

MOVING THROUGH HISTORY

THE POWER OF PLACE: BLACK ROUTES WEST (PART 1)

This resource is created for students and educators to enrich body and mind through history. This is a beginner to intermediate level regiment for those who have a moderate exercise practice.



EXERCISING BODY AND MIND

Generations before slave traders brought Africans to Jamestown, people of African descent arrived in the American West. In the 1520s an enslaved man named Esteban de Dorantes survived a failed Spanish expedition to Florida and ultimately trekked across present-day Texas and the Southwest. Over the centuries many others followed, their histories intersecting with those of Anglos, Latinx, Asians, and Native Americans, their stories and lives enriching and complicating current understanding of the wide region.



EXERCISING BODY AND MIND

This Moving Through History explores stories of African Americans in west or of nineteen states "west of the Mississippi [River]," and in order of their admittance into the Union (or to the United States). This is part one of two.

This part features the nine states admitted from from 1845 to 1889.



EXERCISING BODY AND MIND

- Texas - Lavinia Carrington
- California - William and Mary Elizabeth Sugg
- Oregon - The 555th Parachute Infantry Regiment ("Triple Nickles")
- Kansas - Nicodemus, Kansas
- Nevada - James Beckwourth
- Nebraska - Migration and the New Negro Movement in Lincoln
- Colorado - Dearfield, Colorado
- North Dakota - Buffalo Soldiers and Fort Buford
- South Dakota - Oscar Micheaux and The Homesteader



SAFETY INFORMATION



PLEASE READ THE FOLLOWING PROGRAM GUIDELINES BEFORE PARTICIPATING IN THE MOVING THROUGH HISTORY ACTIVITY, OR USING IT AS A TEACHER RESOURCE.

In order to safely participate in this activity, make sure that you (or your students, if you are a teacher using this as a teaching resource):

- are in a safe, clutter-free environment;
- have enough space to complete the exercises: you can lift your arms fully over your head, jump up and down and side to side, and lay down fully extended without bumping into anything;
- are wearing comfortable clothing that you can move and stretch in without it getting in the way (we recommend removing shoes and socks if you are in-doors);
- read and understand the instructions for each exercise before performing it; and
- listen to your body and respect your own limitations.
- may wish to have the following: a water bottle and either a yoga mat or towel (to be used under the knees).

This activity is designed for those aged 18 and older who are physically fit. For those under the age of 18, adult (parent/legal guardian/teacher) guidance is recommended. If you have any health concerns, contact your physician for advice prior to participating in this activity.

By participating in this activity, you assume full responsibility for your safety and well-being. This includes waiving any claims that you may have against the Smithsonian Institution (including the National Museum of African American History and Culture, and its regents, staff, and representatives) and holding the Smithsonian harmless from any claim, cause of action, or liability arising caused in whole or in part by your participation in this activity and/or use of this activity as a teacher resource.

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SAFETY CHECK 1



CAN YOU ANSWER YES TO ALL THE FOLLOWING QUESTIONS?

- Are you are in a safe, clutter-free environment?
- Do you have enough space to complete the exercises by doing the following:
 - Can you lift your arms fully over your head?
 - Can you jump up and down and side to side?
 - Can you lay down fully extended without bumping into anything?
 - Is your floor space is clear of any objects that you may step on or bump into?

IF YOU SAY NO TO ANY QUESTION, WE RECOMMEND YOU DO NOT PARTICIPATE IN THIS ACTIVITY.

SAFETY CHECK 2



CAN YOU ANSWER YES TO ALL THE FOLLOWING QUESTIONS?

- Are you are wearing comfortable clothing that you can move and stretch in without it getting in the way? (We recommend removing shoes and socks if you are indoors.)
- Will you read and understand the instructions for each exercise before performing it; or listen to your instructors directions?
- Will you listen to your body and respect your own limitations?
- Do you have or need a water bottle and either a yoga mat or towel (to be used under the knees)?

IF YOU SAY NO TO ANY QUESTION, WE RECOMMEND YOU DO NOT PARTICIPATE IN THIS ACTIVITY.

USER GUIDE



The following exercises are meant to be performed as a circuit. Perform each of the daily exercises for the recommended time or number of repetitions with 30 seconds of rest between exercises. At the end of the circuit, rest for two minutes then repeat the circuit.

