



A Tour of Alabama Regions

As you tour our beautiful state, you will learn that Alabama has two kinds of land: the Appalachian Area and the Coastal Plain. These two areas are separated by the Fall Line. The Fall Line is a natural boundary named for the falls and rapids in the streams that flow from the Appalachian Area to the Coastal Plain. The Fall Line starts near Columbus, Georgia, and enters Alabama near Phenix City. It heads west toward Montgomery, then north to Tuscumbia. Trace the Fall Line on the map with your finger or a highlighter.

The Appalachian Area

The Appalachian Area is divided into four regions. Can you find them on the map? The Piedmont Region is located in the east central part of the state. The land is mostly rolling hills and broad valleys. In this region you will find the highest point in Alabama. Mount Cheaha is about 2,400 feet above sea level. If you climb to its top, you will see miles of green pastures below. You may also spy the snakelike paths of the Coosa and Tallapoosa rivers far below you.

The Ridge and Valley Region, between the Piedmont Region and the Cumberland Plateau, is composed of ridges and valleys that extend to the northeast and southwest of the region. Alabama's major mountains are in this region, so don't forget your binoculars. You can see Red Mountain, Oak Mountain, Shades Mountain, Lookout Mountain and Blount Mountain. These mountains range in size from 500 feet to more than 1,200 feet above sea level. Plan on eating a leisurely lunch on the banks of the Coosa River or the Cahaba River, the main waterways of this region.

The Cumberland Plateau occupies most of northern Alabama. Here, the mountains range from 400 feet to more than 1,000 feet above sea level. The major rivers are the Black Warrior and Tennessee rivers, two great places to stop for an afternoon of fishing.

The Highland Rim is actually part of the Cumberland Plateau Region. It has rolling hills and level plains with rich, fertile soil. (Fertile soil is soil that allows crops to grow easily.) It stretches from northern Alabama through

Tennessee and all the way to Kentucky. If you take an airplane ride over this region, you will see that the Highland Rim is like the crust on a deep dish pizza. In the center is an enormous Valley Region outside of Alabama called the Central Basin.

The Coastal Plain

The main difference between the Coastal Plain and the Appalachian Area is the elevation, or the height above sea level. If you hiked from the Fall Line to the Gulf of Mexico, you would notice a gradual slope downward. The city of Montgomery, our state capital, is a little less than 300 feet above sea level, while Mobile is only a few feet above sea level. The major rivers are the Tombigbee, Black Warrior, Alabama and Chattahoochee rivers. The Coastal Plain is divided into three regions. See if you can find them on the map.

The Upper Coastal Plain extends from the Fall Line to the south and west. You will be amazed when you see the large amount of cotton, corn, oats and hay that grow there.

The Black Belt separates the Upper Coastal Plain from the Lower Coastal Plain. This area was created by a huge prehistoric ocean that covered the southern part of the state long ago. The ocean left behind rich, dark soil that is ideal for growing crops and food for livestock (farm animals). Its elevation ranges from 200 to

300 feet above sea level.

The Lower Coastal Plain includes the part of Alabama that lies south and east of the Black Belt. This region has excellent soil for growing corn, cotton, peanuts, potatoes and soybeans. The elevation ranges from sea level to 500 feet above sea level. The Lower Coastal Plain is also home to the Gulf

Coast, a great place to eat delicious, fresh seafood.

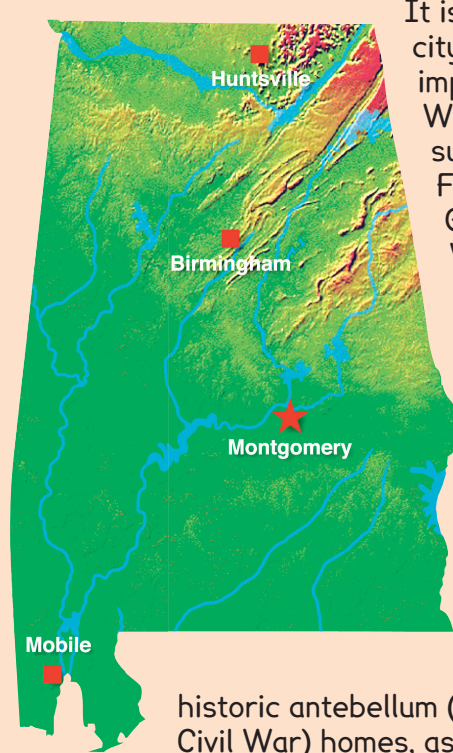
After dinner, plan on strolling on the beach and gazing up at the stars that shine over our amazing state.



