next morning...Mother said we must hurry, a westbound wagon train was embarking. The driver who rode in a nice top-buggy said we might ride to Diamond Springs...Mother was able to tell the (our) wagon master that she had broke trail as far as Council Grove; that there were no ruffians to hurt him. I also remember that for days I was stiff and sore from my long pilgrimage." *Memoirs of Marion Sloan Russell* (Russell p. 65-71)

Integrated Activities:

Language Arts

According to Marion Sloan Russell, she walked from Diamond Springs to Council Grove with her Mother when she was only 9 years old. Describe what Marion saw and heard on that walk. How far did she travel? How long did it take to walk that distance? What did she need to take with her on the walk? Write a short story that tells what might have happened on that walk.

Math

⇒ Play Lost Spring

Materials: 2 copies of Appendix C, markers, small beans or stones. This is a game for two people. If you know how to play Battle Ship, then you know the rules to this game. Using the grid provided (Appendix C), one person places the spring (a bean or stone) on the grid so that the partner cannot see where it is located. The second player then tries to guess the location of the spring by naming two ordered pairs. The first player then gives a clue to the second player by saying what direction the spring is located in relation to the ordered pairs named by the second player. The game continues until the second player has located the spring. Take turns hiding the spring!

⇒ Problem of the Trail

Materials: 3- quart pail and one 5 quart pail.

Your job is to use only these pails to measure EXACTLY 4 quarts of water. (Yes, it can be done without cheating!)

Answer: Fill the 3 quart pail with water. Pour the contents into the 5 quart pail. Fill the 3 quart pail again, and pour into the 5 quart pail. Only 2 quarts will fit into the 5 quart pail. That leaves exactly 1 quart in the 3 quart pail. Empty the 5 quart pail. Pour the 1 quart of water into the 5 quart pail. Fill the 3 quart pail. Pour that into the 5 quart pail. Now you have exactly 4 quarts.

⇒ Problem of the Trail

One of the wagon trains had 96 wagons, each carrying the same number of people. When 12 wagons broke down, each of the other wagons had to carry one more person. How many people were there in each wagon originally?

Answer: 7 people.

Social Studies

- ⇒ Make a compass. Use cardinal and intermediate directions.
- ⇒ Look at a Kansas map. What direction from Council Grove is Diamond Springs?
- ⇒ Estimate how many miles are between the two. Use the scale on the Kansas map and find out the exact mileage.
- ⇒ Compare and Contrast: If you had to walk from Council Grove to Diamond Springs, how long would it take you? Now pretend you are in a car. How long would it take you? (Teacher note: Read Marion Sloan Russell's excerpt from her diary).
- ⇒ Make a list of what, in your opinion, what did travelers back in the 1800s needed for a good campsite? Now compare this to what we look for in a good campsite today.

Art

Project:

Collage animals

Materials:

magazines

glue

scissors

pencils

12" X 18" construction paper

Students do research on animals of the region, then choose an animal to draw onto construction paper. Using magazine colors, students fill in the animal in mosaic fashion.



Project:

Glue/chalk animals

Materials:

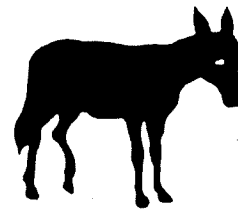
Elmer's glue

white and bright colored construction paper

chalk or pastels

butcher paper

Students do research on animals of the region, then choose an animal to draw onto construction paper. Go over pencil lines with a thick line of Elmer's glue. Let dry. Color in animal with chalk or pastels. Spray with hairspray or fixative to prevent smearing. Cut out and glue onto brightly colored construction paper. Create a class mural by painting a large butcher paper background to resemble this part of the trail and attaching animals to it.



Music

♪ Learn old camp songs:

Home on the Range
Oh, Suzannah
Clementine

♪ Learn modern camp songs:

Sippin' Cider
LOLLIPOP
Ain't It Great To Be Crazy?

♪ Compare the old and the new

How are they the same?
How are they different?

Physical Education/Health

⇒ Sit Down Square Dance

The students sit in a large circle. The "caller" (teacher) leads the group and the students copy the teacher's motions. Some ideas for calls are: Circle right and left, join hands and lean to right or left; clap different body parts and floor on the beat; stamp feet to beat; snap fingers; turn around; and bounce up and down.

⇒ Softball Game

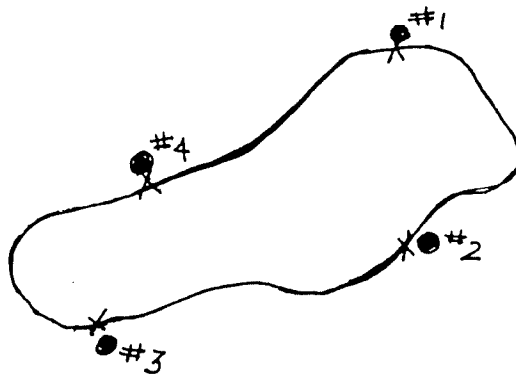
Materials: Ball, bat, gloves, bases, stick, rag ball.

Plan and organize a softball game. Play a couple of innings like it would be played today (ball, bats, gloves, bases) then play a couple of innings like it might have been played long ago (stick, ball of rags, etc.) After the game, compare and contrast the two different versions.

⇒ Santa Fe Trail/Activity Stops

Materials: short jump ropes

After you have set up your own Santa Fe Trail, plan to take your class on a journey with at least four pre-arranged activity stops. Suggestions for activity stops are as follows:



Stop #1:

Have the students practice short jump rope skills.

- a) Jump forward on two feet
- b) Jump backward on two feet
- c) Hop forward on right foot, then left foot
- d) Hop backward on right foot, then left foot.
- e) Skip forward in place.

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Diamond Springs

- f) Skip backwards in place.
- g) Rope relays or races.

Stop #2:

Materials: long sticks/branches. Grab some sticks or branches, divide the students into small groups and limbo.

Stop #3:

Materials: Long jump rope. Have the students get into small group and practice long jump rope skills.

- a) Run and jump over a moving rope (snake, ripple, swaying)
- b) Starting beside the rope, use a two foot pattern to jump
- c) Practice running through the rope while it is being turned
- d) Practice running in, jumping and running out
- e) Practice short jump rope skills while jumping.

Stop #4:

Materials: Sticks, paper, chalk, ropes, branches

Create your own creeks by using ropes, branches or have students draw some on a large roll of paper. Make sure the creeks increase in width. Have students start at the narrow end and "jump" the creek". Progress down the creek and see how wide they can "jump the creek."



Variation: Create your own activity stops for students as they walk the Santa Fe Trail.

Run the Rapids

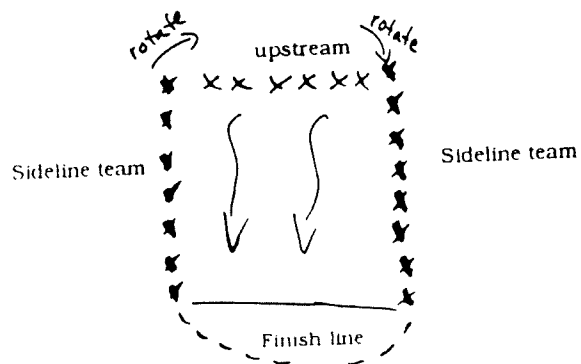
Equipment: 8 gator balls

The game begins with two teams standing on each side, forming the sides to the rapids. The third team stands up stream. When the signal "Run the rapids!" is given, the team standing upstream runs as quickly as they can downstream. The sideline teams roll the balls back and forth trying to hit the team members running downstream. Anytime someone is touched by a ball a point is scored for the sideline teams. When everyone gets downstream, total the points and rotate teams clockwise. Start new team running downstream. Continue to do this until

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Diamond Springs

you reach a certain point total or the time is up

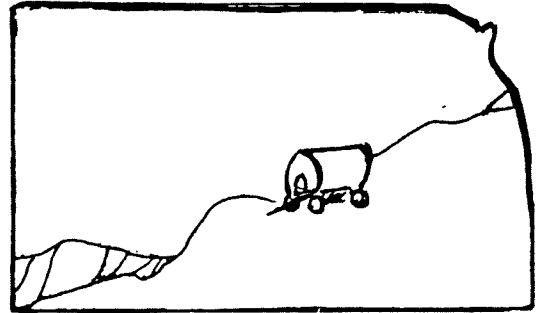


Rules to stress:

Do not throw balls!

Be honest about how many times you are hit.

Ralph's Ruts



Site Information:

In 1825 the Santa Fe Trail survey commissioners met near McPherson with members of the Kaw, or Kansa, Indian tribe to negotiate permission for the trail to pass through their lands. The Kaw then lived north of the Kansas River and east of present Manhattan, and the trail crossed only a small segment of their lands. The Kaw Indians were to have gone to Council Grove to meet with the commissioners immediately following the Osage Treaty, but they failed to arrive in time and had to follow the commissioners down the trail. The Indians caught up with the commissioners at Dry Turkey, where the treaty was signed.

