

Capital Cities USA

*A non-profit organization dedicated to the purpose of building
community, character and citizenship through humanities education.*

www.capitalcitiesusa.org

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** Denotes Capital City*



Journey Across America for Capital Cities USA

Departed: February 28, 2012
 Concluded: December 18, 2013
 Duration: 659 Days

Traveled: 31,710 Miles
 Visited: 50 State Capitols &
 National Capitol in DC

Shared Neighborhoods With:
 12,947,450 People
 Two Weeks Per Capital City

1. Northport, AL – departed brother's house
2. LaFayette, LA - overnight
3. Austin, TX - capital
4. Van Horn, TX -overnight
5. Sierra Vista, AZ – family visit
6. Phoenix, AZ – capital
7. Victorville, CA – overnight
8. Sacramento, CA – capital (birthday and Easter)
9. Carson City, NV – capital
10. Elko, NV – overnight
11. Salt Lake City, UT – capital
12. Boise, ID – capital
13. Bend, OR – overnight
14. Salem, OR – capital
15. Seattle, WA – family visit
16. Seattle to Honolulu, HI – capital
17. Olympia, WA – capital (4th of July)
18. Seattle to Juneau, AK – capital
19. Spokane Valley, WA – overnight
20. Helena, MT – capital
21. Forsyth, MT – overnight
22. Bismarck, ND – capital
23. Pierre, SD – capital
24. Mt Rushmore, SD – overnight
25. Cheyenne, WY – capital
26. Denver, CO – capital
27. Westcliffe, CO – rest break

28. Santa Fe, NM – capital (Halloween)
29. Tucumcari, NM – overnight
30. Oklahoma City, OK – capital
31. Little Rock, AR – capital (Thanksgiving)
32. Jackson, MS – capital
33. Baton Rouge, LA – capital
34. New Orleans, LA – family visit (Christmas)
35. Pensacola, FL – overnight
36. Tallahassee, FL – capital (New Year's)
37. Tampa, FL – family visit
38. Gainesville, FL – family visit
39. Montgomery, AL – capital
40. Birmingham, AL – family visit
41. Atlanta, GA – capital
42. Columbia, SC – capital (Valentine's Day)
43. Raleigh, NC – capital
44. Richmond, VA – capital
45. Charleston, WV – capital (Easter)
46. Frankfort, KY – capital (birthday)
47. Nashville, TN – capital
48. Indianapolis, IN – capital
49. Springfield, IL – capital
50. Jefferson City, MO – capital

51. Topeka, KS – capital
52. Lincoln, NE – capital
53. Des Moines, IA – capital (4th of July)
54. Saint Paul, MN – capital
55. Madison, WI – capital
56. Stevensville, MI – overnight
57. Lansing, MI – capital
58. Columbus, OH – capital
59. Buffalo, NY – overnight (Christmas)
60. Albany, NY – capital
61. Montpelier, VT – capital
62. Augusta, ME – capital
63. Concord, NH – capital
64. Boston, MA – capital
65. Providence, RI – capital
66. Hartford, CT – capital (Halloween)
67. Harrisburg, PA – capital
68. Trenton, NJ – capital
69. Dover, DE – capital (Thanksgiving)
70. Annapolis, MD – capital
71. Washington, DC – national capital
72. Wytchville, VA – overnight
73. Chattanooga, TN – family visit
74. Northport, AL – conclusion at brother's house (Christmas)
75. Arkadelphia, AR – New Beginnings!

National Society Daughters of the American Revolution

Founded October 11, 1890 and Incorporated 1896 by an Act of Congress

Objectives:

- **Historical** - to perpetuate the memory and spirit of the men and women who achieved American Independence
- **Educational** - to carry out the injunction of Washington in his farewell address to the American people, "to promote, as an object of primary importance, institutions for the general diffusion of knowledge, thus developing an enlightened public opinion..."
- **Patriotic** - to cherish, maintain, and extend the institutions of American freedom, to foster true patriotism and love of country, and to aid in securing for mankind all the blessings of liberty.

Capital Cities USA

Founded February 1, 2011 and incorporated as a non-profit organization exclusively for charitable and **educational** purposes.