To meet your current level of fitness, you can increase or decrease the number of repetitions; increase or decrease the number of times you complete the circuit; and increase or decrease the resting period between exercises and between circuits.

These exercises are meant to be performed along with your breath. Make sure that you follow the breathing cues in the instructions and move slowly and consciously. For exercises where your knees are on the floor, pad your knees on either a yoga mat or a towel.

Each exercise includes an object or a narrative connected to the highlighted state and a reflection question for you to consider during the rest between exercises. Some questions may require you to gather information outside of this source to help formulate a full answer after your workout. You can enjoy this resource without answering these questions, but we strongly encourage you to engage with them to enhance your experience.

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EXERCISE CIRCUIT



Use this template as you go through the daily exercise circuit. Make sure that you read the instructions rest in-between the exercises.

EXERCISE 1 - TEXAS

(REST 30 SECONDS)

EXERCISE 2 - CALIFORNIA

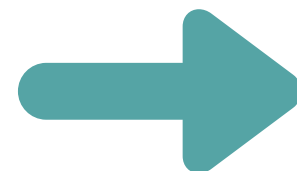
(REST 30 SECONDS)

EXERCISE 3 - OREGON

(REST 30 SECONDS)

EXERCISE 4 - KANSAS

(REST 30 SECONDS)



EXERCISE 5 - NEVADA

(REST 30 SECONDS)

EXERCISE 6 - NEBRASKA

(REST 30 SECONDS)

EXERCISE 7 - COLORADO

(REST 30 SECONDS)

EXERCISE 8 - NORTH DAKOTA

(REST 30 SECONDS)

EXERCISE 9 - SOUTH DAKOTA

(IF REPEATING: REST 30 SECONDS)



REPEAT OR FINISH CIRCUIT

WALK/WALK-IN-PLACE AND
DRINK A BIG GLASS OF
WATER.



TEXAS

ADMITTED DECEMBER 29, 1845
FORMERLY THE REPUBLIC OF TEXAS

LAVINIA WHITESIDE

Lavinia Whiteside traveled from South Carolina to Texas as an enslaved girl in the early 1860s. In 1884 Lavinia married Edward Carrington, a widower, father of three, and owner of a general store in Austin. The Carringtons and their descendants ran the store, which stayed a thriving business and gathering place well into the 1940s. Her legacy lives on—a girl in each generation of the family is still named Lavinia.



TABLE FORK USED BY LAVINIA
WHITESIDE CARRINGTON

TEXAS - EXERCISE #1



WORKOUT NUMBER ONE - TEXAS

These silver serving items represent one of the aspects of owning a general store – serving food. Waitstaff put a lot of pressure on their wrists, shoulders, and lower back. This stretch will promote shoulder, arm, and wrist flexibility and create healthy movement in the spine. It will also warm you up and prepare you for additional movement.

STRETCH WARM UP: STANDING SIDE BENDS WITH INTERLACED FINGERS X 5 BREATHS ON EACH SIDE

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

TEXAS - EXERCISE #1



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

STRETCH WARM UP: STANDING SIDE BENDS WITH INTERLACED FINGERS X 5 BREATHS ON EACH SIDE

- Begin standing with feet hip distance apart, grounding down into the feet evenly.
- Interlace your fingers in front of you and flip your palms out, straightening your arms.
- Exhale to roll your shoulders back and down away from your ears.
- Inhale and reach your palms toward the ceiling, keeping your shoulders away from your ears.
- Exhale and stretch your palms to the left, grounding down into the right foot.
- Keep pressing evenly into both feet as you inhale to extend out through your palms, and exhale to bend more deeply, repeating the motions for five breaths. Make sure you do not collapse forward as you bend to the side: roll your shoulders back and keep your chest open.
- Inhale to return to center and switch sides.

REST FOR 30 SECONDS AND CONSIDER THE FOLLOWING QUESTION

How do you think formally enslaved persons understood the economic and social possibilities and opportunities of the American West as compared to what was available in post-war North and South?