For some caravans traveling west water first became a serious concern along this stretch. The names of popular campsites through this region echo this theme: Lost Spring, Turkey Creek, the Little Arkansas River, Cow Creek, and the Big Bend of the Arkansas. As they neared Pawnee Rock the wagon train needed to decide if they wanted to take the wet route running along the Arkansas River or the dry route which cut across a dry stretch of land to approximately where Fort Dodge was located. The dry route was easier to travel but it often had no water.

Today:

The seven parallel trail ruts that make up Ralph's Ruts are some of the finest examples of pristine trail remains any place along the entire Santa Fe Trail. Visitors to this site owned by Ralph Hathaway have easy access, a turnout for parking, and a DAR marker to point out the location. Extending westerly from here, the ruts continue on intermittently for another two miles, where they form the spectacular Gunsight Notch, a ridge worn away by sixty years of commercial and military traffic.

Location:

Ralph's Ruts are located four miles west of Chase and 3/4 miles north of US 56.

Interesting Facts:

In 1851, Katie Bowen accompanied her army officer husband to his new post in Fort Union, New Mexico. "Sunday evening, July 13th...although the wind has been high all day, there has (been) scarcely a drop to breathe, coming all day along within sight of the sand hills forming the banks of the Big Arkansas, the sun pouring down on the white surface, and the wind blowing over it as hot as from a burning furnace. We are encamped tonight at some large holes, giving us good water, although rather warm, and I would give a dollar for a lump of ice as big as a hens egg. We have a large jug covered with flannel and if kept wet, will cool the water pleasantly. We intended making 18 miles today, but the pigs preferred remaining in a mud puddle than going a few miles farther." *Diary of Katie Bowen* (Oliva p. 274)

In 1858 "September 26th...The comet has been very brilliant for the last two evenings; it stretches clear across the western sky. The great firebrand and the glittering stars make night seem enchantment and this enchanted land. The night watch passes quickly by as we gaze at the flaming wonder in the heavens..." *David Kellogg's Diary* (Simmons p. 55)

Integrated Activities:

Language Arts

- ⇒ Design a trail around your school. Label each station.
- ⇒ What is a treaty? Write and perform a one act play about the signing of a treaty.
- ⇒ Write a treaty. It can be one that you would like different people to sign. It could be one that you would like two different organizations/groups to sign. It could be one that you would like two different countries to sign.
- ⇒ Select one of the following people and research and write an autobiography about that person. Give an oral report to the class, acting as that person. Try to dress like them. Tell about one special adventure that happened.

William Becknell	Fry McGee
Marion Sloan Russell	Katie Bowen
- ⇒ Play a Guess Who game. Write 2 to 3 facts on an index card about the character that you researched. Everyone in the class puts their card in a stack. Someone draws one card and reads the information. Someone else tries to name the person described.

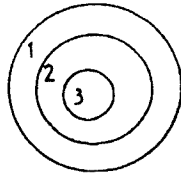
Math

- ⇒ Go on a parallel line hunt. Look around the classroom or go outside and try to locate as many parallel lines as you can.
- ⇒ Go on an intersecting line hunt. Look around the classroom or go outside and try to locate as many intersecting lines as you can.
- ⇒ Go on congruent hunt. You know the rest...
- ⇒ Play Buffalo Chip Toss
Equipment: 3 bean bags, bull's eye game board
Draw the game board on a large piece of tag board or go outside and draw it in the sand. Then take 3 buffalo chips (bean bags) and toss them one at a time on

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Ralph's Ruts

the game board. If a buffalo chip lands on a line, use the smaller number. Add the 3 numbers landed for total score for that turn. Add the score for that each to your previous total. The first person to reach a total score of 25 is the winner.



⊞ Problem of the Trail: If you are walking at a speed of 2 miles per hour, how long will it take you to travel from Council Grove to Elyria? If you travel 3 miles per hour, how long would it take you to go one mile?

⊞ Problem of the Trail: Help Ralph earn \$2,000.00. Design a billboard to attract tourists. They will be charged an admission to see Ralph's Ruts. How much should Ralph charge and how many people will need to visit the site in order to earn the \$2,000.00?

Social Studies

⊞ Why do you think this site is called the Kaw Treaty Site?

⊞ What does it mean to negotiate with someone?

⊞ Pretend you are negotiating a deal with a friend to borrow their prized new bicycle. What kind of deal would be fair? List the parts of the deal and discuss.

⊞ What kind of deal do you think the Kaw or Kansa Indians negotiated with the United States Government so Santa Fe Trail travelers could cross their land? List what was important to them and discuss.

⊞ Discussion:

Do you think people traveling the Santa Fe Trail, changed the land permanently? How do you suppose the "ruts" occurred? Write a story about Ralph and his land.

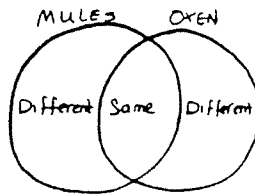
⊞ Look up the differences between a mule and an ox. Why were mules and oxen the most popular animals used for traveling? Which animal could carry more and

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Ralph's Ruts

eventually became more popular? Find pictures of each and sketch them.

⇒ Make a comparison chart, venn diagram of mules and an oxen.



Art

Project:

Brown paper tepees

Materials:

brown butcher paper or many brown grocery sacks

tape

glue

scissors

tempera paint

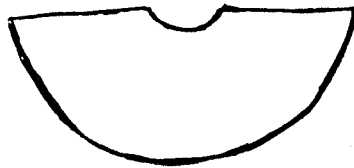
paint

brushes

yard sticks, broom handles, or long poles

For small, individual tepees, students may cut brown grocery bags to form a half circle. Dip the circle in water and crinkle paper. Let dry. Students may paint Native American designs on the circle, or markers may be used.

If teacher chooses to make a large tepee, large sheets of butcher paper must be taped together and cut into a half circle. Yard sticks, broom handles, or long poles will be needed for tepee poles. Children paint Native American symbols on the paper and curve around to create a tepee.



TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Ralph's Ruts

Music

♪ Learn Native American music, dances, games, stories, poetry

The Earth is Our Mother

Bone Game

Improvise in a minor pentatonic on recorder and xylophones

Physical Education/Health

⇒ Tug-of-War

Equipment: tug rope, cones, flag for the middle of the rope

Divide the group into two teams and let them pull against each other. Change the teams around and try again. Other ideas: pull backwards; sitting down.

⇒ Marine Corps Tug-of-War

Teams lie on their back or stomach with their feet touching the rope. On the signal everyone jumps up, grabs the rope and starts pulling.

⇒ Sprint Tug-of-War

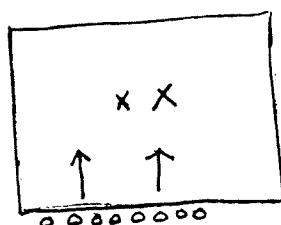
Teams start a distance away from the rope and, on the signal, they spring sprint to the rope and pull.

⇒ Spiders and Mosquitoes Tag

Mark off a designated area preferably a square or rectangle. Select two students to be the spiders. The remaining students are mosquitoes. Mosquitoes start at one end of the tag area and spiders start in the middle facing the mosquitoes. When the spiders say "Go", mosquitoes try to run to the other side of the tag area without being caught by the spiders. All mosquitoes that are tagged must sit down at the spot where they were tagged and put their hands out. They have now become part of the spiders' web. The game continues from the other side of the tag area, but now the mosquitoes have to worry about being tagged by the spiders and by the students sitting down that are part of the spider web. Continue playing game until all mosquitoes are caught or two students are left. Pick new spiders and play again.

X = SPIDERS

O = Mosquitoes



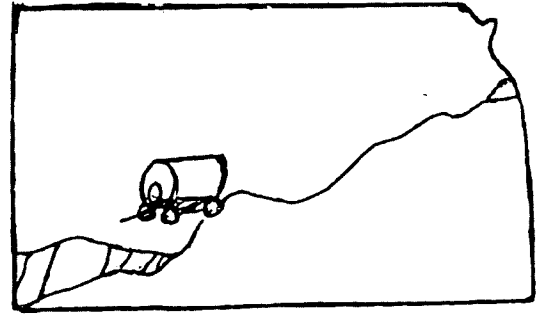
*Note: Mosquitoes going outside the boundaries must sit down inbounds and become part of the spider web.

