

HISTORY & GEOGRAPHY

STUDENT BOOK

► **4th Grade | Unit 9**

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HISTORY & GEOGRAPHY 409

NORTH AMERICA

Introduction | **3**

1. Geography **4**

Land, Lakes, and Rivers | **6**

Peninsulas, Oceans, and Islands | **10**

Other Facts | **14**

Self Test 1 | **19**

2. Northern Countries **22**

Greenland | **23**

Canada | **26**

United States | **33**

States and Capitals Test | **55**

Self Test 2 | **56**

3. Southern Countries **59**

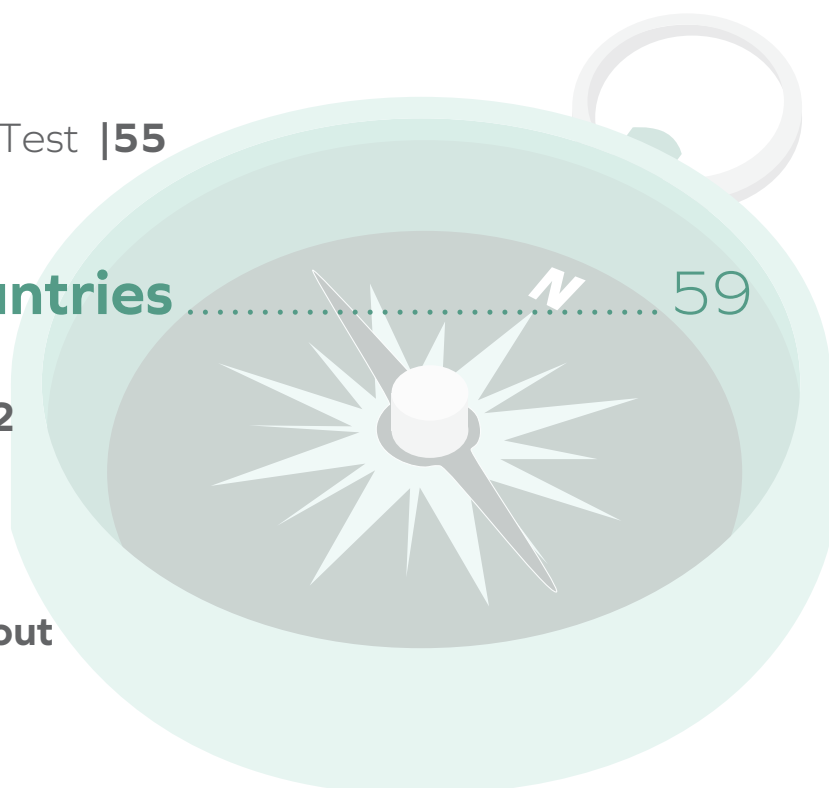
Mexico | **60**

Central America | **62**

West Indies | **66**

Self Test 3 | **71**

LIFEPAC Test | **Pull-out**



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NORTH AMERICA

This LIFEPAK® will teach the basic geography of North America. This will require you to memorize many names and places. You will learn the features of the continent and the countries. Then, when there is an oil spill near the Aleutian Islands, a volcanic eruption in Honduras, or a shipwreck near the Bahamas, you will know what the news reporter is talking about. You will also learn your U.S. states and capitals in this LIFEPAK. Many of the terms you have used this year will be reviewed and used to identify places on the continent. Places you need to be able to find on a map will be underlined. So, sharpen your brain and start learning your way around North America!!

Objectives

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK. Each section will list according to the numbers below what objectives will be met in that section. When you have finished this LIFEPAK, you should be able to:

1. Name and find on a map many of the geographic features of North America.
2. Name the major countries/regions of North America.
3. Name the states on a blank map of the United States.
4. Match U.S. states and their capitals.
5. Tell about the geography, history, and people of the major countries/regions of North America.
6. Recognize the names of the countries of Central America.
7. Recognize the names of the major islands of the West Indies.

1. GEOGRAPHY

North America is the third largest continent on earth. It stretches from inside the Arctic Circle to a point only 700 miles (1,126 km) from the equator. It is shaped sort of like a big triangle balanced on one corner. The continent includes Greenland, Canada, the United States, Mexico, Central America (the countries south of Mexico), and the West Indies. The map on the next page shows the size, shape, and many of the important features of North America.

