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

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

(Print or Type Responses)

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

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

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								
1. Name and Address of Reporting HUMPHRESS JOHN KENT	2. Issuer Name CAPITAL CI [CCBG]			۰ د		5. Relationship of Reporting Po (Check all ag 		r		
(Last) (First) KRAUSE HUMPHRESS PA WADSWORTH, 1040 EAST		3. Date of Earlie: 01/29/2007	st Transact	ion (1	Month/Da	y/Year)			
(Street) TALLAHASSEE, FL 33201	4. If Amendment	, Date Oriș	ginal	Filed(Mon	th/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)	T	able I - N	on-D	erivative	Securi	ties Acq	uired, Disposed of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	Date (Month/Day/Year)		Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form:	7. Nature of Indirect Beneficial Ownership
		(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	(Instr. 4)
Common Stock	01/29/2007		S		1,500	D	\$ 34.43	31,982 (1) (5)	D	
Common Stock								90,890 ⁽²⁾	I	Humphress Family Partnership
Common Stock								316 (3)	Ι	JHK IRA PLAN
Common Stock								23,178.833 (<u>4)</u>	I	Krause Humphress Pace & Wadsworth FBO John K. Humphress

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

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

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (a.g., puts, calls, warrants, ontions, convertible securities)

(e.g., puts, cans, 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	Transacti	ion	Num	ber	and Expirati	on Date	Amou	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	ative			Secur	rities	(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	15)								
											Amount				
								D (.		or				
									Expiration	Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				

Reporting Owners

	Reporting Owner Name / Address	Director	10% Owner	Officer	Other
К 1	IUMPHRESS JOHN KENT CRAUSE HUMPHRESS PACE & WADSWORTH 040 EAST PARK AVE CALLAHASSEE, FL 33201	Х			

Signatures

John H. Humphress 01/30/2007 ^{**}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 are adjusted for the 5 for 4 stock split effective July 1, 2005.
- (2) These share are adjusted for the 5 for 4 stock split effective July 1, 2005
- (3) These shares are adjusted for the 5 for 4 stock split effective July 1, 2005.
- (4) These shares have been adjusted for the 5 for 4 stock split effective July 1, 2005.

Since the date of the last reorting person's last ownership report, he transfered benefical ownership of 4,113 shares of Capital City Bank Group, Inc. common stock preiously reorted as jointly-held to his ex-wife pursuant to aomestic relations order. The transfer was exempt from the Section 16 pursuant to Rule 16a-12. The reporting person no

(5) longer reports as beneficially owned 1,401 shares owned by his ex-wide directly and 316 shares owner by his ex-wife through her IRA. In Addition, the reporting person no longer reports as benefially oning 1,641 shares previously reported as custodian for his daughter Amanda and and 1,641 shares previouly reported as custodian for his daughter Laura Ann.

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.