FORM 4	4
--------	---

Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

SEC 1474 (9-02)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses) 1. Name and Address of Reporting Person [*] SMITH ROBERT HILL			2. Issuer Name CAPITAL CI [CCBG]			υ.	-	(Check all ap Director X_Officer (give title below)	X Officer (give title below) Other (specify below)			
(Last) P.O. BOX 11248	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 10/14/2005					Vice Pre	sident			
TALLAHASSEE,	(Street) FL 32302		4. If Amendmen	4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	1	fable I - N	on-D	Derivative	Securi	ties Ac	quired, Disposed of, or Beneficia	red, Disposed of, or Beneficially Owned		
1.Title of Security (Instr. 3)		Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	on	(A) or Disposed of (D) (Instr. 3, 4 and 5) (I		of (D))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	Amount	(A) or (D)	Price		(1) (Instr. 4)		
Common Stock		10/14/2005		G		30,000	D	\$0	1,857,247.205 (<u>1</u>)	D		
Common Stock									50,085.678 ⁽²⁾	Ι	Custodian for Daughter	
Common Stock									50,085.678 (<u>3)</u>	Ι	Custodian - Son	
Common Stock									35,023.896	Ι	VAS TRUST	
Common Stock									35,023.896	Ι	WHS TRUST	
Common Stock									615,770.205 (4)	Ι	2S Partnership	
Common Stock									428,743.163 (5)	Ι	The WGS TRUST	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)															
1. Title of	2.	3. Transaction	3A. Deemed	4.		5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transact	ion	Num	ber	and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		of		(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Deriv	ivative		Securities		(Instr. 5)	Beneficially	Derivative	Ownership	
	Derivative					Secu	rities			(Instr	. 3 and		Owned	Security:	(Instr. 4)
	Security					Acqu	ired			4)			Following	Direct (D)	
						(A) o	r						Reported	or Indirect	
						Dispo	osed						Transaction(s)	(I)	
						of (D)						(Instr. 4)	(Instr. 4)	
						(Instr									
						4, and	d 5)								
											Amount				
								D (.		or				
									Expiration	Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				

Reporting Owners

Reporting Owner Name /	

Relationships

Address	Director	10% Owner	Officer	Other
SMITH ROBERT HILL P.O. BOX 11248 TALLAHASSEE, FL 32302		Х	Vice President	

Signatures

Robert H. Smith	10/17/2005
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) These shares include 13.570 shares of common stock acquired in 2005 pursuant of the Company's 1996 Dividend Reinvestment Plan. This acquisition is exempt from the reporting and short swing profit liability provisions of Section 16 pursuant to Rule 16a 11 promulgated thereunder.
- (2) These shares include 5.428 shares of common stock acuquired during 2005 pursuant to the Company's 1996 Dividend Reinvestment Plan. This acquisition is exempt from the reporting and short swing profit liability provisions of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (3) These shares include 5.428 shares of common stock acquired during 2005 pursuant to the Company's 1996 Dividend Reinvestment Plan. This acquisition is exempt from the reporting and short-swing laibility provisions of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (4) These share include 13.570 shares of common stock pursuant to the Company's 1996 Dividend Reinvestment Plan. This acquisition is exempt from the reporting and short swing liability provision of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (5) These shares include 126.947 shares of common stock acquired during 2005 pursuant of the Company's 1996 Dividend Reinvestment Plan. This acquisition is exempt from the reporting and short-swing liability of Section 16 pursuant to Rule 16a-11 promulgated thereunder.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.