

To assemble flashcards, 1) Print and cut along dotted lines, 2) Fold along solid lines, matching the front and back of each flashcard, 3) Glue onto index cards or laminate, hole punch, and attach to a ring.

|                     |   |
|---------------------|---|
| Pacific States      | Juneau, Alaska (AK)<br>Olympia, Washington (WA)<br>Salem, Oregon (OR)<br>Sacramento, California (CA)<br>Honolulu, Hawaii (HI)   |
| Mountain States     | Boise, Idaho (ID)<br>Helena, Montana (MT)<br>Cheyenne, Wyoming (WY)<br>Denver, Colorado (CO)<br>Salt Lake City, Utah (UT)<br>Carson City, Nevada (NV)   |
| Southwestern States | Phoenix, Arizona (AZ)<br>Sante Fe, New Mexico (NM)<br>Austin, Texas (TX)  |
| Central States      | Bismarck, North Dakota (ND)<br>Pierre, South Dakota (SD)<br>Lincoln, Nebraska (NE)<br>Topeka, Kansas (KS)<br>Oklahoma City, Oklahoma (OK)<br>Jefferson City, Missouri (MO)<br>Des Moines, Iowa (IA)<br>St. Paul, Minnesota (MN) |
| Great Lake States   | Madison, Wisconsin (WI)<br>Lansing, Michigan (MI)<br>Springfield, Illinois (IL)<br>Indianapolis, Indiana (IN)<br>Columbus, Ohio (OH)  |
| Southeastern States | Charleston, West Virginia (WV)<br>Richmond, Virginia (VA)<br>Raleigh, North Carolina (NC)<br>Columbia, South Carolina (SC)<br>Atlanta, Georgia (GA)<br>Tallahassee, Florida (FL)  |
| Mid-Atlantic States | Albany, New York (NY)<br>Harrisburg, Pennsylvania (PA)<br>Trenton, New Jersey (NJ)<br>Dover, Delaware (DE)<br>Annapolis, Maryland (MD)  |
| New England States  | Augusta, Maine (ME)<br>Concord, New Hampshire (NH)<br>Montpelier, Vermont (VT)<br>Boston, Massachusetts (MA)<br>Hartford, Connecticut (CT)<br>Providence, Rhode Island (RI)   |

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Southern States

Little Rock, Arkansas (AR)  
Baton Rouge, Louisiana (LA)  
Jackson, Mississippi (MS)  
Montgomery, Alabama (AL)  
Nashville, Tennessee (TN)  
Frankfurt, Kentucky (KY)

**U.S. STATES  
and CAPITALS**