CONTINUE ONTO EXERCISE TWO: CALIFORNIA



CALIFORNIA

ADMITTED SEPTEMBER 9, 1850
FORMERLY THE MEXICAN CESSION

WILLIAM AND MARY ELIZABETH SUGG

William Sugg, born enslaved in North Carolina, traveled with his owners to California during the Gold Rush. There he purchased his freedom and met Mary Snelling, who had moved from Missouri. They married in 1855, built a home in Sonora, and had 11 children. William worked as a harness maker and teamster. Mary transformed the expanded family home into a boarding house. Their grandson, Vernon, lived in the home until his death in 1982. This leatherworking bench was used by William Sugg and his son at their business, Sugg's Livery, in Sonora, California.



STITCHING PONY BELONGING TO AND
USED BY WILLIAM SUGG

CALIFORNIA - EXERCISE # 2



WORKOUT NUMBER TWO - CALIFORNIA

Teamsters are people who drove a team of animals – usually oxen, horses, or mules – pulling a wagon. They also spent a lot of time caring for and riding animals, including horses. Alignment and stability are critical for both the horse and the rider, including posture and balance. This exercise will promote good posture, stretch and strengthen your hip flexors, and strengthen your lower back and core.

FULL BODY WARM UP: TWISTING HIGH KNEES X 30 SECONDS

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

CALIFORNIA - EXERCISE # 2



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

FULL BODY WARM UP: TWISTING HIGH KNEES X 30 SECONDS

- Begin standing with feet hip distance apart.
- Inhale to reach your arms up.
- Exhale to lift your right leg up toward your chest with knee bent, bring your left elbow to your right knee, and squeeze them together using your core muscles. You should feel a slight twisting motion in your core.
- Inhale to place right foot down and extend left arm back up.
- Exhale and switch to left leg and right elbow. Continue alternating back and forth with your breath.
- This is a controlled motion that you should drive using the strength of your core muscles.
- Make sure you perform the same number of reps on each side!

REST FOR 30 SECONDS

AND CONSIDER THE FOLLOWING QUESTIONS

How did slavery impact the admittance of California? What political, social, and economic impact did enslaved and free African Americans have on California's early years as a state? What relations did the African American community have with the Anglo, Native, Latinx, and Asian populations during the first years of statehood?

CONTINUE ONTO EXERCISE THREE: OREGON

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OREGON

ADMITTED FEBRUARY 14, 1859
FORMERLY THE OREGON TERRITORY

THE TRIPLE NICKLES (1944 - 1947)

The men of the 555th Parachute Infantry Regiment (PIR) were the first African American airborne soldiers. They became known as the “Smoke Jumpers,” or the “Triple Nickels,” because 17 of the original 20 members came from the 92nd Infantry Division whose symbol was three buffalo nickels in a triangle. Trained in 1944, the 555th PIR were assigned to Pendleton, Oregon for Operation Firefly, a covert mission to fight fires started by Japanese incendiary balloons during the Second World War. The balloons were launched from Japan, drifted over the Pacific, and dropped to the ground along the West Coast. The 555th conducted approximately 376 firefighting missions during the war, and its soldiers made more than 1,000 jumps.



**OPERATION FIREFLY – A C-47 OF
TROOP CARRIER COMMAND CARRIES
THESE PARACHUTISTS OF THE 555TH
PARACHUTE INFANTRY BATTALION TO
THE SCENE OF A REMOTE FIRE IN
WALLOWA FOREST, OREGON.**

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OREGON - EXERCISE #3



WORKOUT NUMBER THREE - OREGON

Paratroopers, who parachute out of airplanes, were an important part of the military presence on American shores during the Second World War. But these “smokejumpers” as they were called, were vulnerable to injuries from both fire and ground impact. Back injuries are still the number one type of injury that paratroopers suffer. One way to lessen the likelihood of these injuries is by strengthening the deep core muscles that wrap all the way around your torso. This exercise targets those muscles in addition to the obliques, hip flexors, and the glutes. It will improve overall strength, endurance, and balance.