Objectives:

To build community, character and citizenship through humanities education

- by assessing civic, community, and historic resources in the 50 capital cities of the United States and their capitol buildings
- by strengthening on-site and internet learning and participatory opportunities for students, teachers, historians, researchers, and the general citizenry everywhere.

Methods:

Determine what learning and participatory opportunities are available for the public in these 50 capitols and capital cities, what disparities may exist from state to state, and what resources may yet be untapped, by:

- ← **DONE!**
- DOING!**
1. gathering data through on-site visits to each capitol and capital city
 2. analyzing the data
 3. producing a report of the results
 4. distributing the report to capitol and museum directors, historical associations, state governmental units, and other civic and community entities, for their use as they may choose in furthering humanities education, by developing opportunities for on-site and internet learning and interaction; and by developing strategies that promote capitols and capital cities as cultural heritage destinations and centers of democracy
 5. **DOING!** developing and maintaining a website providing extensive and consistent types of information about each capitol and capital city for use by students, teachers, historians, researchers, and the general public everywhere, thereby contributing to the overall body of knowledge of American history

WHY Capital Cities?

Each capitol and each capital city represent the development of the state, and the 50 together outline the shaping of the United States, in all its vastness and diversity. Mainstays of American history, culture, traditions, and democracy, these capitols and capital cities are a continuum of past to present to future and as such are invaluable resources for:

- understanding and learning from the past
- inspiring and encouraging responsible citizenship for people of all ages, including young people just beginning to learn the democratic process
- enabling all citizenry to be informed and involved regarding issues that impact their state, their nation, and their world.

Winner

★ Most Extensive Visitor Services

Austin, Texas, Pop 790,390, 3rd largest capital city

Goddess of Liberty



Linda Burton posting from Austin, Texas March 13, 2012— The Goddess of Liberty sits atop the Texas State Capitol dome, but I don't find much information about why she was chosen. I was struck by the symbolism however, in my stroll around the capitol grounds and inside the building today.



Out front a demonstration was going on, protesting cuts in funds for women's health care. It was a lively group, rallying in red, making noise, being heard, speaking up. The Planned Parenthood bus was parked nearby, and demonstrations are scheduled for Tuesdays as these issues continue to be top-line news. Participants consented to my picture-taking efforts.

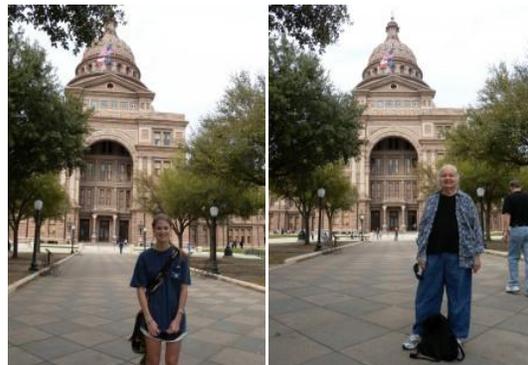
Further up the walkway, I met Nicole, a University of Texas sophomore majoring in advertising. She was wandering the grounds with camera in hand,

on assignment, looking for "something that was a defining moment in Texas history." I asked permission to get her picture, and at my request, she took mine.

Up at the Visitors Entrance, the line had gotten long. The two women in front of me were together, why had they come today? I didn't ask, but noted one was armed with her camera.

Tours were going off every 15 minutes. A little bit about the capitol, a little about Texas history, 45 minutes guided, or, you can tour the entire building on your own.

Pamphlets in many languages are available to explain what you're seeing. Davy Crockett's portrait looms large, as do statues of Sam Houston, who served as President of the Republic of Texas, and Stephen Austin, for whom the capital city is named.





In the rotunda, portraits of ex-governors surround. To the right of Ann Richards is George W Bush (accidental symbolism?). Current governor Rick Perry doesn't get a portrait until he leaves office. Then everybody shifts over one position!

