

Name	ISO	Capital/Hauptstadt	Spitzname
Alabama	AL	Montgomery	Heart of Dixie
Alaska	AK	Juneau	Last Frontier
Arizona	AZ	Phoenix	Grand Canyon State
Arkansas	AR	Little Rock	Natural State
California	CA	Sacramento	Golden State
Colorado	CO	Denver	Centennial State
Connecticut	CT	Hartford	Constitution State
Delaware	DE	Dover	First State
Florida	FL	Tallahassee	Sunshine State
Georgia	GA	Atlanta	Peach State
Hawaii	HI	Honolulu	Aloha State
Idaho	ID	Boise	Gem State
Illinois	IL	Springfield	Land of Lincoln
Indiana	IN	Indianapolis	Hoosier State
Iowa	IA	Des Moines	Hawkeye State
Kansas	KS	Topeka	Sunflower State
Kentucky	KY	Frankfort	Bluegrass State
Louisiana	LA	Baton Rouge	Pelican State
Maine	ME	Augusta	Pine Tree State
Maryland	MD	Annapolis	Old Line State
Massachusetts	MA	Boston	The Bay State
Michigan	MI	Lansing	The Great Lakes State
Minnesota	MN	Saint Paul	North Star State
Mississippi	MS	Jackson	Magnolia State
Missouri	MO	Jefferson City	Show-Me-State
Montana	MT	Helena	Treasure State
Nebraska	NE	Lincoln	Cornhusker State
Nevada	NV	Carson City	Silver State
New Hampshire	NH	Concord	Granite State
New Jersey	NJ	Trenton	Garden State
New Mexiko	NM	Santa Fe	Land of Enchantment
New York	NY	Albany	The Empire State
North Carolina	NC	Raleigh	Tar Heel State
North Dakota	ND	Bismarck	Peace Garden State
Ohio	OH	Columbus	Buckeye State
Oklahoma	OK	Oklahoma City	Native America
Oregon	OR	Salem	Beaver State
Pennsylvania	PA	Harrisburg	Keystone State
Rhode Island	RI	Providence	Ocean State
South Carolina	SC	Columbia	Palmetto State
South Dakota	SD	Pierre	Mount Rushmore State
Tennessee	TN	Nashville	Volunteer State
Texas	TX	Austin	Lone Star State
Utah	UT	Salt Lake City	Beehive State
Vermont	VT	Montpelier	Green Mountain State
Virginia	VA	Richmond	The Old Dominion
Washington	WA	Olympia	Evergreen State
West Virginia	WV	Charleston	Mountain State
Wisconsin	WI	Madison	America's Dairyland
Wyoming	WY	Cheyenne	Equality State