☞ Guardian of the Fire

Equipment: Dowel or ruler, blindfold

Student sits cross-legged and blindfolded in the center of the circle. This student is the guardian. In front of him/her, within easy reach is a dowel or ruler. This is the fire stick! The chief selects a student to try and steal the fire stick. The Guardian listens carefully with his hands on his knees. If he/she touches the person in the act of taking the stick, he/she wins the game. If not, the Guardian tries to guess who stole the fire stick. If he/she doesn't, the thief becomes the next Guardian.

Fort Larned



Site Information:

In 1859 the Army established a small post of dugouts and tents along the Pawnee River near the Santa Fe Trail. The Post originally was named Camp on Pawnee Fork, but later was called Camp Alert because of the need to be on guard against Indian raids. The post later was moved and renamed Fort Larned. Fort Larned was located on the dry route between Pawnee Fork and Fort Dodge.

Troops stationed here escorted mail coaches, protected wagon trains along the trail, and patrolled the region. The fort also served as a base for military campaigns during periods of hostility as trail travelers increasingly encroached on lands already occupied by Plains Indians, decimated the buffalo herds on which they depended, and threatened the Indians' very existence. Throughout much of the 1860s the fort served as an agency of the Indian Bureau as the government attempted to find a peaceful solution to the cultural conflict.

Today:

Fort Larned is one of the best surviving examples of a Santa Fe Trail era frontier Army post. The building exteriors and parade grounds are fully restored and furnished in the historic period style. The National Park Service operates Fort Larned as a National Historic Site.

Location:

On Kansas Highway 107, six miles west of Larned.

Interesting Facts:

In 1846 near Pawnee Rock "July 16...An express man we sent in advance...was drowned today in Pawnee Fork in attempting to swim it..."

July 17. Remained in camp awaiting the falling of Pawnee Fork, which we find high. In the afternoon Doniphan's troops and the infantrymen passed over...by means of our pontoon wagons. The engineers got over this morning on their rafts..." (Journal of Abraham Robinson Johnston, soldier in the regular army.)

In 1858 "(June) 14...Passed the Indian village of two hundred lodges and eight hundred warriors, Cheyennes, Arapohahoes, with some Camanches and Apaches, about two thousand men, women, and children...I bought a pair of mockasins for my old neck handkerchief." Diary of Augustus Voorhees (Hafen p. 340)

Integrated Activities:

Language Arts

- ⇒ Select one particular site along the Santa Fe Trail and do a research project about that location.
- ⇒ Design and construct a brochure describing one of the sites.

Math

- ⇒ Problem of the Trail: Eighteen wagons, numbered 1-18, are equally spaced around a campfire. What is the number of the wagon directly across from the wagon numbered 6? Draw an illustration to prove your answer.

Social Studies

Discussion:

During the history of the Santa Fe Trail, four wars occurred:

1. Texas Revolution
2. Mexican War
3. Civil War
4. Indian Wars

Why do you think travelers would be glad to come upon a place like Fort Larned?

Find out what years Fort Larned protected travelers along the Santa Fe Trail.

At the start of the Santa Fe Trail, part of Kansas belonged to Mexico. Mark off this portion on a Kansas road map.

What towns in Kansas today are on land owned by Mexico at that time?

Answer: Southwest corner of Kansas with boundary lines from Dodge City west along Arkansas River and south along highway 283.

Art

Project:

Rock mosaics

Material:

1- 8" X 8" heavy cardboard per student

rocks, pebbles, or aquarium rocks (if rocks are not available, seeds, beans or construction paper squares maybe substituted)

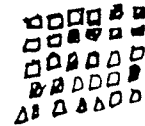
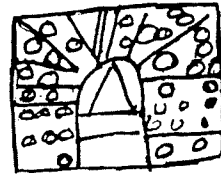
glue

pencils

rulers

Students create a geometric design on the cardboard square. Squirt glue on design and cover with rocks to create a colorful Southwest design.

If construction paper strips are used, students may want to create a Southwest sun motif and assemble like tiles with space between each paper square.



Music

♪ Talk about diversity issues ("We've all been together for a long time; shouldn't we get along?")

Hispanic singing games/dances/stories/poetry

Frontier singing games/dances/stories/poetry

Native American games/dances/stories/poetry

French, German, English, etc.

Physical Education/Health

☛ Quilt toss

Divide the class in groups of 4 or so. Each group gathers around a blanket, towel or quilt and holds on to it with their hands. A ball is placed in the middle of the quilt and the group attempts to toss it to another group who in turn works together maneuvering to catch the ball.

☛ Heart Attack Game

Equipment: 4 things to represent the risk factors to tag with, cones for boundaries.

Taggers are given something that designates them as being a risk factor for heart disease. These risk factors are, smoking, couch potato, junk food and drugs and alcohol abuse. If you are tagged by a risk factor the first and second time you can put a Band-Aid on it by covering the spot with your hand. The third time you get tagged you have a heart attack by putting your hand on your head and yelling "Heart Attack!" until someone can teach you an exercise and you do it together five times. Change taggers every two minutes or so.

Suggestion: Talk about risk factors during Santa Fe Trail times.

☛ Covered Wagon Race

Materials: large sheet of cardboard.

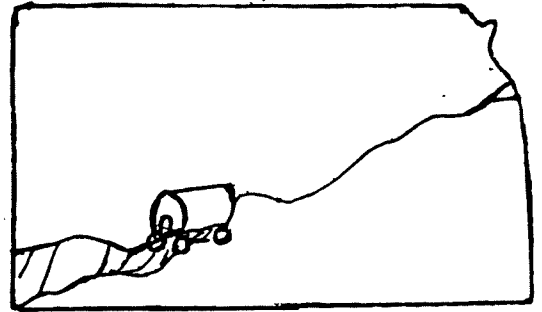
Two or three students get under a covered wagon (a large sheet of cardboard, etc) and hold onto the edges. They race another group, or as many groups of 2-3 as you wish, around the Santa Fe Trail.

This may also be used as a relay.

☛ Injury Tag

One student is designated as "It". When other students are tagged by him, they must hold their body where they were tagged (their injury) with a hand. When tagged a second time, the tagged person must hold that body part with their other hand. When tagged a third time, the person helps "It" tag everyone else.

Cimarron Cutoff



Site Information:

As the caravans headed west on the Arkansas River they moved out of the tallgrass prairie and onto the buffalo grass covered plains. There they often found buffalo herds which meant fresh meat to eat. They also faced the decision of which route to take, the Mountain Route or the Cimarron Route.

On his 1821 journey to Santa Fe William Becknell found water along most of his journey. He followed the Arkansas river west and into present Colorado. From there he traveled over the mountains and into New Mexico. Traveling with pack mules made this journey possible. On his second trip in 1822 Becknell brought three wagons. Because of this he could not travel the same route as in the previous year. Instead, he crossed the Arkansas River and headed for the Cimarron River. This route became known as the Cimarron Cutoff.

While the Cimarron Route was shorter it also covered about sixty miles without any reliable water. It was referred to as the Jornada. The route was so dry that wagons left few marks on the hard soil. Some traders lost their way until that part of the Trail was marked by ruts in the wet year of 1834. Landmarks such as Point of Rocks became very important in an area such as this. Point of Rocks (there are several places with this name along the trail) was a mound of earth with a large rocky face protruding on the south. Two of the earliest trading expeditions to New Mexico met here in 1822, one heading to Santa Fe and the other to Missouri.

Several forts were established in the vicinity of present day Dodge City and the cutoff for the Cimarron Route. Seeing a need for a military post halfway between Fort Leavenworth and Santa Fe the Army established Fort Mann (one

mile west of Dodge City) in April 1847. It's purpose was to provide a place to repair wagons and replace animals. While not a regular military post the fort was defensible and was occupied by regular troops occasionally. Fort Mann was abandoned in 1848. In August 1850 Camp Mackay was established (two miles west of Dodge City) to control Indians and protect the Santa Fe Trail. By 1851 a newly built fort, Fort Atkinson, replaced it. Fort Atkinson became known as Fort Sod because of the material used to build it. This fort was permanently abandoned in October 1854 because of its inadequate buildings and the difficulty and expense of supplying it. In 1865 yet another fort was built, Fort Dodge (two and a half miles east of Dodge City). The site of this fort was a campsite used by trail travelers where the wet and dry routes merged. A stage station had been located on this spot before the fort.

Today:

Points of Rocks was destroyed in 1981 by the Kansas Highway department when US 50 was widened west of Dodge City. Several of Fort Dodge's original buildings remain in use today as part of the Kansas State Soldiers Home.

Location:

Eleven miles south and 1.5 miles west of Ulysses.

Interesting Facts:

In 1847 Fort Mann was established near the Caches. Ten soldiers were stationed at the fort. During 1847 they counted 3,000 wagons, 12,000 people, and 150,000 head of stock that passed the Fort.

