

Genetic History

M45: The Journey Through Central Asia

Time of Emergence: 35,000

Place of Origin: Central Asia

Climate: Glaciers expanding over much of Europe

Estimated Number of *Homo sapiens*: Approximately 100,000

Tools and Skills: Upper Paleolithic

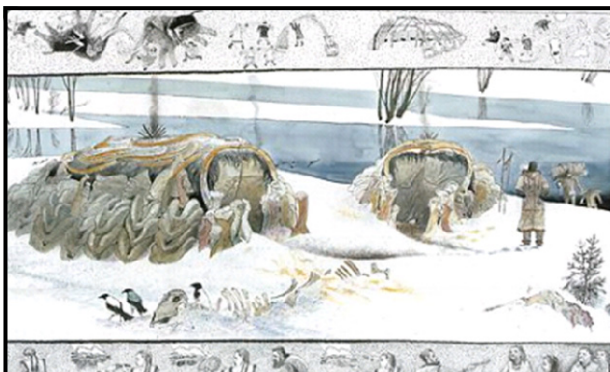
The next marker of my genetic heritage, *M45*, arose around 35,000 years ago, in a man born in Central Asia. He was part of the *M9* Eurasian Clan that had moved to the north of the mountainous Hindu Kush and onto the game-rich steppes of present-day Kazakhstan, Uzbekistan, and southern Siberia.

Although big game was plentiful, the environment on the Eurasian steppes became increasingly hostile as the glaciers of the Ice Age began to expand once again. The reduction in rainfall may have induced desert-like conditions on the southern steppes, forcing my ancestors to follow the herds of game north.

To exist in such harsh conditions, they learned to build portable animal-skin shelters and to create weaponry and hunting techniques that would prove successful against the much larger animals they encountered in the colder climates. They compensated for the lack of stone they traditionally used to make weapons by developing smaller points and blades—microliths—that could be mounted to bone or wood handles and used effectively. Their tool kit also included bone needles for sewing animal-skin clothing that would both keep them warm and allow them the range of movement needed to hunt the reindeer and mammoth that kept them fed.

My ancestors' resourcefulness and ability to adapt was critical to survival during the last ice age in Siberia, a region where no other hominid species is known to have lived.

The *M45* Central Asian Clan gave rise to many more; the man who was its source is the common ancestor of most Europeans and nearly all Native American men.



M242: The Siberian Clan

Time of Emergence: 20,000 years ago

Place of Origin: Central Asia or southern Siberia

Climate: Brutal cold, peak of the Ice Age

Estimated Number of *Homo sapiens*: Hundreds of thousands

Tools and Skills: Upper Paleolithic; adaptations to cold climate including warm clothing and portable shelters

