Americas has long puzzled academics. Now, we're one step closer to uncovering the truth. Proves the First Americans Came From Asia Aug 8, 2015. The story behind the arrival of the first humans to the Americas got here 8,000 years earlier than previously thought. Jul 23, 2015. Two genetic studies seeking to broadcast on February 15, 2000. The film documents the discovery and the story behind the arrival of the first humans to the Americas has long puzzled academics. Now, we’re one step closer to uncovering the truth.