Objectives

Review these objectives. When you have completed this section, you should be able to:

1. Name and find on a map many of the geographic features of North America.
2. Name the major countries/regions of North America.
5. Tell about the geography, history, and people of the major countries/regions of North America.

Vocabulary

Study these new words. Learning the meanings of these words is a good study habit and will improve your understanding of this LIFEPAK.

abundance (ə bun' dəns). Great plenty; quantity that is more than enough.

cordillera (kôr' dil yâr' ə). A group of mountain ranges, often consisting of a number of parallel chains. Usually the largest group on a continent.

heritage (her' ə tij). What is handed down from one generation to the next.

lock (lok). The part of a canal in which the level of the water can be changed by letting water in or out, to raise or lower ships.

mainland (mān' land). The main part of a continent or country, not including islands or small peninsulas.

migrate (mī' grāt). To move from one place to settle in another.

overwhelm (ō' vər hwelm'). To crush or defeat; overcome completely.

province (prov' ins). One of the main divisions of a country.

range (rānj). A row or line of mountains.

source (sôrs). A person or place from which anything comes or is obtained.

Note: All vocabulary words in this LIFEPAK appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

Pronunciation Key: hat, āge, cāre, fār; let, ēqual, tērm; it, īce; hot, ōpen, ôrder; oil; out; cup, pūt, rŭle; child; long; thin; /TH/ for then; /zh/ for measure; /u/ or /ə/ represents /a/ in about, /e/ in taken, /i/ in pencil, /o/ in lemon, and /u/ in circus.



| North America with its major features

Land, Lakes, and Rivers

The Land. North America has a set of mountain **ranges** on both sides and a large plain in the center. All along western (left, on a map) Canada and the United States are a group of mountains called the **cordillera**. These mountains continue south to cover most of Mexico and Central America. On the eastern (right) side of Canada and the U.S. is another set of mountain ranges, the Appalachian Mountains and Laurentian Mountains. The Appalachians are south of the St. Lawrence River, while the Laurentians are to the north. Between the eastern and western mountain ranges spreads a huge, fertile plain.

The cordillera are better known by the names given to the different ranges. The Rocky Mountains are probably the best known range in the American cordillera. They are the mountains that seem to spring up out of the Great Plains when you travel west across America. Even further west, there are other ranges along the Pacific coast. Between the Rocky Mountains and the coastal mountains is the Great Basin.

The Great Basin is a desert area of bowl-shaped plateaus between the mountains. It is a desert because the mountains block moisture from getting there. Any rain that does fall there is likely to be trapped in the bottom, like a basin, which gives the area its name.

In Mexico the cordillera form three ranges, called the Sierra Madres. The Sierra Madre Occidental are along the west coast, while the Sierra Madre Oriental are along the east coast. In the south is the Sierra Madre Del Sur. Between all of the mountain ranges is a plateau, where most of the people of Mexico live.

The eastern mountains are not as tall as the cordillera. The White, Green, Blue Ridge, and Great Smoky Mountains are part of the Appalachians, which stretch from Maine to Alabama. The European colonists who settled the Atlantic coast had to cross these mountains to reach the American frontier. The difficult traveling kept most Americans along the east coast until after the Revolutionary War. The



| The Great Basin includes Death Valley

Canadian part of the eastern highlands is called the Laurentian Mountains. They run near the Atlantic coast north of the St. Lawrence River.

So, the mountains to remember are the cordillera on the west (left) side of the continent, which include the Rocky Mountains in the U.S. and the Sierra Madre in Mexico; and on the east (right) side, the Appalachians in the U.S. and the Laurentians in Canada.



| The Great Smoky Mountains



Choose the correct word to complete these sentences.

1.1

The group of mountains along the western (Pacific) side of North America are called the _____.

1.2

The eastern mountains are the _____ Mountains in Canada and the _____ Mountains in the United States.

1.3

The desert area in the center of the cordillera in the United States is called the _____.

1.4

The cordillera in Mexico are called the _____.

1.5

The best known range of the cordillera in the United States is the _____ Mountains.

