

## Handy Reference and Conversions

### LENGTH

1 inch = 2.54 cm  
1 foot = 12 inches = 30.48 cm  
1 foot = 0.3048 meter  
1 yard = 3 feet  
1 yard = 91.44 cm  
1 yard = 0.914 meter  
1 mile = 1760 yards  
1 mile = 1.609 kilometers  
1 acre = 4046.8 m<sup>2</sup>  
1 centimeter = 0.394 inch  
1 meter = 3.281 feet  
1 meter = 39.37 inches  
1 meter = 1.094 yards  
1 kilometer = 0.621 mile

### AREA MEASURE

1 sq. inch = 6.452 cm<sup>2</sup>  
1 sq. foot = 144 sq. inches  
1 sq. foot = 929 cm<sup>2</sup>  
1 sq. yard = 9 sq. feet  
1 sq. yard = 8361 cm<sup>2</sup>

### DRY MEASURE

1 pint = 0.5506 liter  
1 quart = 2 pints  
1 quart = 1.1012 liter  
1 gallon = 4 quarts  
1 gallon = 4.405 liters  
1 teaspoon = 4.928 milliliters  
1 tablespoon = 3 teaspoons  
1 tablespoon = 14.79 milliliters  
1 liter = 0.908 quart

### LIQUID MEASURE

1 ounce = 29.57 milliliters  
1 pint = 0.4732 liter  
1 quart = 2 pints = 0.9464 liter  
1 gallon = 4 quarts = 3.785 liters  
1 cup = 8 ounces = 0.24 liter  
1 liter = 0.2642 gallon  
1 liter = 2.113 pints  
1 liter = 1.057 quarts

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### WEIGHT

1 ounce = 28.35 grams  
1 pound = 453.6 grams  
1 pound = 0.45 kilogram  
1 gram = 0.035 ounces  
1 kilogram = 2.20 pounds  
1 ton = 1.016 kilograms

### TEMPERATURE

Degrees Celsius  
(value \* 9/5) + 32 =  
Fahrenheit

Degrees Fahrenheit  
(value - 32) x 5/9 =  
Celsius

OF = -17.7C  
32F = 0C  
50F = 10C  
98.6F = 37C  
122F = 50C  
212F = 100C

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### PHONETIC ALPHABET

A-Alfa  
B-Bravo  
C-Charlie  
D-Delta  
E-Echo  
F-Foxtrot  
G-Golf  
H-Hotel  
I-India  
J-Juliett  
K-Kilo  
L-Lima  
M-Mike  
N-November  
O-Oscar  
P-Papa  
Q-Quebec  
R-Romeo  
S-Sierra  
T-Tango  
U-Uniform  
V-Victor  
W-Whiskey  
X-X-ray  
Y-Yankee  
Z-Zulu

### WEDDING

#### ANNIVERSARY GIFTS

1st	Clocks
2nd	China
3rd	Crystal / Glass
4th	Appliances
5th	Silverware
6th	Wood
7th	Desk Sets
8th	Linens / Lace
9th	Leather
10th	Diamond
Jewelry	
11th	Fashion
Jewelry	
12th	Pearls
13th	Textiles / Furs
14th	Gold Jewelry
15th	Watches
20th	Platinum
25th	Silver
30th	Diamond
35th	Jade
40th	Ruby
45th	Sapphire
50th	Gold
55th	Emerald
60th	Diamond