I had some lunch in the outstanding cafeteria downstairs and while resting on a bench near the gift shop met Wilma, a retired schoolteacher from Lubbock. We chatted about schools, and teaching, and changing times. She was there with her parents, her sister, and a nephew and niece. I met them too, a delightful family, headed for San Antonio after a few days in Austin. Spring break for the kids. "We have 25 grandchildren, four adopted,"

bragged Wilma's parents, offering pictures.

Back outside, a brilliant evening gown on the path ahead caught my attention. A young girl, pretty in pink, posing beside the capitol trees. Permission to get your picture? I asked. Two men, her father and her brother, armed with heavy-duty cameras, nodded in assent. "What is the occasion? Did you win a contest?" "No, I'm turning fifteen," was her answer. A family that had been touring the capitol while I was inside squealed in delight at this photo-op and jumped to pose with her. Father and brother beamed.



The grounds were filled with kids chasing squirrels, bicycles propped against a tree while their riders rested beside, helmets on the ground; picnics spread for families; a lone laptopper concentrating over computer intricacies and the smell of fresh air. Over at the edge a woman sat on a bench, her little white dog beside.

The goddess of liberty stood watch over all. I remembered the comment made to me by an excited young boy of ten as we waited for the capitol tour to begin. From Midland, he was there with his parents and sister for spring break time. "I've got a good feeling about this," he said.

VISITOR SERVICES

Austin State Capitol <http://www.tspb.state.tx.us/SPB/capitol/texcap.htm>

- ★ *Capitol Visitors Center : Monday - Saturday 9:00 am - 5:00 pm, Sunday Noon - 5:00 pm, 512.305.8400*
- ★ *Capitol Visitors Center Giftshop: Monday-Friday 9:00 am - 5:00 pm, Saturday 10:00 am- 5:00 pm, Sunday Noon - 5:00 pm, 512.305.8408*
- ★ *Texas Capitol & Extension : Weekdays 7:00 am - 10:00 pm, Saturday & Sunday 9:00 am - 8:00 pm*
- ★ *Hours are extended during legislative sessions.*
- ★ *The Capitol Information and Guide Services is located in the restored Treasurer's Business Office on the first floor of the Capitol. Free Capitol tours are conducted daily beginning in the Capitol South Foyer and concluding in the Capitol Extension. This tour features the Capitol, Texas history, and the Texas legislature.*
- ★ *Tours are generally 45 minutes in length and available during the following times:*
- ★ *Monday - Friday 8:30 am - 4:30 pm, Saturday, 9:30 am - 3:30 pm, Sunday, Noon- 3:30 pm*
- ★ *The Visitors Center , the Visitors Center Giftshop and the Capitol will be closed Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Day and Easter*

Winner

★ Most Inspiring Kids Tour

Boise, Idaho, Pop 205,671, 18th largest capital city

Do The Best You Can



Linda Burton posting from Boise, Idaho May 23, 2012 – “Look at me,” the Capitol Guide said. “I’m old. And your parents are going to get old just like me. Someday this will be up to you.” He was speaking to a 4th-grade class from Twin Falls, seated in the Chambers of the House; each one perched at a representatives desk; school in session, big time. He waved his pointer stick around the room. “One of those desks could be yours someday. All these legislators were kids one day, just like you.”

The children were attentive, though perhaps a little doubtful. The guide continued, “You need a good education. Study everything you can. Read. But do you know the most important thing that you can do? Pay attention to what is going on.” Well gee, I thought, that’s what I’ve always said to kids. Pay attention. Study everything you can. I liked this Guide, a Capitol Volunteer. He wasn’t giving kids the “history talk,” he was giving them the “future walk.” As I headed toward the Governor’s Office, I heard him say “And if you’re not able to go to college, don’t let that stop you. *You do the best you can.*”

Governor Butch Otter’s office is open to the public. Claudia welcomed me, complimented my hair. “Go in and look around,” she said, and pointed to the Governor’s Ceremonial Office. I stopped to sign the Guest Book first. Just then the class arrived, filing in with cameras, snapping pictures right and left and up and down.

A different Guide was speaking now, “If you were Governor, this is where you’d sign new laws, or welcome dignitaries,” he said. The room was long and spacious; dignified, but warm. The governor’s heavy wooden desk was at one end; the children took turns sitting in the governor’s chair. At the other end, an otter sat atop a chest of drawers, holding tiny flags.





