## FORM 4

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

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

#### 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 WILLIAM G JR		2. Issuer Name CAPITAL C. [CCBG]			_	-		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  _X_ Director _X_ Officer (give title below) Other (specify below)			
P.O. BOX 11248 (First)	3. Date of Earlie 05/10/2006	est Transac	tion (	(Month/D	ay/Yea	Chairman, Pre	s. and CEO				
(Street) TALLAHASSEE, FL 32302		4. If Amendmen	it, Date Ori	igina	l Filed(Mor	nth/Day/Y	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)	,	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if	Code		4. Securities Acquired			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D)	Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price		or Indirect (I) (Instr. 4)	(Instr. 4)	
Common Stock	05/10/2006		P		116	A	\$ 32	2,097,675.584	D		
Common Stock	05/10/2006		P		100	A	\$ 32.64	2,097,775.584	D		
Common Stock	05/10/2006		P		294	A \$ 32.65		2,098,069.84	D		
Common Stock	05/10/2006		G		5	D	\$ 0	2,098,064.84	D		
Common Stock	05/10/2006		G		5	D	\$ 0	2,098,135.703 (1)	D		
Common Stock								40,666 <sup>(2)</sup>	I	Wife - Paula P. Smith	
Common Stock								3,831.56 <sup>(3)</sup>	I	Wife's - IRA	
Common Stock								4,077.475 <sup>(4)</sup>	I	WGS, jr - IRA	
Common Stock								34,063.885	I	JWS TRUST	
Common Stock								34,063.885	I	WGS III TRUST	
Common Stock								39,147.224 <sup>(5)</sup>	I	Custodian - WGS III	
Common Stock								429,015.195 <sup>(6)</sup>	I	THE WGS TRUST	
Common Stock								615,799.285 (7)	I	2S Partnership	
Reminder: Report on a separate line	e for each class of sec	curities beneficially	owned dire	ectly	or indirec	tlv.					
To the second of the second of secon				Pe	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)

Security (Instr. 3)	Conversion	 3A. Deemed Execution Date, if any (Month/Day/Year)	Code		5. Numb of Deriv Secur Acqu (A) of Dispo of (D) (Instr 4, and	ative ities ired rosed ) . 3,	and Expirati (Month/Day	i. Date Exercisable nd Expiration Date Month/Day/Year)		unt of	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficial Ownership (Instr. 4)
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

### **Reporting Owners**

D 41 0 N /	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
SMITH WILLIAM G JR P.O. BOX 11248 TALLAHASSEE, FL 32302	X	X	Chairman, Pres. and CEO					

#### **Signatures**

William G. Smith, Jr.	05/11/2006
**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).
- These shares include 76.119 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These share were exempt from the reporting and short-swing profit liability provisions pursuant of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (2) These shares include 2.001 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These shares of were exempt from the reporting and short-swing profit liability provisions of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (3) These shares include 17.632 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These shares were exempt from the reporting and short-swing profit liability provisions of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (4) These shares include 18.764 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These shares were exempt from the reporting and short-swing profit liability provisions of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (5) These shares include 4.644 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These shares of common stock were exempt from the reporting and short-swing profit liability provisions of Section 16 pursuant Rule 16a-11 promulgated thereunder.
- (6) These shares include 139.618 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These shares were exempt from the reporting and short-swing profit liability provisions of Section 16 pursuant to Rule 16a-11 promulgated thereunder.
- (7) These shares include 14.925 shares of common stock acquired during the fiscal year 2006 pursuant to the Company's 1996 Dividend Reinvestment Plan. These shares were exempt from the reporting and short-swing profit liability provisions 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.

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