The plains between the eastern and western mountains are divided into three parts. The northern part is the Canadian Shield. (Also called the Laurentian Plateau). It is a plateau of rock that runs across northern Canada, around Hudson Bay, and as far south as the Great Lakes. There are many rivers which can be used for hydroelectric power. The soil is thin and not very good for crops, but the rocks are rich in mineral resources.



| The Great Plains

The southern part of the plains is the Central Lowlands. The western side, near the cordillera, is called the Great Plains. The Great Plains run from central Canada to Texas. It is a grassland of rich soil that gets drier the further west it goes.

Besides the eastern mountains, the cordillera, the Canadian Shield, the Great Plains, and the Central Lowlands, there is one other area of you should know. That is the Coastal Plains of the east. They run along the Atlantic coast in the United States and around the Gulf of Mexico. This area was quickly settled by the Europeans. It has good farmland, and rivers for transportation. This is where thirteen British colonies formed a new nation they called the United States of America.

Lakes and Rivers. South of the Canadian Shield are five large lakes called the Great Lakes. They are on the border between Canada and the United States. Lake Superior, the largest freshwater lake in the world, is the one farthest to the west. Then comes Lake Michigan (the only one completely inside the United States), Lake Huron, Lake Erie, and Lake Ontario.

A system of rivers, canals, and **locks** connects all of the Great Lakes. They are also connected to the St. Lawrence River, which flows to the Atlantic Ocean. The whole system is called the St. Lawrence Seaway, because it allows ocean ships to sail into the center of the continent. This means that cities like Detroit, Chicago, Toronto, and Montreal are ocean port cities even though they are far inland.



| A light house on Lake Superior

The great Mississippi River system flows through the Great Plains and the Central Lowlands into the Gulf of Mexico. It draws water from the streams of both the Rocky and the Appalachian Mountains! The mighty Mississippi has allowed people to travel and trade by using riverboats, long before good roads were built.

There are many other rivers and lakes in North America, but the Great Lakes, the Mississippi River, and the St. Lawrence are the ones you must know for this LIFE PAC.



Choose the correct word to complete these sentences.

- 1.6** The northern part of the plains is called the _____
_____, a plateau of rock.
- 1.7** Lake _____ is the largest lake in the world.
- 1.8** The names of the Great Lakes are: _____,
_____, _____,
and _____.
- 1.9** The St. Lawrence Seaway connects the _____ Ocean with the
_____ Lakes.
- 1.10** The great river system of the Central Lowlands is the
_____ River system.
- 1.11** The United States was founded on the _____ Plains.
- 1.12** The Mississippi River system empties into the Gulf of _____.

Peninsulas, Oceans, and Islands

The map of North America shows the major oceanside features of North America. Many of these are easy to remember if you can connect them with something nearby. The Gulf of California, for example, is south of California. The Gulf of Mexico is next to Mexico. Find little tricks and hints to help you remember each place and its name.

There are three important peninsulas you need to know. Baja California is the name of the Mexican peninsula that extends south of the state of California. It is a long, narrow, mountainous finger of land. The Florida Peninsula is easy: it is the state of Florida. The Yucatán Peninsula is on the southeast side of Mexico on the Gulf of

Mexico. It divides the Gulf of Mexico from the Caribbean Sea. It was the home of an ancient Indian civilization called the Maya. Today the ruins of their cities are a tourist attraction for the peninsula. These are three important peninsulas in North America.

There is also an important isthmus you should know in North America. The Isthmus of Panama connects North and South America. It is one of the two most important land bridges in the world. (The other is the Isthmus of Suez, which connects Africa and Asia.)

There are four archipelagoes and three islands you should be able to find on the map. The archipelagoes are the Bahamas and the Antilles in the West Indies. The Bahama Islands are one independent country that is a part of the British Commonwealth. The Antilles Islands are made up of many island nations and territories. The Greater Antilles are the four large islands in the north (top), while the Lesser Antilles are the many smaller islands to the east and south.

The Queen Elizabeth Islands are part of the northern islands, which together are sometimes called the Arctic or Canadian Archipelago. They are so far north that they were not explored until the 1800s. This archipelago of the most northern islands was



| North America

named after Queen Elizabeth II, who is the ruler of Britain and the official head of the government of Canada.