I went back to ask Claudia about the yellow ribbons. Four columns at the building's front had yellow ribbons tied around, who put them there, and why? "The Governor and his wife put them there," she answered, "and they are there because of Bowe Bergdahl. He's a prisoner of war in Afghanistan, and he's from Idaho." She went on to explain that the ribbons also honored all our troops. "We had ribbons there before, but they were the makeshift kind; these are weatherproof and durable." After telling me more about Bowe, she told me about the memorial to Idaho's fallen military; it was across the street on the old Ada County Courthouse lawn. I thanked her for her time and headed for the front door.

I got pictures of the yellow ribbons on the columns, then crossed the street. The memorial is squarely in front of the courthouse; the name of every Idaho soldier lost in the line of duty in the war on terror



engraved; flags and flowers placed beneath. A separate marker held these words:

For every soldier that died in a foreign land to protect our freedom and liberty, united we shall stand. America and the state of Idaho thank you for all our freedoms.



An encampment to my left caught my attention; tents tightly tucked together near the sidewalk, no people were in sight. It was *Occupy Boise*, a continuation, or offshoot, of the *Occupy Wall Street* movement. I got pictures of the signs posted there; one held these words:

Continued Deficit Spending, Rampant Home Foreclosures, Failing Schools, Excessive CEO Pay, Don't Represent A Secure Nation.

As I walked back to my car, the children came out front, subdued excitement evident. They were lively but very well-behaved. So many choices ahead of them, I think. "Pay attention," I whisper under my breath, "and do the best you can."



Governor Butch Otter <http://gov.idaho.gov/>

Tie With Springfield, Illinois

★ Most Welcoming

Atlanta, Georgia Pop 420,003, 10th largest capital city

But I Tell You What



Linda Burton posting from Atlanta, Georgia February 6, 2013 – The paint is peeling and the steps are worn. Aside from the numerous oil portraits propped on handsome brass supports, it's rather plain inside, confusing expectations. After all, the Georgia State Capitol has a dome of shimmering gold, and sits in the middle of high-rise urban glitterati and international trade.

But I tell you what, there was nothing plain about what was going on inside today. This old house was alive with people; the Georgia Assembly was hot and heavy into its 40-day session; school buses from all over the state provided a steady stream of

students ready for a first-hand look at government in action; side rooms and hallways housed various-agenda groups; cables and cameras were strung all over the place, recording events of the day; and everywhere, cell-phone photos captured the moment. Everyone but me was wearing a badge or a bit of apparel stating purpose – I rode the elevator with Senator Gloria Butler, according to her badge, and chatted in the halls with award-winning students from Skills USA.

I was greeted in the Governor's Office by friendly staff, who invited me to sign the guest book and explained that the artwork is changed frequently to give exposure to as many Georgia artists as possible. Yes, the



Governor's Office, and that of the Secretary of State, are right by the front door, with glass hallway windows giving everyone who enters the building a glimpse inside. This 1889 building was constructed to highlight the democratic ideal of “transparency in government;” its upper floors are a surround-space of clear glass windows that flood the building with light; glass tiles in the rotunda floor originally allowed light



to continue down to the basement area.

So what if the paint is peeling, and the inside of that gold-gilded dome is peachy pale and plain? In its own brochure it admits to being “underdecorated” when it was built, and boasts that it returned to the state treasury \$118.40 of the \$1 million that was appropriated for its construction. The Governor's Office is still where it was, with no private entryway; governors since 1889 have arrived and departed using the same doors as the general public (although Governor Eugene Talmadge sometimes exited through his window to avoid the press, it is said!). The Georgia Assembly still meets in



the original Chambers, (of the three branches of government, the Supreme Court is the only one no longer there; it moved out in the 1950's).



Those Chambers were renovated a few years back to their 1889 look – refined Victorian is the style and the lights are reproductions of the original gas lamps. The 56 Senators and 180 Representatives can vote from their desks, using buttons mounted on brass plates. A special press section is built into the back of each chamber; the public galleries above are open during session.