In 1851 Fort Atkinson was built entirely of sod buildings. Field mice became a major problem and Lt. Henry Heth, the commanding officer, requisitioned a dozen cats from Fort Leavenworth to help deal with the problem. Fort Atkinson was abandoned in 1853 due to the poor condition of the buildings.

In 1858 "October 3rd...On both sides of our train, as far as the eye could reach, hordes of buffalo were grazing." David Kellogg's Diary (Simmons p. 58)

Integrated Activities:

Language Arts

Write your own story about life on the Santa Fe Trail. Tell your story from a different point of view (e.g., tell about your day on the trail as a jackrabbit). Tell about what you see, hear, eat, what are your fears, who is your friend. Here are just a few other ideas:

ox	mule	bobcat	rattlesnake	roadrunner
turkey	badger	hognose snake		prairie dog
rut	wagon	broken wagon wheel		rock

Math

- ⇒ How many miles of the Santa Fe Trail are in Kansas?
- ⇒ Describe an acre. Compare what an acre on the trail looked like 175 years ago to what that same acre looks like now. Compare one acre on the Santa Fe Trail to one acre in Wichita (or Topeka, Emporia, Dodge City, etc.)
- ⇒ Problem of the Trail: At this point there are two routes you can choose to take to get to the end of the trail. How far is the longer route? How far is the shorter route? Which one would you take and why?

Social Studies

Discussion:

- ⇒ What "landmarks" are used today when you travel from home to school or from your town to the next town? What landmarks could the Santa Fe Trail travelers have used as they moved along their route?
- ⇒ During this time, some traders had to bury some of their goods in pits because their pack animals had died. When they returned, they dug up their goods. This was called a Cache Site. Do we have anything like that today?

Art

Project:

wet-on-wet sunset/silhouette

Materials:

watercolor paints

brushes

water

watercolor paper or construction paper

black construction paper

scissors

glue



Wet the watercolor paper and paint vivid colors to create a sunset. While this is drying, students will cut figures from black construction paper to resemble shadow silhouettes of people, animals, plants and covered wagons traveling on the trail. Glue these on the watercolor background.

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Cimarron Cutoff

Music

♪ Using moving instrumental pieces (ie. Aaron Copeland, Dorian, Celtic, etc.), create a shadow play. Divide the children into groups to create a movement piece that reflects packing/unpacking the wagons, walking along the trail, stopping for water, stretching, etc. The movements should be flowing. Remind children to use different heights to create interest.

♪ Create sound pieces to prairie/nature poetry. Add movement with streamers and scarves

♪ Sing "hope and dream" songs

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Cimarron Cutoff

Physical Education/Health

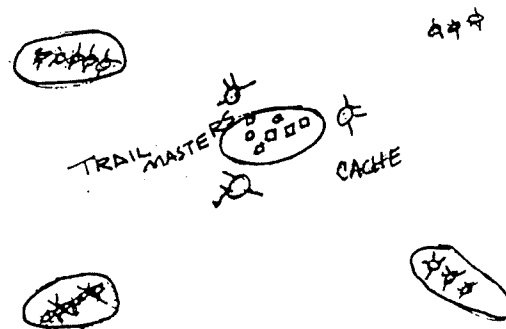
⇒ Capture the Cache/Guard the Middle

Equipment: Five gymnastic mats or 5 long jump ropes or 5 hula hoops, 30 beanbags, deck tennis rings, small stuffed animals, etc.

Divide the class into four groups and assign each group to one of the four mats. They should form a single line. In the center of the gym (playing field) is a "cache full of supplies". The cache is covered with treasure (beanbags, rubber deck tennis rings, etc.) and is guarded by three trail masters.

On your signal, the first player from each covered wagon will try to get an item from the center mat without being tagged by one of the trail masters. The object of the game is for a player to run to the center of the cache, grab an item, and get back to his or her covered wagon without being tagged by one of the three trail masters. A player who has a supply when he or she is tagged by a trail master must return it to cache. If this is done, the team gets to keep the treasure. Players who are tagged by a trail master simply go back to their original covered wagon and tag the next player.

After a few minutes, select three new players to be the trail masters and begin a new game.



⇒ Mouse Trap

Half the class forms a circle. The other half are mice. The circle starts with children holding hands and arms up (mouse trap open). The mice skip around and in and out of the circle. After 30 to 45 seconds the teacher signals "trap." The arms snap down. The mice trapped in the circle join the circle. Continue until all mice have been trapped. The students who started as the trap switch and be mice. The students who started as the mice are the trap.

⇒ Cat Tail Tag

Equipment: One jump rope per student

Each child is given a jump rope (hank ropes, no handles). The children are asked to tuck the rope in their waist band, in the back or in the middle leaving 4 to 5 inches to drag on the floor. On the signal "Cat Tail Stomp!" everyone tries to stomp on everyone else's cat tail. Only using feet and not hands, pause long enough so that the tail comes out and falls to the floor. When everyone's tail is out, start the game over. No one is eliminated and DON'T keep points.

Stress: Don't hold on to tail.

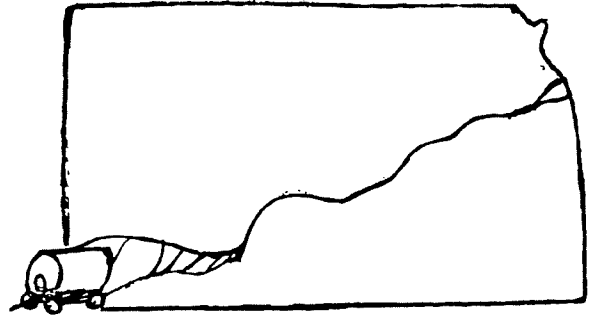
Make sure tail drags on the floor 4 to 5 inches!

Don't hold person to stomp tail

⇒ Squirrels in a Tree.

Two children face each other and hold hands. They are the tree. A third person stands inside the children's arms (or tree branches). The third person is a squirrel. One or two children are left without a tree and they are squirrels. They shout "Run squirrels, run!" The trees open their branches (raise arms) the squirrels run out to find a new tree. In the meantime, the former children left without a tree run into a tree after they shout. This leaves 1 or 2 children left without a tree and they continue play by shouting "Run squirrels, run!"

The Cimarron Route



Site Information:

As the wagon caravans traveled across the Jornada the search for water was constantly in the forefront of their minds. Lower Cimarron Spring, on the north branch of the Cimarron River, was the first reliable water supply encountered by these travelers since leaving the Arkansas River. Reaching this point meant they had survived the La Jornada. The campsites at this point were later used as cattle were driven north from Texas. At one point cowboys sank a wagon bed in the spring to furnish them with a source of water. After Lower Cimarron Spring the next reliable water was at Middle Spring. This also became a major campsite on the Santa Fe Trail. Near the same location is another major Trail landmark, Point of Rocks. This rock formation along the Cimarron Valley served as a lookout point for traders with the trail lying between the rock and the river.

Today:

Middle Spring and Point of Rocks both are located in the Cimarron National Grassland. Point of Rocks remains fairly unchanged to this day.

Location:

About eight miles north of Elkhart.

Interesting Fact:

In 1849, while crossing the Jornada from the Arkansas River to the Cimarron River a winter storm overtook a train of about twenty wagons. The men retreated to the wagons and left the stock within the circle formed by the wagons. Within hours the livestock had frozen. Snow drifted to near the tops of the wagons which had the benefit of blocking the wind. After the storm ended the men "ventured from their covers to look upon the sad wreck of life around, and to

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Cimarron Route

think upon the awful condition in which they were placed-a condition which none can realize but those who have experience it. Hundreds of miles from any civilized habitation, in the midst of a desert waste producing not a stick of timber in a range of many miles, and no animal left..." By using the wagons for food and living off the trade provisions they carried, the party survived until spring. Letter of James L. Collins to William Carr Lane, territorial governor of New Mexico. (Simmons, p.15)

Integrated Activities:

Language Arts

⇒ Design a board game to represent the Santa Fe Trail. Include all 8 stations on your board. Teach someone how to play your game.

⇒ Design and construct a quilt. Each patch should represent one of the stations along the Santa Fe Trail.

⇒ Make a relief map of Kansas out of salt, flour, oil and water using following recipe. Include a line that represents the Santa Fe Trail.

1 cup flour

½ cup salt

1 tablespoon oil

1 teaspoon of cream of tarter

food coloring (optional)

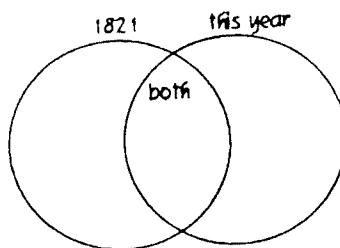
Cook over medium heat until it reaches a dough consistency.

⇒ Compare and contrast travel on the Santa Fe Trail

wagon	walking	riding a horse
small plane	train	car

⇒ Draw and label an ecosystem of the grassland.