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### US STATE INFORMATION

States: Abbreviation, Name, Capital, 1990  
Population

AL-Alabama-Montgomery-4,040,587  
AK-Alaska-Juneau-550,043  
AZ-Arizona-Phoenix-3,665,228  
AR-Arkansas-Little Rock-2,350,725  
CA-California-Sacramento-29,760,021  
CO-Colorado-Denver-3,294,394  
CT-Connecticut-Hartford-3,287,116  
DE-Delaware-Dover-666,168  
FL-Florida-Tallahassee-12,937,926  
GA-Georgia-Atlanta-6,478,216  
HI-Hawaii-Honolulu-1,108,229  
ID-Idaho-Boise-1,006,749  
IL-Illinois-Springfield-11,430,602  
IN-Indiana-Indianapolis-5,544,159  
IA-Iowa-Des Moines-2,776,755  
KS-Kansas-Topeka-2,477,574  
KY-Kentucky-Frankfort-3,685,296  
LA-Louisiana-Baton Rouge-4,219,973  
ME-Maine-Augusta-1,227,928  
MD-Maryland-Annapolis-4,781,468  
MA-Massachusetts-Boston-6,016,425  
MI-Michigan-Lansing-9,295,297  
MN-Minnesota-St. Paul-4,375,099  
MS-Mississippi-Jackson-2,573,216  
MO-Missouri-Jefferson City-5,117,073  
MT-Montana-Helena-799,065  
NE-Nebraska-Lincoln-1,578,385  
NV-Nevada-Carson City-1,201,833  
NH-New Hampshire-Concord-1,109,252  
NJ-New Jersey-Trenton-7,730,188  
NM-New Mexico-Santa Fe-1,515,069  
NY-New York-Albany-17,990,455  
NC-North Carolina-Raleigh-6,628,637  
ND-North Dakota-Bismark-638,800  
OH-Ohio-Columbus-10,847,115  
OK-Oklahoma-Oklahoma City-3,145,585  
OR-Oregon-Salem-2,842,321  
PA-Pennsylvania-Harrisburg-11,881,643  
RI-Rhode Island-Providence-1,003,464  
SC-South Carolina-Columbia-3,486,703  
SD-South Dakota-Pierre-696,004  
TN-Tennessee-Nashville-4,877,185  
TX-Texas-Austin-16,986,510  
UT-Utah-Salt Lake City-1,722,850  
VT-Vermont-Montpelier-562,758  
VA-Virginia-Richmond-6,187,358  
WA-Washington-Olympia-4,866,692  
WV-West Virginia-Charleston-1,793,477  
WI-Wisconsin-Madison-4,891,769  
WY-Wyoming-Cheyenne-453,588

### PRESIDENTS OF THE UNITED STATES

George Washington (1789-1797)  
John Adams (1797-1801)  
Thomas Jefferson (1801-1809)  
James Madison (1809-1817)  
James Monroe (1817-1825)  
John Quincy Adams (1825-1829)  
Andrew Jackson (1829-1837)  
Martin Van Buren (1837-1841)  
William Henry Harrison (1841)  
John Tyler (1841-1845)  
James Polk (1845-1849)  
Zachary Taylor (1849-1850)  
Millard Fillmore (1850-1853)  
Franklin Pierce (1853-1857)  
James Buchanan (1857-1861)  
Abraham Lincoln (1861-1865)  
Andrew Johnson (1865-1869)  
Ulysses S. Grant (1869-1877)  
Rutherford B. Hayes (1877-1881)  
James A. Garfield (1881)  
Chester A. Arthur (1881-1885)  
Grover Cleveland (1885-1889)  
Benjamin Harrison (1889-1893)  
Grover Cleveland (1893-1897)  
William McKinley (1897-1901)  
Theodore Roosevelt (1901-1909)  
William H. Taft (1909-1913)  
Woodrow Wilson (1913-1921)  
Warren Harding (1921-1923)  
Calvin Coolidge (1923-1929)  
Herbert Hoover (1929-1933)  
Franklin D. Roosevelt (1933-1945)  
Harry S. Truman (1945-1953)  
Dwight D. Eisenhower (1953-1961)  
John F. Kennedy (1961-1963)  
Lyndon B. Johnson (1963-1969)  
Richard M. Nixon (1969-1974)  
Gerald R. Ford (1974-1977)  
Jimmy Carter (1977-1981)  
Ronald W. Reagan (1981-1989)  
George Bush (1989-1993)  
William J. Clinton (1993-2000)  
George W. Bush (2000-Present)