I watched from the gallery as middle-of-the-day conversations buzzed before the gavel's call to order, working papers spread across the legislator's desks. I watched as young people leaned

against simple marble busts, and scurried beneath those oil portraits (such as the gargantuan-sized portrait of James Oglethorpe, who founded the Georgia colony in 1732; such as the portraits of Martin Luther King Jr, an Atlanta native born only a few blocks from here, and Jimmy Carter, a Georgia native from Plains; both received the Nobel Peace Prize for their service to the world). I watched in the atrium as delighted teachers and parents snapped pictures of their



students standing on those worn marble steps with Governor Nathan Deal. I watched from the front lawn as whistle-blowing State Capitol Police tried to manage the traffic jam on those crowded streets, and a tow truck grabbed a school bus that wouldn't start. It was an up-to-the-ears mind-boggle of a day.

But I tell you what. Despite all the crowds and congestion and peeling paint, I came away with the overriding feeling that every citizen's voice could be heard, and that Georgia's young people are getting a real-time view of their value in the scheme of government, and life. That's a pretty good thing, wouldn't you say?



As to that gold-gilded dome, it wasn't built that way originally. It was covered in tin! The idea for a gold dome came about during renovations in 1957; eventually the gold was donated and ceremoniously brought to the capitol steps via wagon train from Dahlonega, Georgia; Dahlonega was the site of the country's first gold rush in the 1830's. And that's a story worthy of a separate post.

About Georgia State Capitol <http://www.atlantaga.gov/index.aspx?page=472>

About Georgia General Assembly <http://www.legis.ga.gov/en-US/default.aspx>

About Senator Gloria Butler <http://www.senate.ga.gov/senators/en-US/member.aspx?Member=5>

About Skills USA <http://www.skillsusa.org/>

Tie With Atlanta, Georgia

★ Most Welcoming

Springfield, Illinois, Pop 116,250, 30th largest capital city

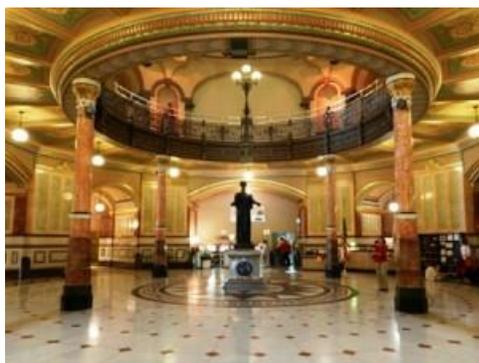
As Pretty As Ours



Linda Burton posting from Springfield, Illinois May 20, 2013 – The grass was so green it commanded my attention. The sweet smell of spring hedge assailed my senses the minute I stepped from the car; the grass added a visual blast; wow, what did the groundskeeper do to get such green? The wind sent my hat sailing; I chased it across the lawn, wanting to stop and sit right in the middle of that luscious grass. But I plopped it back onto my head, secured the string, and kept walking; I had a purpose. Past the statue of Stephen Douglas, up a few steps, into the doors of the building that has served as this state’s capitol since 1877.

The two men at security waved me towards Xray; “Where are you from?” one asked as my bag went through. I told them about the *Journey*. “This is my thirty-first capitol,” I said.

“Is any other one as pretty as ours?” inquired the one whose badge told me he was Fred. “Well, you’ve got the best grass I’ve ever seen!” I laughed. “We’ve got the highest dome,” he said. “It is 74 feet higher than the national capitol.” “It’s shaped like a Greek cross,” Robert added, “and it is the sixth capitol we’ve had. The first was in Kaskaskia.” Fred picked up a brochure; “It cost \$4,315,591 to build,” he read, “and they used 3.4 million pounds of cast iron in it.” “You guys aren’t Security, you’re PR,” I told them; “where should I start?”



They directed me straight ahead, across the rotunda to the Visitor Desk. “And look up,” Fred urged. “There are 9,000 pieces of stained glass in the dome.” I walked past the open-armed statue of *Illinois Welcoming The World*, and looked up.