CORE EXERCISE: ROCKING PLANKS X 10 PER SIDE

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

OREGON - EXERCISE # 3



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

CORE EXERCISE: ROCKING PLANKS X 10 PER SIDE

- Begin in forearm plank position, elbows under shoulders, hands pressing into the ground, and feet slightly wider than hip distance apart. Create a straight line from your head to your feet.
- Drive your heels back and pull your belly button in toward your spine.
- Leaving your arms where they are, exhale and drop your heels to the right until they touch the ground.
- Inhale back to center, then exhale and drop your heels to the left until they touch the ground.
- Repeat, alternating starting sides with your breath, until you have completed ten per side.
- **To build strength: work on holding forearm plank pose for 30 seconds with good form before moving on to rocking planks.**

REST FOR 30 SECONDS AND CONSIDER THE FOLLOWING QUESTIONS

How did the local populations receive the Triple Nickles during their service in Oregon? What impact did the "Triple Nickles" have on the United States military?

CONTINUE ONTO EXERCISE FOUR: KANSAS

KANSAS

ADMITTED JANUARY 29, 1861
FORMERLY PART OF THE KANSAS TERRITORY

NICODEMUS, KANSAS

In 1877 a land developer and a black minister formed the Nicodemus Town Company in northwest Kansas to attract African American settlers from the South. The town offered farmland for sale and the promise of greater economic independence. Some 300 settlers arrived from Kentucky, hoping to leave behind increasing discrimination. Soon they built a school and church, and for a time the town flourished. But the railroad bypassed Nicodemus, and the town's development faltered. Nicodemus still exists and today is a National Historic Landmark.



WASHINGTON STREET SHOWING FIRST
STONE CHURCH AND WILLIAMS GENERAL
STORE - NICODEMUS HISTORIC DISTRICT,
NICODEMUS, GRAHAM COUNTY, KANSAS

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KANSAS - EXERCISE #4



WORKOUT NUMBER FOUR - KANSAS

Building a town and clearing land to prepare for planting are very physical activities that require full body strength and endurance. This exercise improves full body power, strength, and stability. It also works all the major muscle groups in the body. You will need two props for this exercise. If you have dumbbells or kettlebells that you can safely lift, you can use these.

Otherwise, you can use two gallon-sized jugs of water, or place books into grocery store bags. Just make sure that the weights are even on both sides. Start with light weights and work up to heavier weights.

FULL BODY EXERCISE: FARMER'S WALKS X 10-20 STEPS EACH DIRECTION X 5 SETS

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

KANSAS - EXERCISE #4



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

FULL BODY EXERCISE: FARMER'S WALKS X 10-20 STEPS EACH DIRECTION X 5 SETS

- Find a place to perform this exercise that will allow you to walk 10-20 steps without stopping.
- Place your weights down on either side of your feet.
- Begin standing with feet slightly wider than hip distance apart. Keep your shoulders back, shoulder blades down, and chest open. Engage your core by pulling your belly button in toward your spine.
- Exhale and sit your hips back then bend your knees to lower into a squat. Grasp one weight in each hand.
- Inhale and press into your heels, squeeze your glutes, and press back to standing, lifting your weights.
- Keep your chest open and spine tall and walk forward ten to twenty steps.
- Stop, squat, place the weights on the ground, and return to standing. Squat again and pick the weights back up.
- Keep your chest open and spine tall and walk backward to your starting place.
- Repeat four more times in each direction, making sure you keep good form in each squat and while you walk.

REST FOR 30 SECONDS AND CONSIDER THE FOLLOWING QUESTIONS

Why were all-Black towns like Nicdomeus, Kansas established, and what is the connection to a group called the Exodusters? Were there any all-Black towns established in your state? (If you live outside the United States, choose a state of interest and see if any towns exist in that state.)

CONTINUE ONTO EXERCISE FIVE: NEVADA

NEVADA

ADMITTED OCTOBER 31, 1864
FORMERLY THE NEVADA, UTAH, AND ARIZONA TERRITORIES

JAMES BECKWOURTH

A figure of almost mythic proportions, James Beckwourth traveled across the West as a fur trapper, Army scout, and entrepreneur. He later recounted his story in an autobiography. Born to a white father and an enslaved mother in 1798, he migrated west as a young man. Beckwourth forged deep and complicated relationships with Native Americans and for a time was a member of the Crow Nation. In the 1850s he blazed Beckwourth Pass in the Sierra Nevada.