⇒ Use a Venn Diagram to sort the facts that you know about the Santa Fe Trail. Label one circle 1821 and the other circle the current year. Work together to name a fact about the Santa Fe Trail. Decide if it applies to only 1821, only this year, or both 1821 and this year.



Math

⇒ Construct a sod house to scale.

⇒ Problem of the Trail: Write math story problems. Share these with your classmates. Try to solve each other's problems. Use information that is relevant to the early 1800s. For example: Bobbie has 12 horses. She is going to shoe her horses before going on the trail. How many horse shoes does she need?

⇒ Problem of the Trail: How could you determine what direction the wind is blowing? Design and construct a weather vane. Keep a record of what direction the wind is blowing for several days by constructing a graph. Label the horizontal axis N, NE, E, SE, S, SW, W, NW. Label the vertical axis day 1 through day 10. Record each day. Be sure to put a title on your graph. At the end of 10 days, write a summary of the information that you have gathered.

⇒ Travelers on the Santa Fe Trail measured distances by marking a wheel and counting its revolutions. If a wheel was $2\frac{1}{2}$ feet around its outside edge how many times would it need to go around to equal one mile? (A mile is 5,280 feet.) If 1760 revolution equal a mile, how big is the wheel?
Answers: 2,112 and 3 feet.

Social Studies

Discussion:

Imagine traveling for mile after mile with no water supply, then finally, water was plentiful. How would you feel? During the days of the Santa Fe Trail, when travelers came upon this area of the trail, they knew they had survived "La Jornada". This is a Spanish phrase. Find out what it means.

Art

Project:

Sod houses

Materials:

small milk cartons from lunch
dirt
grass
water

Fill milk carton with mud/grass mixture. Let dry. Peel carton off. Glue sticks and more dried grass to the sod cube to resemble a house. Lay butcher paper on a table and have students create a small village using grass, gravel and the sod houses.



Project:

Sand paintings

Materials:

clean, sifted sand or craft sand
colorful powders-powdered tempera paint, ground spices, corn meal,
crushed charcoal, dirt, etc
stiff cardboard or tagboard
pencil
ruler
glue



Students create a design on cardboard. Spread glue on an area of the design. Lay design in a shallow box and sprinkle sand onto the glue. Shake off extra sand. Continue this process. When design is complete, spray with a matte fixative.

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Cimarron Route

Music

- ♪ Make instruments
 - dulcimers
 - grass kazoos
 - reed and clay whistles
- ♪ Experiment with water glass scales

Physical Education/Health

⇒ Clean out the Covered Wagon

Materials: brooms and balls or bean bags.

Divide the class into relay teams. The first person sweeps the ball from one end of the gym to the other and then back to the next team member. Play continues until all team members have had a turn.

⇒ Create Your Own Tag Games

Divide the class in half. Have half of the class create their own tag game that could be played during modern times (e.g., computer tag) and the other half create their own tag game that could have been played during earlier years (e.g., wagon train tag). Have the students write out the rules and how to play their game. Share and play.

⇒ Old Brass Wagon

Verse 2-Circle to the right

Verse 3-Honor your partner

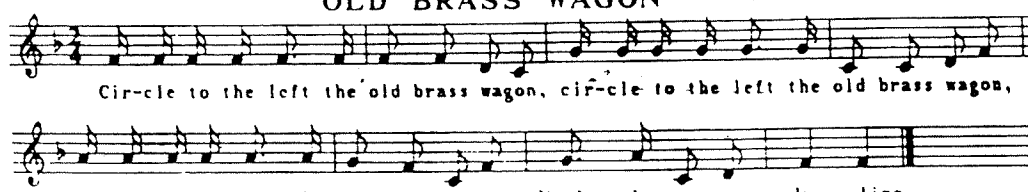
Verse 4-Do-si-do

Verse 5-Right-elbow swing

Verse 6-Left-elbow swing

Students may stand in small groups of 4 or 5 students and hold hands or hold onto a hula hoop and sing as they perform the moves.

OLD BRASS WAGON



The image shows two staves of musical notation for the song 'Old Brass Wagon'. The first staff is for the melody and the second staff is for the lyrics. The melody is written in a treble clef with a key signature of one flat (B-flat) and a 2/4 time signature. The lyrics are: 'Cir-cle to the left the old brass wagon, cir-cle to the left the old brass wagon, Cir-cle to the left the old brass wagon, You're the one my dar - ling.'

Cir-cle to the left the old brass wagon, cir-cle to the left the old brass wagon,

Cir-cle to the left the old brass wagon, You're the one my dar - ling.

⇒ Fill the Jug

Equipment: 5 buckets

5 big sponges

5 liter pop bottles

Divide class into 5 teams. On signal "Go", the first team member fills the sponge with water, runs down, to the bottle and squeezes as much as possible into the bottle (jug). The first team member then runs back, hands the sponge to the next team member, and goes to the end of the line. All the teams continue to do

this procedure until one bottle gets filled. That team scores a point and the game starts over.

Stress: Be careful around the buckets and bottles. It might get slick! Pick an area round a water spigot or faucet for refills.

⇒ Have the students go to the school library or city library and research games played by pioneers/Indians. Each student should turn in at least one game. Set up a "Share and Play Day" where the students share their games and a few are selected to play. If you do not have the exact equipment needed to play the game, be creative and improvise.

Variation: Have one day a week for a month to have a "Share and Play Day."

⇒ Suggested games:

1. Drop the handkerchief
2. Pass the button or shoe
3. Marbles
4. Leap frog
5. Tag games
6. Relay races (foot races)
7. Jumping rope
8. Toss the shoe for distance
9. Three-legged & four-legged races
10. Sack races
11. Skipping stones or a skipping stone relay
12. Wagon wheel roll
13. Hide and seek
14. Kick the stick
15. Soccer with a rag ball
16. Kick ball with a rag ball
17. Limbo
18. Pole climb (shimmy up the pole) or climbing ropes

ADDITIONAL ACTIVITIES

Art

- ⇒ Woven twigs to make a ferry boat for crossing rivers, lakes, and streams. Students collect twigs and branches. Tie the branches together to resemble a raft.
- ⇒ Flip books to use as a diary for the journey
- ⇒ Stitchery with burlap and yarn
- ⇒ Coil baskets from craft cord or rope, yarn or cotton fabric strips, large needle
- ⇒ Aluminum foil pierced with needles and wrapped around a tin can to resemble a decorative lantern.
- ⇒ Children draw a landscape with black pen. Students find things in nature to color in the picture such as dirt, rocks, leaves, dandelions, etc.
- ⇒ Yarn paintings-students draw a picture of an animal onto tagboard. Squirt with glue and use yarn to fill in the animal
- ⇒ Sponge painted silhouettes/landscapes
- ⇒ Popsicle stick log cabins
- ⇒ Leaf rubbings-students collect leaves. Place the leaves under construction paper and rub over the top with chalk, crayon or inked brayers to create a relief print.
- ⇒ Fingerprint/monoprint-students draw animals into fingerprint. Lay another piece of paper over the top, rub and create a second print called a monoprint.
- ⇒ Tin can wrap-students put glue on a tin can and wrap yarn around it to make a decorative vase in which to collect wild flowers.
- ⇒ Seed mosaic wreath-students collect acorns,

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seedpods, leaves, etc. Glue onto cardboard that has been cut into the shape of a wreath.

⇒ Pine cone animal sculptures-Children glue felt, cardboard, cloth, rocks, wiggly eyes, etc., to the pinecone to create an animal.

⇒ Torn construction paper landscape collage

⇒ Crayon wax watercolor resist-Students draw a landscape with crayon and paint in with watercolor.

Social Studies

⇒ Research the names of the Presidents of the United States during the duration of the Santa Fe Trail. List them in order with the years of their terms.

⇒ Take the word Santa Fe Trail and create an acrostic from facts that you have learned.

(Example)
Springs
Animals
Native Americans
Trade
Across Kansas

Fort Larned
Environment

Travel
Ralph's Ruts
Adaption
Important
Landmarks

⇒ Research the types of animals the travelers would have encountered. List them and make a sketch book collection of the animals.

⇒ The Mexican traders brought wagons loaded with gold, silver, wool, hides, and other cultural goods. The traders from the United States brought cotton and silk cloth, foodstuff, whiskey, nails, and other hardware items. Make a mural of these two groups trading their goods

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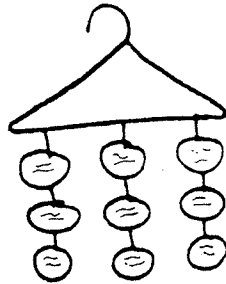
- ☞ If you were a child traveling on the Santa Fe Trail, would you go to school on the trip? If you had only a few books, or none at all, how did you learn?
- ☞ Today, children often have chores to do at home. What type of chores would a child have on the Santa Fe Trail? Make a list of them and compare them to what you have to do today.
- ☞ Write a history gram. Write about an important site from the Santa Fe Trail. Use accurate and timely information.