Amazing Alabama Cities

Are you already dreaming about summer vacation? Well, you don't have to leave Alabama to see magnificent scenery and visit interesting places. Our state offers plenty of historical, educational and scientific opportunities that everyone in your family will enjoy. This week, we will tell you about four major cities.

Let's start in southern Alabama. Mobile is located at the mouth of Mobile Bay, 30 miles from the Gulf of Mexico.



It is an important seaport city where many goods are imported and exported. While you're in Mobile, be sure to visit the Phoenix Fire Museum, Bellingrath Gardens and the World War II battleship the USS Alabama, which is anchored in Mobile Bay. Moving north, you will come to Montgomery, the capital city of Alabama. The governor's office, the State Senate and the House of Representatives are located there. You will enjoy visiting the many

historic antebellum (the period before the Civil War) homes, as well as the state capitol. Be sure to stop by the Gayle Planetarium, the Archives and History Building, and the Rosa Parks Museum.

Birmingham, the largest city in Alabama, is in the foothills of the Appalachian Mountains. It was named for Birmingham, England, a great iron and steel manufacturing city. It used to be a center for steel manufacturing, but now it is a major medical and business center. While you're here, take time to visit the Birmingham Zoo, the Botanical Gardens, the Alabama Sports Hall of Fame and the Birmingham Civil Rights Museum.

Traveling north, you will find Huntsville, a city that is world famous for space and rocket research. It is the center of economic activity for northern Alabama. Your family will enjoy seeing the U.S. Space and Rocket Center and the Redstone Arsenal, where the American space program began. Be sure to also visit the Early Works Children's Museum and Alabama Constitution Village.



Alabama Leaders

Governor Kay Ivey

Do you ever wonder how things get done in Alabama? Who decides which laws need to be made, which roads need to be paved, or which natural resources need to be preserved? Well, the good news is that many people work together to get things accomplished in our state.

Like other states, Alabama has two levels of government: state and local. Each level has different roles and responsibilities, but all members of the government have the same goal. They want to keep the citizens of Alabama safe and protect their constitutional rights.