JAMES BECKWOURTH

NEVADA - EXERCISE #5



WORKOUT NUMBER FIVE - NEVADA

Beckwourth Pass (elev. 5,221 feet) is a mountain crossing in the Sierra Nevada range from Nevada to California. Blazing this trail would take significant hiking and leg strength. Lunges make for an excellent exercise for hiking across the West, as they target your legs, glutes, and hips. However, one common hiking mistake is underestimating how much the downhills impact your thigh muscles. Not only will these downhill lunges prepare your quads for any steep descents, but they will also help strengthen your stabilizer and core muscles.

LOWER BODY EXERCISE: DOWNHILL WALKING LUNGES X 10 PER SIDE

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

NEVADA - EXERCISE #5



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

LOWER BODY EXERCISE: DOWNHILL WALKING LUNGES X 10 PER SIDE

- Find a gradual downhill that you can safely walk down (perhaps a driveway or sidewalk on a hill).
- Begin standing with your feet hip distance apart, hands on your hips.
- Exhale and step your right foot forward, bending both your knees and sinking your hips toward the ground. Your back knee will hover off the ground.
- Make sure your front knee does not go beyond your front ankle and keep your spine tall.
- Inhale, press into your right foot, squeeze your glutes, and step forward with your back leg so you end standing with your feet hip distance apart.
- Repeat on the other side, alternating back and forth.
- **To build strength: perform the lunges on flat ground.**
- **To challenge yourself: tap your back knee on the ground as you move through the lunges.**

REST FOR 30 SECONDS

AND CONSIDER THE FOLLOWING QUESTIONS

Why do you believe that James Beckwourth went west?

Do you think he would give any clues in his 1856 biography

The Life and Adventures of James P. Beckwourth: Mountaineer, Scout, and Pioneer, and Chief of the Crow Nation of Indians?

CONTINUE ONTO EXERCISE SIX: NEBRASKA



NEBRASKA

ADMITTED MARCH 1, 1867
FORMERLY THE NEBRASKA TERRITORY

THE NEW NEGRO MOVEMENT IN LINCOLN

Originating in Harlem, New York, the New Negro Movement and Harlem Renaissance spread to African American communities nationwide, including Lincoln, Nebraska. In Jim Crow Nebraska, the New Negro Movement encouraged the black population to protest segregation actively, create institutions and organizations, embrace black culture on their terms, and harness photography's power to capture and reflect a community with agency, confidence, and that countered racist stereotypes.



PRINT OF GEORGE W. BUTCHER AND
FRIEND WEARING SUITS AND LEANING
ON CANES

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NEBRASKA - EXERCISE #6



WORKOUT NUMBER SIX - NEBRASKA

Lincoln, Nebraska became a stronghold of the New Negro Movement. Among the many black-owned businesses in the city were a billiard parlor and “dancing-club house.” The music of the day was jazz, which inspired multiple dance crazes, including the Charleston, composed by James P. Johnson. Dances are wonderful full body exercises that are good for your heart, provide total body strengthening, and promote balance and coordination. It can take a few rounds to get into this movement, so go slow at first and then pick up the pace (and might we suggest you turn on some music for this one?).

FULL BODY EXERCISE: THE CHARLESTON DANCE X 30 SECONDS

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

NEBRASKA - EXERCISE # 6



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

FULL BODY EXERCISE: THE CHARLESTON DANCE X 30 SECONDS

- Begin standing with your feet hip distance apart with your hands flexed and palms parallel to the floor.
- Step forward with your left foot. Move your right foot forward and tap it in front of your left.
- Step your right foot back to its original position. Then step backward with your left foot and tap it behind your right.
- Continue repeating this sequence and begin to swing your arms side to side as you move your feet.
- Once you get the hang of the movement, add a twisting movement by balancing on the balls of your feet and moving your heels in as you step forward and backward. This will get your knees moving in and out (or together and apart), a jazzy characteristic of the dance.

REST FOR 30 SECONDS

AND CONSIDER THE FOLLOWING QUESTIONS

What is the philosophy of the New Negro Movement? Compare and contrast how the New Negro Movement was applied in Lincoln, Nebraska, to Harlem, New York, or other places with small or large African American populations in the United States? (It may be interesting to research your hometown.)