History Gram

Date:

Dear _____,

- ☞ Make a Kansas Santa Fe Trail Mobile (see example):



- ☞ Draw your own map of Kansas (using a compass rose and key). Mark the eight sites we have studied.
- ☞ Keep a journal. Pretend you are a child traveling the Santa Fe Trail with your parents. Date and record details of your adventures.

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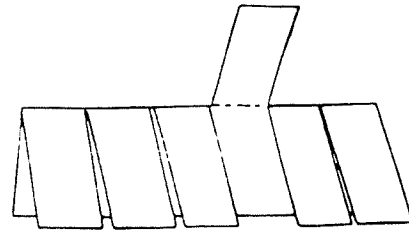
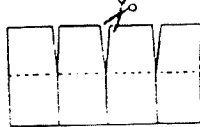
⇒ Make a Santa Fe Trail chart. (See example below). Name each site on the outside flaps. On the bottom, draw a map of Kansas with the sites noted.

Flip-flaps

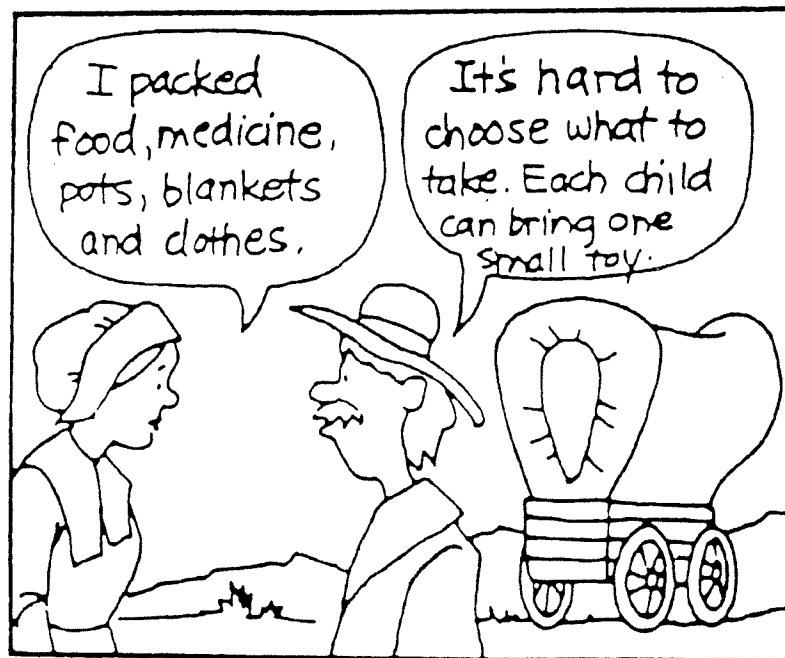
Flip-flaps are versatile, easy-to-make projects that offer the fun of manipulation and a hint of secrecy or surprise.

Materials:
• 12" x 18" or 9" x 12" paper
• scissors
• crayons, markers
• pencils

Directions:
Fold paper into eighths. Open and cut to center fold as shown. To create more flaps, fold and cut paper accordingly.



⇒ Draw a picture that includes at least two travelers from the Santa Fe Trail. Write a conversation between them that reflects some of their adventures or just daily life (see example).



FOODS ON THE SANTA FE TRAIL

Points of discussion:

1. Type of foods available—how they could be stored/preserved.
2. How foods were prepared—what was used to prepare the food.
3. Fuel.
4. How foods were served/eaten.
5. Clean-up.

Different peoples responded to points one through five according to what was available to them, their backgrounds, beliefs, etc. We will highlight these groups:

1. Those traveling the Trail
2. Native Americans
3. Mexicans
4. Soldiers in forts

Those Traveling the Trail

Types of foods available—

To begin the trip, migrant travelers stocked up with the basics. Each wagon might include the following: one barrel of flour; 150 pounds salt pork or bacon; 100 pounds dried corn, hulled; 25 pounds green apples or peaches; a barrel of molasses; vinegar; and a keg of beef suet as a butter substitute. Sardines or canned oysters might be added. Freighters traveled lighter, living on coffee, bread, salt pork, and beans or cornmeal. Enough food had to be purchased and packed to last the entire journey.

Salt pork and bacon was the most common meat staple, often referred to as "Old Ned." When there was no fresh game to be found, "Old Ned" could be used in a variety of ways: cut into small cubes and simmered in water with dried beans, peas, or rice; fried in pan till crisp; mixed with flour and a little water to make gravy.

Meat was the "staple," along with plenty of bread and coffee. Occasionally there was boiled fried apples and rice, with brown sugar or molasses ("long-sweetening") as sweeteners.

Many forms of corn (cornmeal, hominy, grits) were basic staples. Corncake, cornbread, Johnnie cake were all made with cornmeal. Grits were boiled in water and eaten plain, fried, topped with syrup, butter, milk, sugar, or whatever made them tastier, as grits are very bland. Hominy was made of corn kernels that were boiled in water and ashes to remove the hard hull of the kernel (process learned from Native Americans).

Sourdough was a bread made from a "starter" of wild yeasts and flour. Biscuits cooked in a Dutch oven over the campfire were made from sourdough. As wheat flour was not always plentiful, these biscuits were considered a treat. Breads made from cornmeal were eaten daily.

Coffee was the popular drink. Coffee beans were sold green and unroasted. The beans were roasted for three or four hours over the fire until brittle. Teas, herbal teas, and hot chocolate were other popular drinks.

Some foods could be found along the Trail. If a buffalo was killed, they could feast on the "choice" parts: the tongue; the "fleece"—a fatty meat strip one each side of the hump backbone; the rib racks; liver; kidneys. Meat was cut in long, thin strips and hung out in the air to dry, or jerk.

Sometimes "wild" plants could be gathered and eaten along the Trail. On the Trail near Baldwin City, travelers reported enjoying wild strawberries. Even today, in the old ruts, wild strawberries are seen in June. And, sometimes, travelers would trade with the Native Americans for food.

Wagon Train Messes

Daily ritual

Wagons' fires kindled at daylight.

Meal bread (already cooked) and coffee.

Between 10 and 11 o'clock

Light meal called "breakfast"

Just before breaking camp—principal meal called "dinner"

Dinner was cooked meat and fresh-baked pan or skillet bread. Sometimes fresh-killed meat was eaten, if the hunters had killed a buffalo or antelope. If no game was found, dried meat (i.e. salt pork) was used.

After two or three o'clock

Started again and often traveled until after dark.

Utensils--Each man had his quart cup, tin plate, and knife in a sheath. He scratched his "mark" on a cup and plate and washed his own cup and plate after each meal. No forks or spoons were used. For cooking, a skillet, frying-pan, sheet-iron camp kettle, coffee-pot, and Dutch oven were available. If there was no wood for the fire, buffalo chips might be used.

ACTIVITIES

Discussion:

The Food Guide Pyramid. Explain that eating foods from each of the five major Pyramid Groups daily is necessary for energy, health, growth, and to feel good. How do the foods that were taken on the Trail fit into the Food Guide Pyramid? What foods can be found along the Trail? What foods are missing? What is the most difficult pyramid group to carry by covered wagons?

Imagine you are a pioneer preparing to travel along the Trail. Choose what you will take with you. Remember there is limited space. There are few, if any, towns along the way. What will you take on the trip? (Don't forget water!)

What will be your options if you run out of a staple item or items along the way? (Discuss trading with Native Americans, gathering wild plants, killing wild animals, consequences of not eating for several days and how that would affect your ability to function).

Have students keep track of what they eat during one day. Or discuss what they had for lunch that day. Could any of these foods have been taken on the Trail? Would all the foods have been available during the early 1800's (i.e. produce not grown in the area, prepared foods, food mixes, etc.)? Contrast with the variety of foods that we can easily purchase at the grocery store today.

Issues of refrigeration, storage, preparation. How does salt preserve meats? Why do we dry foods like fruits?

Tour a grocery store. How the foods found in today's grocery stores differ from the general store of the early 1800's.

How food supplies energy (calories) that we need for daily activities.

Activity level on people on the train compared to the students' daily activity level. Contrast amounts of food needed to supply that energy for daily activities.

TEACHER BACKGROUND

In June of 1821 William Becknell placed an advertisement in the *Missouri Intelligencer* asking for seventy men to accompany him on a western expedition designed for trading horses and mules. Seventeen men answered his ad. They met at the farm of Ezekiel Williams near the Arrow Rock ferry in Missouri where they named Becknell as captain. On September 1st Becknell led a group of five men across the Missouri River at Arrow Rock, to begin a journey that would end five months later and with a profit of 2,000 percent.