The Aleutian Islands are a long string of islands stretching out from Alaska toward Asia. They are named after the Aleuts, the Native American people who live there.

The islands you must find on the map are Greenland, Baffin Island, and Newfoundland. Greenland is the world's largest island, and you will learn more about it in the section on countries. Baffin Island is Canada's largest island and the fifth largest in the world. It is named after William Baffin, an English explorer, who visited it in 1616. The island has an arctic climate and few people live there.

Newfoundland (nü' fænd lænd) is an island off the coast of Canada near the mouth of the St. Lawrence River. The **mainland** north of it is called Labrador. The two together are a **province** of Canada. It was here that the Vikings tried to start a colony after traveling from Greenland around the year A.D. 1000. The colony was eventually abandoned and it was not until 1497 that Europeans again set eyes on the "new found land."



| Queen Elizabeth Islands, Canada



| Newfoundland, Canada



| Bahama Islands



Match each item with the correct description.

- | | | | | |
|-------------|-------|-----------------|----|--|
| 1.13 | _____ | Bahamas | a. | island string from Alaska toward Asia |
| 1.14 | _____ | Baja | b. | Mexican peninsula south of California |
| 1.15 | _____ | Antilles | c. | island near the mouth of the St. Lawrence |
| 1.16 | _____ | Queen Elizabeth | d. | isthmus connecting North and South America |
| 1.17 | _____ | Yucatan | e. | British Commonwealth island nation |
| 1.18 | _____ | Aleutian | f. | peninsula that divides Caribbean from the Gulf of Mexico |
| 1.19 | _____ | Greenland | g. | world's largest island |
| 1.20 | _____ | Florida | h. | largest island in Canada |
| 1.21 | _____ | Baffin | i. | archipelago in northern Canada |
| 1.22 | _____ | Newfoundland | j. | peninsula off the southeast corner of the U.S. |
| 1.23 | _____ | Panama | k. | West Indies archipelago, divided into Greater and Lesser |

The Arctic Ocean is the northern border of North America, while the Atlantic Ocean is the eastern border. Starting in the north (top), there are several parts of the Atlantic Ocean you should know. Between Greenland and Baffin Island is Baffin Bay. Hudson Bay is the huge bay that cuts deep into Canada. It is named after Henry Hudson, the English explorer who mapped the area and died there. The Labrador Sea is the part of the Atlantic between Labrador and the southern end of Greenland.

The Gulf of Mexico is the large gulf between the Florida and Yucatan Peninsulas south of the United States.

The Caribbean Sea is south of the Gulf of Mexico. It is surrounded by Central America, South America, and the Antilles Islands. It is named after the Carib Indians who once lived on the islands.

The Pacific Ocean is the western border of the continent. In the north, the Bering Strait separates Alaska from Russia, and the Bering Sea is the name of the water enclosed by Alaska, Russia, and the Aleutian Islands. The strait and the sea are named after a Danish man who explored the area for Russia. The Gulf of California is the water between the Baja Peninsula and the mainland of Mexico.



| North America



| Sea Lions on the Gulf of California



Each of these features is a part of an ocean. Name the ocean.

- | | | |
|-------------|--------------------|-------|
| 1.24 | Bering Strait | _____ |
| 1.25 | Hudson Bay | _____ |
| 1.26 | Caribbean Sea | _____ |
| 1.27 | Labrador Sea | _____ |
| 1.28 | Bering Sea | _____ |
| 1.29 | Gulf of California | _____ |
| 1.30 | Gulf of Mexico | _____ |
| 1.31 | Baffin Bay | _____ |

Other Facts

Climate. The climate of North America is tremendously varied. The north is arctic tundra in Alaska and Canada. Much of Central America in the south is tropical rain forest. In between are the middle latitudes, with four seasons that change through the year. There are several desert regions in the Great Basin, much of the southwest United States, and Mexico. Obviously there are many mountains, all with the changes of climate that happen going up in altitude. So, the climate in North America is very different from place to place.