The chief executive of the

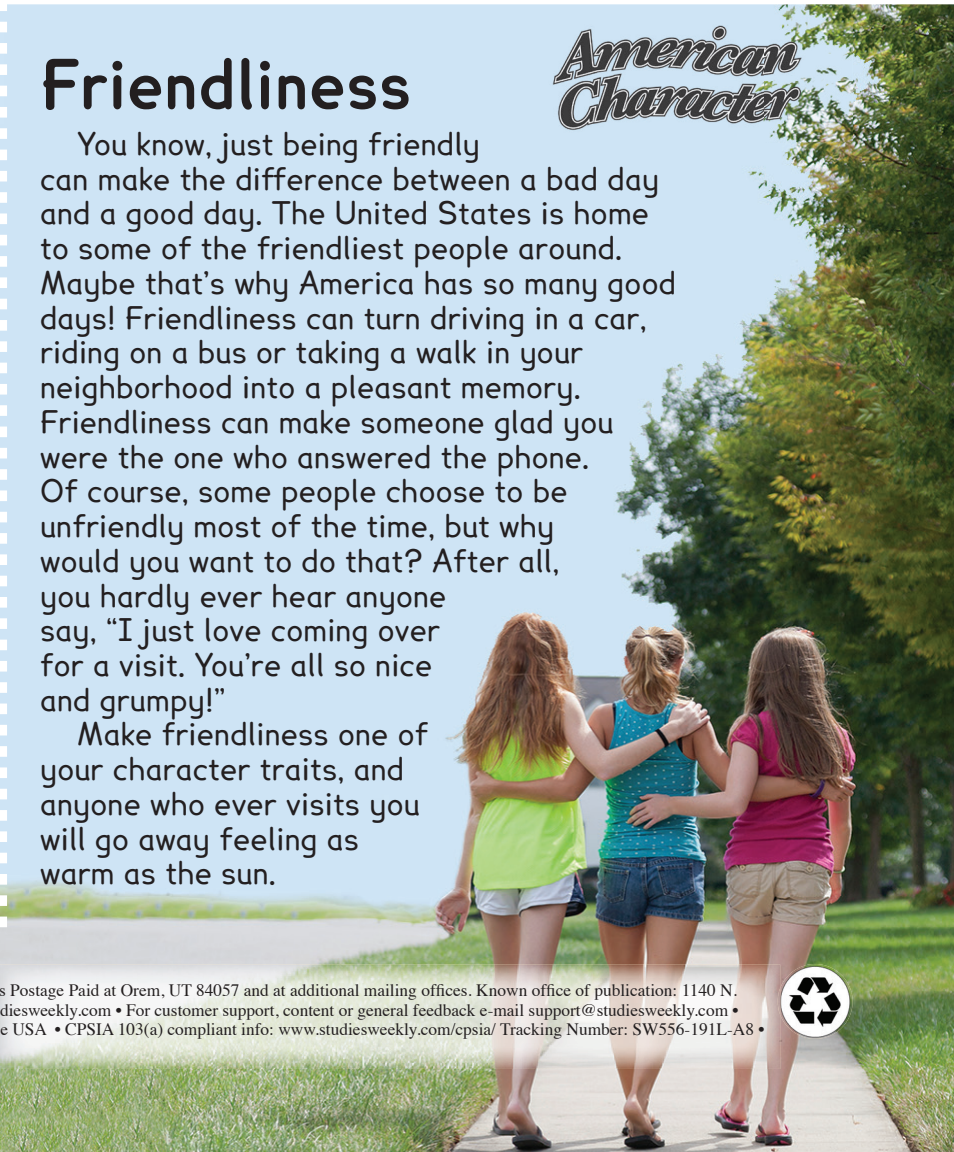


Friendliness

You know, just being friendly can make the difference between a bad day and a good day. The United States is home to some of the friendliest people around. Maybe that's why America has so many good days! Friendliness can turn driving in a car, riding on a bus or taking a walk in your neighborhood into a pleasant memory. Friendliness can make someone glad you were the one who answered the phone. Of course, some people choose to be unfriendly most of the time, but why would you want to do that? After all, you hardly ever hear anyone say, "I just love coming over for a visit. You're all so nice and grumpy!"

Make friendliness one of your character traits, and anyone who ever visits you will go away feeling as warm as the sun.

American Character



What are Alabama's state symbols?

What do a yellowhammer, a camellia, a southern longleaf pine and an Eastern Tiger Swallowtail have in common? You are one smart cookie if you answered that all of these things represent our state. Throughout the years since Alabama became a state, the state legislature (the people who make our laws) chose these and many other things as official symbols of Alabama.

The state bird, adopted in 1927, is the yellowhammer. The yellowhammer is a member of the woodpecker family. It is also known as the common flicker, and it is found throughout Alabama all year long.

The camellia replaced the goldenrod as the state flower in 1959. Camellias are also found all over our state. The legislature first chose the Southern Pine Tree as the official state tree in 1949. However, because there are so many kinds of pine trees, it was replaced with the Southern Longleaf Pine in 1997.

In 1989, the city of Selma asked the legislature to make the Eastern Tiger Swallowtail the state mascot and state butterfly. The legislature agreed, and the rest is history. Check your school library, or ask an adult to help you use the Internet to find out more about our state symbols.

This Week's Question



Alligator

Alabama Wildlife

Once there were alligators all over the swamps and rivers of the southeastern United States. Too many were killed by hunters, and they became scarce. In 1967, the U.S. Fish and Wildlife Service decided the alligator was an endangered species. Twenty years later, the alligator was taken off the endangered species list. Today, people in some states can hunt alligators if they get a license from their state.