It cannot be said that Becknell was the first either to travel the Santa Fe Trail or to attempt to establish trade in Santa Fe. Native Americans, Frenchman crossing the plains in the 1700s, and perhaps even Coronado, traveled a route similar to what became known as the Santa Fe Trail. As the nation in control of the American Southwest in the late 1700s and early 1800s, Spain allowed this territory to trade only with Spanish traders. This assured that control and profit went to Spain. Attempts by others to trade in the northern settlements of New Spain were infrequent and sometimes dangerous. In the early 1800s some traders from the young United States began setting out on expeditions to Santa Fe that they hoped would lead to profit. In fact, even Ezekiel Williams, the owner of the farm where William Becknell called his 1821 meeting, had tried trading in New Spain. Williams success seems to be that he escaped being thrown into a Spanish jail. Not until 1821, and the journey of William Becknell, did the possibilities of the Santa Fe Trail become apparent and begin to alter the path of American history.

The Santa Fe Trail began and flourished as a trail of commerce between the United States and Mexico. Along its route traders from both countries carried goods back and forth between Santa Fe and Kansas City. Gold, silver, wool, and hides moved east along the trail while cotton and silk cloth, foodstuffs, nails, and other hardware and manufactured items moved west. Since it was a trail of commerce and not migration, not many women and children trailed in the ruts of the Santa Fe Trail.

Many people who traveled the Santa Fe Trail found themselves in a land they were unfamiliar with. Tremendous thunderstorms sent livestock into terrified stampedes, requiring hours to round them up. Hailstones larger than hen eggs at times covered the ground inches deep. Winter storms were dreaded by those traveling in the fall and winter. At other times those keeping diaries and journals of their time on the trail commented on the beauty of the land and the abundance of wildlife.

The journey to Santa Fe, and the region of Santa Fe itself, were said to have healthful qualities to them. One of the best known writers of life on the trail, Josiah Gregg, was a frail child who grew into a "sickly" adult. After being confined to his room for nearly a year for an illness numerous medicines had failed to improve, Gregg was sent by his doctor on a trip to the high prairies. In 1831 he began his first trip along the Santa Fe Trail and within a matter of a few weeks was no longer the invalid that left Independence, Missouri. Josiah Gregg's claims of the benefits to one's health of trail life are echoed by others who traveled the route.

TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

Travel along the Santa Fe Trail was usually controlled by the basic needs of the animals and people on it. Groups moved down the trail about fifteen miles a day.. Availability of water, fuel, and grass for the livestock played major roles in determining campsites for the travelers. Most groups ended up camping at the same places as the wagons that passed before them and those that would follow after them. Campsites such as 110 Mile Creek, Diamond Springs, Lost Spring, and Turkey Creek became well known. As traders decided to take the Cimarron Cut, a shorter but drier route to Santa Fe, the issue of water became an all-consuming concern that forced decisions about whether to take the Dry Route or Wet Route, the Cimarron Cutoff or the Mountain Route. On a trail across a prairie, landmarks such as Point of Rocks became important also. These could be seen from far away and directed the travelers in the right direction.

Through the years changes occurred for those traveling along the trail. Early traders used pack mules that carried 200-250 pounds each, at a cost of approximately \$12.00 per hundred pound. As traffic on the trail increased, wagon trains replaced mule trains. Loaded wagons on the trail weighed 3,000-7,000 pounds. Teams of 10 to 12 mules left the trail head pulling the brightly colored wagons. By the time the wagons reached the end of their journey, they were often bleached from the sun and warped and shrunk by water. Over the years the wagons were built larger and larger to carry more and more trade goods. As this happened, 6 or more yokes of oxen gradually replaced mules as the livestock of choice.

While the main purpose of the trail was trade, other uses evolved through the years. When the United States and Mexico went to war in 1846, the trail became a route for United States military troops to travel to Mexico. When peace was restored, the United States had acquired land that now makes up most of California, Nevada, Arizona, and New Mexico. Stagecoach and mail service began. It became a route used by people hoping to make their fortune in the gold fields of Colorado. Freighters began supplying both government and private companies with contract goods in addition to their trade in Santa Fe.

As travel along the trail continued and increased, the Native Americans watched with increasing animosity. They found themselves losing land, buffalo, and other game needed for their survival. Worsening relations with the Native Americans increased an effort by the United States Government to erect forts along the trail to protect those traveling it.

Gradually, as the railroad inched its way west, the portion of the Santa Fe Trail in use became shorter. In 1880, when the railroad reached Santa Fe and the freighting trail was no longer used, it passed into the pages of the history books.

VOCABULARY

Advance Party	A group of scouts who traveled ahead of a caravan.
Caches (KASH-ez)	Storage pits that were a trail landmark along the Arkansas River just west of present Dodge City.
Caravan	A group of traders of their wagons traveling together.
Cimarron Route or Cimarron Cutoff	The Santa Fe Trail route first used by William Becknell in 1822. It began at the Arkansas River and ran through southwestern Kansas, the western edge of the Oklahoma Panhandle, and northeastern New Mexico to near Fort Union. It was shorter but drier than the Mountain Route.
Commerce	The buying, selling, and exchanging of goods.
Dry Route	One of two Trail routes between Pawnee Rock and Fort . It was called dry because it was several miles north of the Arkansas River. It was less sandy than the Wet Route.
Dugout	A shelter or home dug into the side of a hill. Dugouts often had roofs made of sod blocks laid on a support of tree branches or lumber.
International	Having to do with two or more countries. International trade takes place between two or more countries and not between people or businesses located within the same country.
Jomada del Muerto	This translates into "Journey of death." This phrase, or the anglicized "homada," is used to refer to the dry stretch named the Cimarron Route.
Migration	The act of moving from one place to another.
Post	Another word for fort or trading post.
Rendezvous	A point where wagons traveling individually or in small groups gathered to organize into larger caravans for the remainder of the journey.
Reveille	A bugle call at about sunrise signaling the first military formation of the day.
Sutler	A merchant allowed by the military to set up a store at a fort and sell supplies to soldiers.
Trail	A course or route between two points.
Trailhead	The beginning of a trail. As railroads built west, the Santa Fe Trail had different trailheads. Also called a jumping-off point.

RESOURCES

The Kansas State Historical Society

Within the Kansas State Historical Society are wealth of resources for dealing with the Santa Fe Trail. Materials include educational programs, books, diaries, maps, and museum store items available for sale. The Society offices are headquartered at the Kansas History Center in Topeka. The following include some highlights. For more information on sources available contact the Kansas State Historical Society at 6425 SW Sixth Avenue, Topeka, KS 66615-1099, 785-272-8681, Fax 785-272-8682, TTY 785-272-8683, or visit their web site at <http://history.cc.ukans.edu/heritage/kshs/kshl.html>

Historic Sites

Kaw Mission- Established by the Methodists, this mission was built on the Kansa reservation as a boarding school. Tours include the history of the nearby Santa Fe Trail. Kaw Mission, 500 N. Mission, Council Grove, 316-767-5410.

Pawnee Rock- To travelers on the Santa Fe Trail, Pawnee Rock represented the midpoint of their journey. Located one-half mile north of the town of Pawnee Rock. 785-272-8681, ext. 223.

Shawnee Mission- This Methodist Mission began in 1830 and was relocated in 1839 to a site near a branch of the Santa Fe Trail originating in Westport.

Grinter House- Moses Grinter operated a trading store and ferry. Troops from Ft. Leavenworth used this ferry to teach the Santa Fe Trail.

Media Loan Programs

Expansion and Growth-19th Century America, The Santa Fe Trail, Sunflower Journeys #301; The Santa Fe Trail, and #808; Neosho River Basis.

Library and Archives Collections

Brayer, Garnet M., editor, *Land of Enchantment: Memories of Marion Russell Along the Santa Fe Trail*. 1954. Reprint. Albuquerque: University of New Mexico Press, 1981.

Brown, Dee. "Along the Santa Fe Trail." *American History Illustrated* 15 (October 1980): 8-13, 42-44.

Clapsaddle, David K. "The Wet and Dry Routes of the Santa Fe Trail." *Kansas History* 15 (summer 1992): 98-115. Focuses on the use of these alternate routes, crossing present Pawnee and Ford counties in the late 1850s and 1860s.

Connor, Seymour V., and Jimmy M. Skaggs. *Broadcloth and Britches: The Santa Fe Trade*. College Station: Texas A&M University Press, 1976.

Findley, Rowe. "Along the Santa Fe Trail." *National Geographic* 179 (March 1991): 98-123. Pictures, both contemporary and historic, maps, and narrative help author interpret the 900-mile route which was recently designated a national historic trail.