I was in the middle of a kaleidoscope, a space filled with swirls of color; intricate patterns, dizzying designs. Color, and noise. Excitement off the scale; school-kid chatter bouncing off marble walls. Kids sat

waiting on the floor to my right; kids peered over every balcony; kids, on one last field-trip before schools-out time. It was the county fair, the homecoming parade, and Christmas morning, all rolled into one; a home run.



I signed the guestbook at the Visitor Desk, and asked my questions. “When is the next tour? Do you have written materials I can take? Are you in Session today?” “Are you the person who called a little while ago?” a voice piped up from the back. “Your voice sounds familiar to me.” I confirmed that I had indeed called to ask about parking; “Well, I’m glad you’re here.” she said. The next tour was on the hour, with the

school group that sat waiting. Eager to get started, I took the *Welcome* brochure and headed for the elevator on my own. The Senate was in Session.



I crept around the corner, peered over the fourth-floor balcony, and quietly entered the Senate Gallery, feeling awestruck now. “No photos,” whispered a guide, handing me a Senate Calendar. “Here’s what is going on today. They’re in Third Reading now and then they’ll vote.” I eased into a wooden pew and leaned forward; on the floor below people stood in clumps with heads together in discussion; some were on their phones; one was eating lunch. The main action was at the front; as the Secretary read each bill, the gavel snapped against the wooden block; POP; onto the next. I opened up my calendar; Bill 449 Public Employee Benefits; Bill 629 Regulation; Bill 1002

Criminal Law. Illinois Tax Credits, Controlled Substances, Pensions, Food Handling; the Bills were read, the gavel snapped; getting closer to the vote. I began looking around; twelve chandeliers of Austrian crystal lit the room, pinks and blues swirled on the ceiling near my head, plaster relief panels of angels in flowing gowns held trumpets of shimmering gold. Down below, seats for the 59 senators, a laptop open on every desk; I watched as the on-screen images changed, from documents to icons to children in yellow raincoats, holding hands. The schoolkids that had been waiting downstairs caught up to me now; I eased out of the pew so they could fill the seats and headed for the House Gallery on the other side.



Rick wouldn’t let me in. “There’s a tour in there now, the seats are full,” he apologized. “Give it five minutes.” The House representatives (there are 118) were not due back till 3; they’d had visitors this morning, I was told, three parents from Connecticut whose children were killed in the school massacre last December, speaking up for gun control. We chatted about the building and the level of activity today; “It’s not unusual,” Rick said. Visitors began to gather, waiting, just like me. “Photos are okay in here, but no flash,” he advised us all, as he opened the door. I leaned over the railing and surveyed the scene; a tour was filing out below. Overhead, more chandeliers, more plaster relief panels, more stained glass. More bills to listen to, and vote. I didn’t wait for the next session to begin; I took the elevator down; the school kids walked the stairs.



Second Floor, governor’s office, Hall of Governors, Old Supreme Court room, statues of famous legislators (Ulysses S Grant is one); more views from the balcony, more school kids looking. First Floor again; paintings and murals; deep reds and greens and silvers and golds and shiny echoing marble in black and white. Color, and noise.

Fred and Robert were waiting for me. “Did you see everything?” Robert asked. “I saw a lot,” I confirmed. “I got to sit in on Session, I’ve never been able to catch one before. And I’ve never seen so many kids. And so much color!” “Did you see Faith, Hope, and Charity?” Fred asked, pointing to the ceiling in the hallway there. He described them to me in great detail, as I got pictures of the ornate designs overhead. “Thank you so much,” I said to both men. “I will never forget your capitol. This has been a wonderful day.” They walked me to the front door, stepped outside with me. “Have a safe *Journey*,” said Robert, shaking my hand, “and enjoy all those capitols.” “I know you won’t see another one as pretty as ours,” said Fred.

- Note: the Illinois State Capitol @ 2nd and Capitol Streets in Springfield is open 8-4 weekdays with tours on the half-hour; 9-3 weekends with tours on the hour; closed Thanksgiving, Christmas Eve/Day, New Year’s, and Easter. Large group tours by appointment, call Visitors Bureau @ 217-789-2360.