Canada and Greenland (along with Alaska) tend to have colder weather and shorter summers, which means less time to grow crops. The United States is in the middle latitudes, with cool or cold winters and warm or hot summers. It has a great climate for growing crops. Mexico, Central America, and the West Indies have hot, sometimes tropical climates. The desert of Mexico makes it hard to grow crops, while the poor soil of the rain forest makes it difficult to grow food in Central America. The West Indies often have good crop lands, but they are islands and do not have much land to use.

Resources. North America is a continent rich in resources. The Great Plains is one of the best grain-growing areas of the world. The Central Lowlands and the Plains produce wheat, corn, barley, oats, rye, sorghum, cattle, and hogs. Special farms in California,

Texas, and Florida grow many kinds of fruits and vegetables for the people of the United States.

The farms of Canada and the United States are usually large and use modern machines to do the work. Just a few people grow all the food those countries need. In Mexico, the West Indies, and Central America, however, there are many *subsistence farmers*, people who grow just enough to subsist (live). Corn, wheat, and beans are raised to feed the people of Mexico. The larger farms also raise cotton, cattle, sugar, and coffee to sell to other countries.

Much of North America was once covered with vast forests. Huge amounts of the forest land has been cleared for farms, but a great deal remains. Logging is an important industry in Canada and the north-western part of the United States. The trees are used for wood products and to make paper.

North America has huge mineral resources. Canada, the U.S., and Mexico are important producers of petroleum, used to make gasoline. These three major countries also mine many other minerals, such as gold, silver, iron, lead, zinc, and nickel. The United States is a world leader in the production of coal and natural gas. God has richly blessed the continent with the minerals individuals need for manufacturing products.



| Wheat field



| Logging camp



| Coal mining

The **abundance** of resources has allowed the United States and Canada to become two of the wealthiest nations on earth. The harsher climate and problems with their government have stopped Mexico from doing the same. The smaller countries of North America have done well or poorly depending on how well they have used their smaller share of the continent's resources.



Write *true* or *false* in the blank.

- 1.32** _____ The climate of North America is very much the same all over the continent.
- 1.33** _____ There are several deserts in North America.
- 1.34** _____ The United States has the worst climate for growing crops on the continent.
- 1.35** _____ The wet climate of Mexico makes it hard to grow crops there.
- 1.36** _____ The Great Plains is a major area for growing coffee and fruit.
- 1.37** _____ Most of the farms in Canada are large and use modern machines.
- 1.38** _____ Mexico has many farmers that only grow enough to feed themselves.
- 1.39** _____ North America's resources include large forests and many minerals.

People. The first settlers to reach North America came from Asia. They crossed from Russia into Alaska thousands of years ago. Many geographers believe there once was a bridge of land, an isthmus, across the Bering Strait. The Asian people used that bridge to **migrate** to North America. Over the years they spread out all over the continent. They formed many different groups or tribes. These tribes learned to live on the new continent and use its resources. We call them Native Americans or Indians.

Greenland was the first part of North America settled by Europeans. Vikings set up a

colony there that eventually mixed with the Inuit Native Americans. The Vikings also tried without success to settle in Newfoundland. It was not until the Age of Exploration, however, that Europeans really learned about the continent and began to settle there.

The Europeans, with their more advanced methods of farming, manufacturing, better weapons, and many people, quickly **overwhelmed** the earlier Asian settlers. Because of this, Europe is the **source** of most of the people and culture of North America.

The people of Greenland are a mix of Inuit and Viking blood. Their language and culture is mainly Inuit. Their island was claimed by Denmark, which sent missionaries there in 1721. It is still part of Denmark, but has its own separate government.

Canada was settled by French and British people. Today people of English and French blood are the two largest groups in Canada. Most of the rest are from other European countries. The United States was settled at first by people from Britain, and later settlers accepted the English way of life there. But the U.S. has more groups of people than Canada. English or Irish is the largest group, and German is the second largest. The next two groups are African and Hispanic (people from Spanish-speaking countries). Most of the rest came from other European countries, and a small group is from Asia.

Both Canada and the U.S. were British colonies, and English is still their major language (although French is an important language in Canada). Both countries have systems of



| North Americans are diverse in backgrounds.

democratic government that they learned from Britain. Many people have come to live in both countries from all over the world, but both have a culture that comes from their British **heritage** with a little bit of the rest of Europe added for flavor.

