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From 1774 to 1789, the Continental Congress served as the government of the 13 American colonies and later the United States. The First Continental Congress, African-American history is the part of American history that looks at the African-Americans or Black Americans in the United States. Although previously marginalized, African-American history has gained ground in school and university curricula and gained wider scholarly attention since the late 20th century. The history of the United States began with the settlement of Indigenous people before 15,000 BC. Numerous cultures formed. The arrival of Christopher Columbus in the year of 1492 started the European colonization of the Americas.