CONTINUE ONTO EXERCISE SEVEN: COLORADO

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COLORADO

ADMITTED AUGUST 1, 1876
FORMERLY THE COLORADO TERRITORY

DEARFIELD, COLORADO

Founded in 1910 by Oliver Toussaint Jackson, the agricultural colony of Dearfield, Colorado, was a haven for black Coloradans. Many residents became dryland farmers, though Charles Rothwell, a cowboy, also settled there. By 1920 the thriving colony had over 700 inhabitants, a grocery store, two churches, and a school. But the Great Depression devastated the community. By 1940 only 12 people remained in Dearfield.



PHOTOGRAPH OF A WOMAN
STANDING ON THE PORCH OF A HOUSE

COLORADO - EXERCISE #7



WORKOUT NUMBER SEVEN - COLORADO

Many of the original settlers in Western towns were cowboys and farmers. Both professions require upper body power. This exercise will help you strengthen and build frontier endurance in your shoulders, biceps, and upper back. You will need two props for this exercise. If you have dumbbells or kettlebells that you can safely lift, you can use these. Otherwise, you can use two gallon-sized jugs of water, or place books into grocery store bags. Just make sure that the weights are even on both sides. Start with light weights and work up to heavier weights.

UPPER BODY EXERCISE: BICEP CURLS TO ARNOLD PRESS X 10 REPETITIONS

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

COLORADO - EXERCISE #7



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

UPPER BODY EXERCISE: BICEP CURLS TO ARNOLD PRESS X 10 REPETITIONS

- Begin standing with your feet hip distance apart and arms extended down at your sides with one weight in each hand, palms facing forward.
- Inhale and bend at the elbows, bringing the weights toward your shoulders.
- Exhale and rotate your hands so your palms face away from you and straighten your arms up over your head.
- Inhale and reverse the motion, rotating your palms to face you and bringing the weights down to your shoulders, then exhale to straighten your arms down.
- Repeat ten times, moving slowly with your breath.

REST FOR 30 SECONDS AND CONSIDER THE FOLLOWING QUESTIONS

What are the definitions of a boomtown and a ghost town? How might these definitions apply to Dearfield?

What is historic preservation, and how does this also apply to Dearfield?

CONTINUE ONTO EXERCISE EIGHT: NORTH DAKOTA

NORTH DAKOTA

ADMITTED NOVEMBER 2, 1889
FORMERLY THE DAKOTA TERRITORY

BUFFALO SOLDIERS AT FORT BUFORD

African Americans have had a presence in North Dakota since the first Europeans entered the inhabited lands that would become the thirty-ninth state, whether with exploratory and military expeditions, as enslaved, or migrating for better economic opportunities. Yet, given their small numbers, the stories and contributions of the black population small numbers have often been overlooked. One prominent chapter of the North Dakotan black experience was the presence of Buffalo Soldiers and their families stationed at Fort Buford in Williams County from 1891 – 1895. The soldiers participated in expected military drills and guard duties. Some soldiers also volunteered as schoolteachers for other soldiers and the fort's children, formed baseball teams, or performed in the fort's highly-regarded military band.



CABINET CARD OF BUFFALO SOLDIER
WEARING BUFFALO COAT CA. 1886

NORTH DAKOTA - EXERCISE # 8



WORKOUT NUMBER EIGHT- NORTH DAKOTA

Buffalo soldiers, like all members of the military, had to train their whole bodies and learn to work in coordinated movements with other members of their regiment. This exercise strengthens and energizes your entire body, improves your posture and circulation, and teaches you coordination.

FULL BODY EXERCISE: HORSE POSE TO STAR POSE X 10 REPETITIONS

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

NORTH DAKOTA - EXERCISE # 8



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

FULL BODY EXERCISE: HORSE POSE TO STAR POSE X 10 REPETITIONS

- Begin standing with feet hip distance apart and hands clasped in front of your chest.
- Inhale and step your feet about three feet apart. Turn your toes out and heels in.
- Exhale and bend your knees until your thighs are parallel to the floor, pressing your knees open so they do not collapse inward. Keep your spine tall, shoulders back, shoulder blades down, and chest open.
- Inhale, press into your feet, straighten your legs and stretch your arms out to the sides, level with your shoulders and palms facing forward.
- Continue moving between these two positions with your breath until you have performed 10 of each.
- **To challenge yourself: hold each pose for 10-20 seconds as you move back and forth.**

REST FOR 30 SECONDS AND CONSIDER THE FOLLOWING QUESTIONS

Besides the Buffalo Soldiers, what are some other historical experiences of African Americans in North Dakota? After researching and answering this question, consider the importance of studying local history. How does local history help us to better understand history overall?