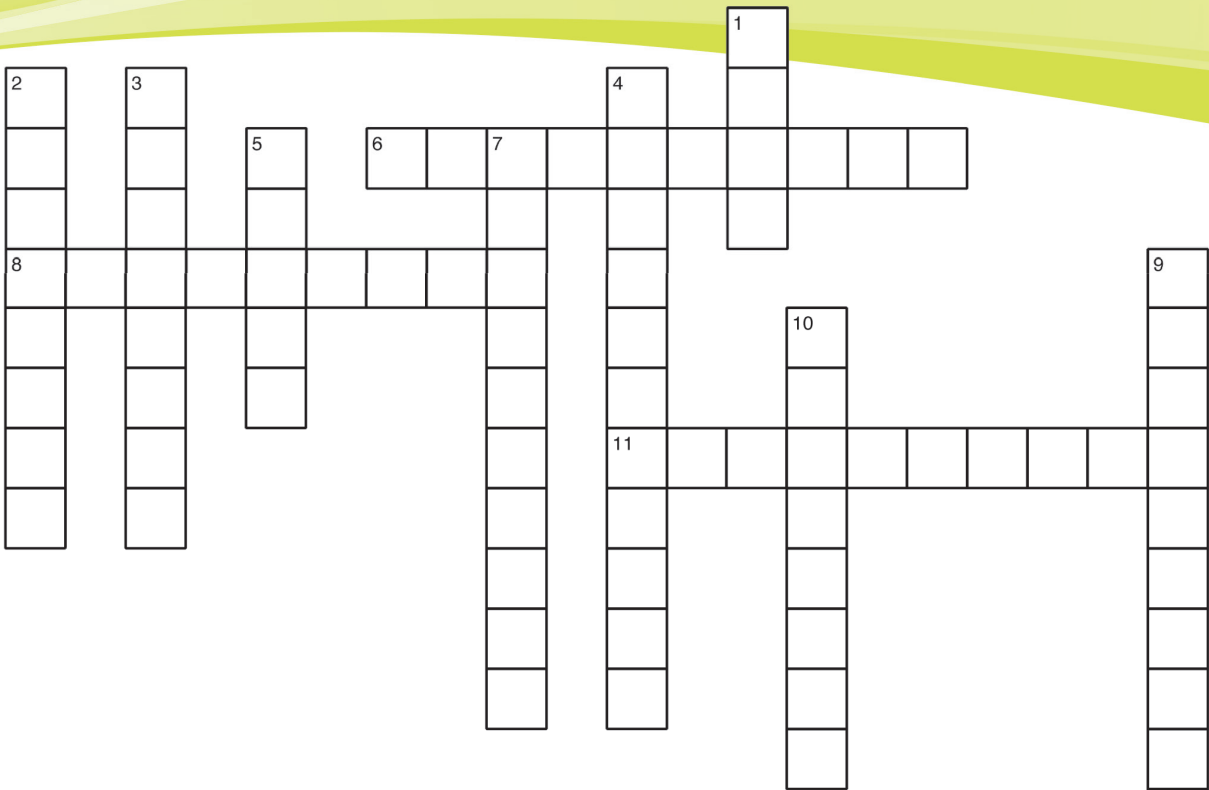
The female alligator lays 20 to 60 eggs in a nest. The eggs are white and a little larger than a hen's eggs. The young hatch after nine weeks. Alligator babies are about 9 inches long. The mother protects her young for about a year after they hatch.

A long time ago alligators grew to be 18 feet long. Today, most grow to be about 12 feet long and weigh from 450 to 550 pounds.

Keep an eye out for alligators near black, marshy water. You may get a firsthand look!



Name _____



As you read this week’s lesson, circle or highlight all proper nouns with any color pen or highlighter. This will help you find some of the crossword answers and get ready for this week’s test.

ACROSS

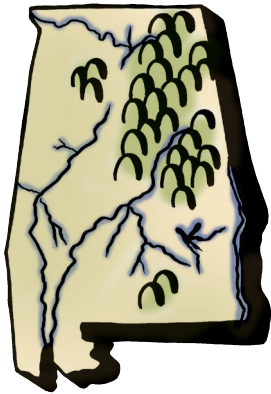
- 6. region that covers most of northern Alabama: _____ Plateau
- 8. height above sea level
- 11. the period before the Civil War

DOWN

- 1. natural boundary that separates the Appalachian Area from the Coastal Plains: _____ Line
- 2. the state flower of Alabama
- 3. the chief executive of the state
- 4. people who make the laws of our state
- 5. the region between the Upper Coastal Plains and the Lower Coastal Plains: _____ Belt
- 7. the state capital
- 9. the largest city in Alabama
- 10. region of the state where Mount Cheaha is located