Franzqa, Gregory M. *The Santa Fe Trail Revisited*. St. Louis, Mo.: Patrice Press, 1989. A "Driving Guide" to the trail, which locates historic sites and includes quotes from

trail narratives.

Gregg, Josiah. *Commerce of the Prairies: Or, the Journal of a Santa Fe Trader*. Two volumes. 1844. Reprint. Lincoln: University of Nebraska Press, 1967. Classic about the Santa Fe Trail, first published after Gregg had traveled round-trip on the trail eight times.

Meline, James F. *Two Thousand Miles on Horseback Santa Fe and Back: A Summer Tour Through Kansas, Nebraska, Colorado, and New Mexico, in the Year 1866*. Albuquerque, N. Mex.: Horn and Wallace, 1966. Letters which Meline prepared for newspapers.

Myers, Joan, and Marc Simmons. *Along the Santa Fe Trail*. Albuquerque: University of New Mexico Press, 1986. Many photos with commentary.

Items available for purchase through the Museum Store

Adventures with the Santa Fe Trail: An Activity book for kids and teachers by Dave Webb

Along the Santa Fe Trail by Leo E. Oliver

Commerce of the Prairies by Josiah Gregg

Down the Santa Fe Trail: The Diary of Susan Shelby Magoffin 1846-1847 by Stella M. Drumm

Following the Santa Fe Trail: A Guide for Modern Travelers by Marc Simmons

Maps of the Santa Fe Trail by Gregory Franzwa

Mary Donoho: New First Lady of the Santa Fe Trail by Marion Meyer

Santa Fe Trail National Historic Trail by Mark L. Gardner

Santa Fe Trail Trivia: Over 600 Questions and Answers, 3rd Edition by Leo Oliva

Kansas Heritage (Spring 1996) includes the article "And Miles to Go Before They Sleep: The Santa Fe Trail Celebrates 175 Years."

Land of Enchantment: Memoirs of Marion Russell Along the Santa Fe Trail by Garnet M. Broyer

Council Grove Convention and Visitors Bureau

200 West Main Street, 66846, 316-767-5882 or 1-800-732-9211.

Dodge City, Santa Fe Trail Tracks

Tracks of original wagon trail nine miles west of Dodge City, 316-227-8188. Some information on Fort Dodge is available at <http://www.dodgedev.org/>

Fort Larned National Historic Site

Includes at this restored fort are 1842-1853 Officers' Quarters, Post Hospital, Barracks, Post Headquarters, Guardhouse, magazine, Bakery, Well, Canopy, living history demonstrations, and special events. Rt. 3, Larned, Kansas 67550, 316-285-6911, <http://www.nps.gov/fols/>

Interactive Santa Fe Trail Homepage

Contains lots of links, <http://history/cc.ukans.edu/heritage/research/sft/index.html>

Kansas Historic Trails

<http://history.cc.ukans.edu/heritage/research/trail.html>

National Frontier Trails Center

Located in Independence, Missouri, the National Frontier Trails Center houses a collection dealing with frontier trails including the Santa Fe Trail. 318 West Pacific, Independence, Missouri 64051-0519.

Santa Fe Trail Center

The Santa Fe Trail Center houses a library, archival collections, and a museum. Rt 3, Larned, Kansas 67550, 316-285-2054, Fax 316-285-7491.

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Hafen, LeRoy R. *Overland Routes to the Gold Fields, 1859 from contemporary diaries*. (Glendale, CA: The Arthur Clark Company, 1942)

Hafen, LeRoy R. *Pike's Peak Gold Rush Guidebooks of 1859*. (Glendale, CA: The Arthur H. Clark Company, 1941)

Narcy, Randolph B. *The Prairie Traveler: A Handbook of Overland Expeditions*. (New York: Harper & Brothers, 1859)

Olwa, Leo E. "A Faithful Account of Everything: Letters from Katie Bowen on the Santa Fe Trail, 1851." *Kansas History: A Journal of the Central Plains* Vol. 19 (Winter 1996-1997), p. 262-281.

Russell, Marion Sloan. *Land of Enchantment: Memoirs of Marion Sloan Russell As dictated to Mrs. Hal Russell*. (Albuquerque: University of New Mexico Press, 1954)

Simmons, Marc ed. *On the Santa Fe Trail*. Lawrence: University of Kansas Press, 1986.

Young, Otis E. *The First Military Escort on the Santa Fe Trail, 1829*. (Glendale, CA: The Arthur H. Clark Company)

APPENDIX A

Travel Log

_____ Name

DATE	STATION	LOCATION	LATITUDE/ LONGITUDE	DISTANCE TRAVELED

APPENDIX B

Santa Fe Trail Diary

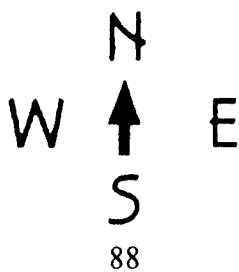
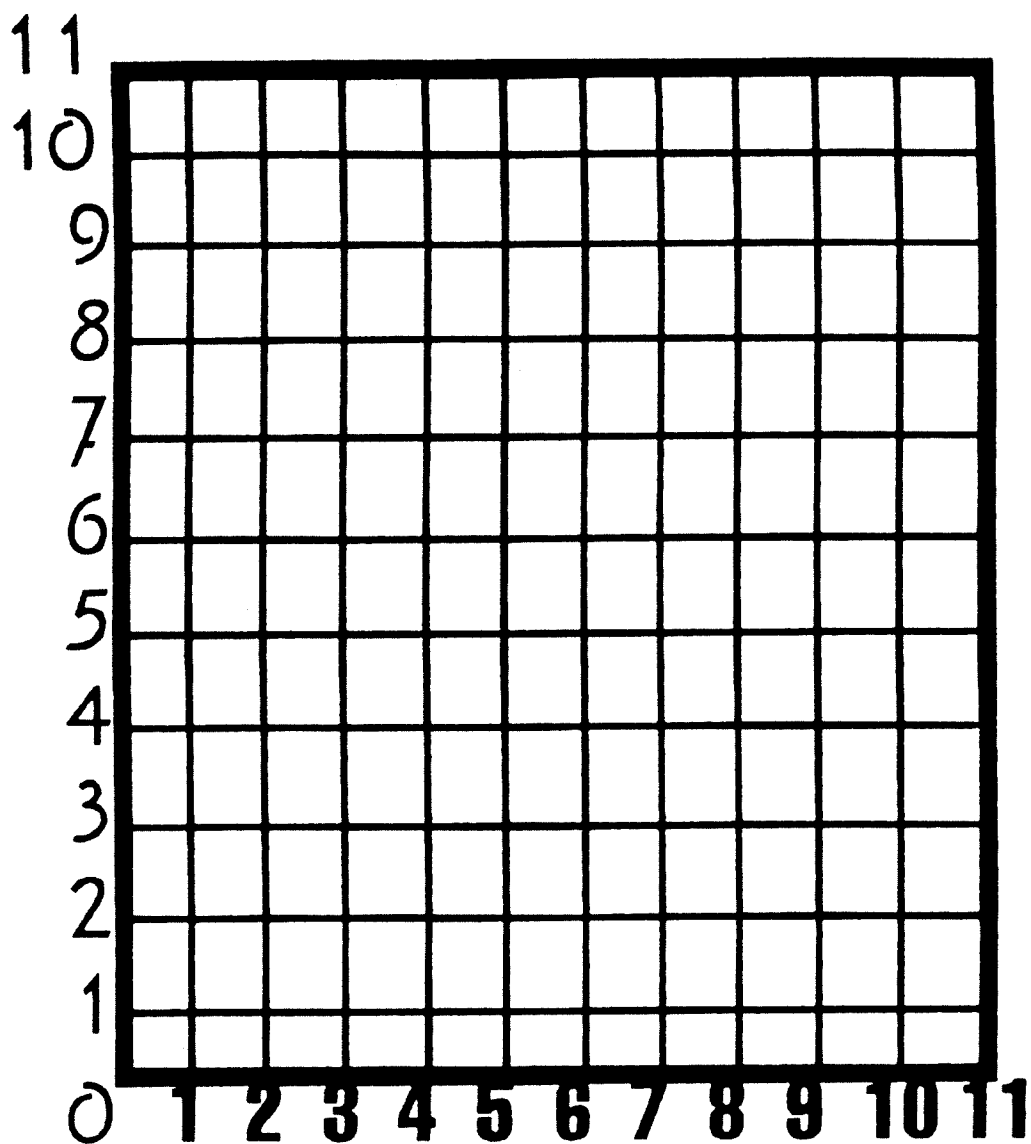
Today I... _____

I will always remember... _____

The most dangerous thing happened today!!! I saw ...

APPENDIX C

Lost Spring



TRAVEL THE SANTA FE TRAIL TO KANSAS KIDS FITNESS DAY