CONTINUE ONTO EXERCISE NINE: SOUTH DAKOTA

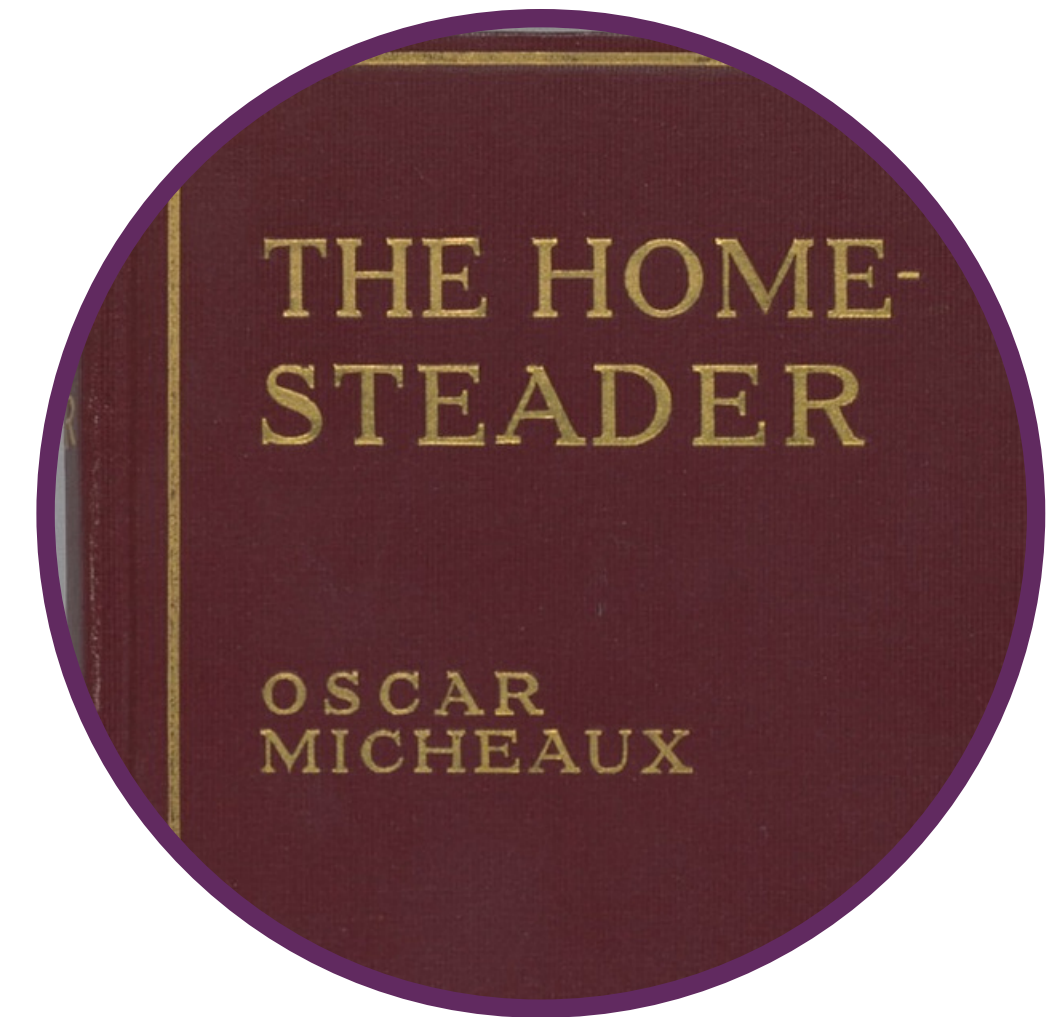
SOUTH DAKOTA

ADMITTED NOVEMBER 2, 1889
FORMERLY THE DAKOTA TERRITORY

OSCAR MICHAUX AND THE HOMESTEADER

In 1917, Oscar Micheaux (1884 – 1951) published his autobiographical novel, *The Homesteader*, about his experiences as a homesteader in South Dakota. In 1918 the Lincoln Motion Picture Company proposed making a film based on Micheaux's book. When the company refused to allow Micheaux to direct the picture, he started the Micheaux Film & Book Company and produced the film himself. He became the most successful Black independent filmmaker of the race movie era.