Make a Relief Map of Alabama

Arts & Crafts



MATERIALS

- corrugated cardboard
- 2 cups of flour
- 1/2 cup of salt
- 3/4 cup of water
- watercolors or poster paint

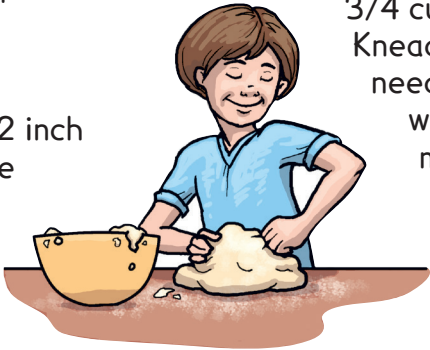
HOW TO MAKE

- 1. Cut a piece of corrugated cardboard into a 12 inch x 12 inch square. Trim the cardboard to make the shape of Alabama.
- 2. Using salt dough (see recipe to the right), form Alabama’s mountains and valleys, from the Piedmont down to the coast.

- 3. After the map is dry, paint it with watercolors or poster paint.

SALT DOUGH

Mix 2 cups of flour, 1/2 cup of salt and 3/4 cup of water together to make a dough. Knead it for three to four minutes. If you need to make it stickier, add a little more water. To make it less sticky, add a little more flour.



Governor Kay Ivey

CONTINUED FROM PAGE 2

state is Governor Kay Ivey. She was elected to be the lieutenant governor, or governor’s assistant, in 2014. She became governor when the last governor resigned. Her job is to make sure that laws are carried out and that the citizens of Alabama

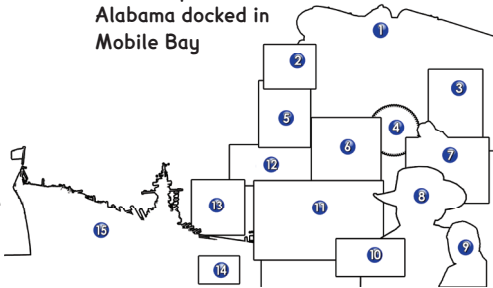
are safe. She also represents our state at meetings and conferences. Many other people, like the attorney general and the state treasurer, help the governor, too. Local government includes county, city and town leaders. They are

responsible for providing many services that make our lives better. Your parents’ taxes pay for services to keep our cities clean and police and fire protection to keep citizens safe. Would you like to be part of the government when you grow up?

On the Cover: ALABAMA People, Places & Things

- 1. The Tuskegee Airmen
- 2. Rosa Parks, born in Tuskegee
- 3. Civil War hero Raphael Semmes
- 4. Alabama State Seal
- 5. Former Governor George Wallace, 1968
- 6. Helen Keller, born in Tuscumbia
- 7. Jesse Owens, born in Oakville
- 8. Hank Williams, born in Mount Olive
- 9. Fred Thompson, Senator and actor born in Sheffield
- 10. To Kill A Mocking Bird, written by Harper Lee, born in Monroeville
- 11. Antique Birmingham Postcard

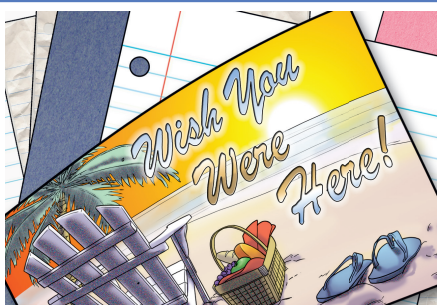
- 12. State Capital in Birmingham
- 13. Song written about the Civil War Ship CSS Alabama
- 14. Alabama State Flag
- 15. Battleship USS Alabama docked in Mobile Bay



FOR MORE INFORMATION CONSULT YOUR LOCAL LIBRARY OR THE INTERNET

Language Arts Connection

As you read this week’s magazine, circle or highlight five words that are new to you. Write the words on a piece of paper. Try to figure out the meaning of the words by reading the other words and sentences around them. Write what you think the words mean and compare your definition to a dictionary definition. (CC ELA RI.4.4, L.4.4)



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