Every capitol building had many GOOD points, but some were extraordinarily good and some were noticeably lacking in accessibility (or charm). Below are 10 worthy of mention.



- Austin, Texas, Pop 790,390, 3rd Largest Capital City**
 - ★ Most Extensive Visitor Services
- Boise, Idaho, Pop 205,671, 18th Largest Capital City**
 - ★ Most Inspiring Kids Tour
- Atlanta, Georgia, Pop 420,003, 10th Largest Capital City**
 - ★ Most Welcoming (Tie with Springfield, Illinois)
- Springfield, Illinois, Pop 116,250, 30th Largest Capital City**
 - ★ Most Welcoming (Tie with Atlanta, Georgia)
- Montpelier, Vermont, Pop 7,855, Smallest Capital City**
 - ★ Best Volunteer Program (Over 100 Volunteers Work in Capitol!)
 - ★ Most Meticulous Restoration
 - ★ Most Intimate & Inviting



- Nashville, Tennessee, Pop 601,222, 6th Largest Capital City**
 - ★ Most Difficult to Gain Entry (*Photo ID Required, Name Checked in Database, Bags Searched, Photo Permit Must Be Worn Inside. No Visitor Parking. Limited Hours 8-4 M-F*)
- Richmond, Virginia, Pop 202,214, 20th Largest Capital City**
 - ★ Difficult Entry (*No Visitor Parking Near, Area Congested & Hilly. Entry Through Visitor Center Only & Xray*)
- Montgomery, Alabama, Pop 205,764, 17th Largest Capital City**
 - ★ Beautiful Building But Uninviting Tone Inside (*Governor's Office Closed to Visitors & Guarded, No Guestbook*)
- Concord, New Hampshire, Pop 42,695, 42nd Largest Capital City**
 - ★ Historic Building But Worn & Uninviting (*Only metered parking, Few Exhibits, No Regular Tours, Limited Hours 8-4 M-F*)
- Des Moines, Iowa, Pop 203,433, 19th Largest Capital City**
 - ★ Missed Opportunity for Graciousness (*Beautiful Building, Ample Parking, Good Directional Signage, but Walking Tour Guide Must Be Purchased – Cheap Shot!*)

Do you know your 50 capital cities? Go to www.capitalcitiesusa.org and read about them!

- | | | |
|---------------------------|------------------------------|-------------------------------|
| 1. Alabama, Montgomery | 18. Louisiana, Baton Rouge | 35. Ohio, Columbus |
| 2. Alaska, Juneau | 19. Maine, Augusta | 36. Oklahoma, Oklahoma City |
| 3. Arizona, Phoenix | 20. Maryland, Annapolis | 37. Oregon, Salem |
| 4. Arkansas, Little Rock | 21. Massachusetts, Boston | 38. Pennsylvania, Harrisburg |
| 5. California, Sacramento | 22. Michigan, Lansing | 39. Rhode Island, Providence |
| 6. Colorado, Denver | 23. Minnesota, Saint Paul | 40. South Carolina, Columbia |
| 7. Connecticut, Hartford | 24. Mississippi, Jackson | 41. South Dakota, Pierre |
| 8. Delaware, Dover | 25. Missouri, Jefferson City | 42. Tennessee, Nashville |
| 9. Florida, Tallahassee | 26. Montana, Helena | 43. Texas, Austin |
| 10. Georgia, Atlanta | 27. Nebraska, Lincoln | 44. Utah, Salt Lake City |
| 11. Hawaii, Honolulu | 28. Nevada, Carson City | 45. Vermont, Montpelier |
| 12. Idaho, Boise | 29. New Hampshire, Concord | 46. Virginia, Richmond |
| 13. Illinois, Springfield | 30. New Jersey, Trenton | 47. Washington, Olympia |
| 14. Indiana, Indianapolis | 31. New Mexico, Santa Fe | 48. West Virginia, Charleston |
| 15. Iowa, Des Moines | 32. New York, Albany | 49. Wisconsin, Madison |
| 16. Kansas, Topeka | 33. North Carolina, Raleigh | 50. Wyoming, Cheyenne |
| 17. Kentucky, Frankfort | 34. North Dakota, Bismarck | |