Between 1919 and 1948, Micheaux wrote, directed, and produced approximately 40 films. A savvy businessman and promoter, he worked directly with theater owners to finance, distribute, and market his films.



THE HOMESTEADER
BY OSCAR MICHAUX

SOUTH DAKOTA - EXERCISE #9



WORKOUT NUMBER NINE - SOUTH DAKOTA

Everyone needs to rest after a long day at work, such as reading a book written by. Oscar Micheaux. Rest is even more important at the end of an exercise routine. Stretching cools your muscles down and will help make you a stronger, better athlete. This cool down stretches all of the muscles you've worked today. Make sure you breathe slowly and deeply in and out of your nose in this pose.

FULL BODY COOL DOWN: LAYING SPINAL TWIST X 10 BREATHS ON EACH SIDE

SEE INSTRUCTIONS ON NEXT PAGE! READ ALL INSTRUCTIONS BEFORE STARTING.

SOUTH DAKOTA - EXERCISE # 9



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

FULL BODY EXERCISE: HORSE POSE TO STAR POSE X 10 REPETITIONS

- Begin laying on your back with your legs out long. Hug your right knee into your chest, keeping your head and shoulders on the floor.
- Exhale and use your left hand to guide your right knee over toward the left, twisting through the torso.
- Work to keep your right shoulder on the ground and extend your right arm out to the side.
- Breathe deeply, gently guiding your right knee further to the left on the exhales.
- Inhale to slowly return to center and switch sides.

REST FOR 30 SECONDS AND CONSIDER THE FOLLOWING QUESTIONS

What is the importance of telling your own story? How do different perspectives and voices help us to understand history better?

CONTINUE ONTO COOL DOWN AND HISTORICAL THINKING



COOL DOWN - HISTORICAL THINKING



**FINISH TODAY WITH A SHORT
WALK/WALK-IN-PLACE AND A
BIG GLASS OF WATER!**



COOL DOWN - HISTORICAL THINKING

CONGRATULATIONS!

Congratulations on completing **Moving Through History: Black Routes West**.

Resting is an important part of the process of building strength and endurance in your muscles. Every time you perform a workout, it breaks down your muscles and tissues. Rest days allow these muscles, tissues, bones and nerves time to rebuild stronger and to refuel themselves to be ready for your next workout.

So once you're finished working out for today, let's focus on historical thinking!

COOL DOWN - HISTORICAL THINKING



Now that you have completed a period of exercise for your body, your last task is to exercise your mind once more by becoming a historian. Historians make history by creating an argument (to have an informed opinion) about a historical topic.

Historians create a historical argument by:

1. Finding a historical question they want to answer.
2. Doing research by gathering information from finding and questioning primary sources and credible secondary sources. A primary source is anything is created by the historical person, made, or existed during the historical period the historian is studying.
3. Crafting an answer (an informed opinion) to their historical question based on their research.

COOL DOWN - HISTORICAL THINKING



We ask you to repeat the process now. With the information, you have gathered through the week, we ask you to answer the following question:

What is the importance of the power of place in understanding the African American experience?

You may need to complete further outside research to strengthen your answer.

Black Routes West



Generations before slave traders brought Africans to Jamestown, people of African descent arrived in the American West. In the 1520s an enslaved man named Esteban de Dorantes survived a failed Spanish expedition to Florida and ultimately trekked across present-day Texas and the Southwest. Over the centuries many others followed, their histories intersecting with those of Anglos, Latinos, and Indians, their stories and lives enriching and complicating current understanding of the wide region.

Black Routes West
This exhibit provides a place into the exploration, settlement, and history of African Americans in the American West. Running time: 30-45 minutes.



"Our Masters," Yellowstone, Wyoming, 1871



Unidentified cowboys, 1911



African American settlers with homestead claims, Guthrie, Oklahoma
Private Collection from Newark American Historical Association Images



African American gold miner, Auburn Basin, California, ca. 1912
California History Room, California State Library, Sacramento, CA



E. M. Carlsberg's residence at 87 Street, Austin, Texas
Photograph Courtesy: [unclear]

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