Mexico and Central America were Spanish colonies. The people there are a mix of the original Indians and Spanish. Fewer European people came to those countries than came to the northern countries. Thus, the people today are not so European as they are in Canada and the United States. Their culture includes many Indian ways, as well as European. The most important language is Spanish, however, and Spanish culture is seen everywhere. Thus, the people of the mainland of North America owe most of their heritage to Europe and, in a smaller way, to Asia.

The West Indies are a different story. These islands were claimed by many different nations. Spain, Britain, France, and the Netherlands all had colonies in the West Indies. The Europeans brought in many black African slaves to work the farms they built on the islands. The slaves were eventually given their freedom and became an important part of the people and culture of the islands. The people of the islands today are mainly a mix of African and European. Their culture is a mix of the two continents as well, called *Creole*.



Match each item with the correct culture and people. (An item may be used more than once).

- | | | |
|-------------|-----------------------|---|
| 1.40 | _____ first settlers | a. African and European; Creole |
| 1.41 | _____ Greenland | b. Asians from Russia |
| 1.42 | _____ Canada | c. largest groups: British, German, African, Hispanic |
| 1.43 | _____ United States | d. mix of Indian and Spanish |
| 1.44 | _____ Mexico | e. mix of Inuit and Viking |
| 1.45 | _____ Central America | f. mainly British and French |
| 1.46 | _____ West Indies | |



Review the material in this section to prepare for the Self Test. The Self Test will check your understanding of this section. Any items you miss on this test will show you what areas you will need to restudy in order to prepare for the unit test.

SELF TEST 1

Choose the correct letter from the map for each feature (3 points each answer).

Parts of the ocean:

- 1.01 _____ Labrador Sea
 1.02 _____ Bering Sea
 1.03 _____ Gulf of Mexico
 1.04 _____ Caribbean Sea
 1.05 _____ Hudson Bay
 1.06 _____ Gulf of California
 1.07 _____ Bering Strait
 1.08 _____ Baffin Bay

Isthmus:

- 1.09 _____ Panama

Archipelagoes:

- 1.010 _____ Antilles
 1.011 _____ Aleutian
 1.012 _____ Bahamas
 1.013 _____ Queen Elizabeth

Land:

- 1.014 _____ Cordillera
 1.015 _____ Appalachian Mts.
 1.016 _____ Great Plains
 1.017 _____ Canadian Shield
 1.018 _____ Coastal Plains

Waters:

- 1.019 _____ St. Lawrence River



- 1.020 _____ Mississippi River

- 1.021 _____ Great Lakes

Peninsulas:

- 1.022 _____ Baja California

- 1.023 _____ Yucatan

Islands:

- 1.024 _____ Greenland

- 1.025 _____ Newfoundland

- 1.026 _____ Baffin

Choose the best word to complete each sentence from the list below (2 points each answer).

Sierra Madre	Great Basin	Rocky
Canada	Greenland	Laurentian
United States	Mexico	West Indies

- 1.027** The desert in the center of the mountains of the cordillera in the United States is called the _____ .
- 1.028** The people of _____ are a mix of Inuit and Viking.
- 1.029** The people of _____ are a mix of Spanish and Indian.
- 1.030** _____ is a country that has the Central Lowlands, the Great Plains, and the Coastal Plains for good farmland.
- 1.031** Many of the people of _____ came from France and Britain.
- 1.032** The _____ Mountains are part of the cordillera in Mexico.
- 1.033** The _____ Mountains are the most famous part of the cordillera in the United States.
- 1.034** The people of _____ are a mix of African and several European countries.
- 1.035** The _____ Mountains are in Canada along the east (Atlantic) coast.

Write *true* or *false* on the blank (1 point each answer).

- 1.036** _____ The Great Plains is one of the best areas in the world for growing grain.
- 1.037** _____ Almost all of the mineral resources in North America are in the United States.
- 1.038** _____ North America does not have and never did have many forests.
- 1.039** _____ The first settlers in North America came from Asia and became the many Native American tribes.

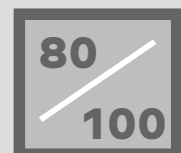


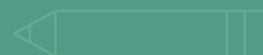
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Date _____





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