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

(Print or Type Perponses)

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

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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 Response													
1. Name and Address of Reporting Person [*] BARRON THOMAS A			2. Issuer Name CAPITAL CI [CCBG]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <u>X</u> _Director10% Owner <u>X</u> _Officer (give title below) Other (specify below) Treasurer					
(Last) PO BOX 900	(First)	(Middle)	3. Date of Earlie 02/01/2010	3. Date of Earliest Transaction (Month/Day/Year) 02/01/2010					Treasure	I <u></u>			
(Street) TALLAHASSEE, FL 32302			4. If Amendmen	t, Date Orig	ginal	Filed(Mont	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)	1	able I - N	on-D	erivative	Secur	ities Acqui	ired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership		
			(infondir Day, Foar)	Code	V	Amount	(A) or (D)	Price			(Instr. 4)		
Common Stock		02/01/2010		S		2,000 (1)	D	\$ 12.0005	200,452	D			
Common Stock		02/02/2010		S		3,000	D	\$12	197,452	D			
Common Stock		02/02/2010		S		5,000	D	\$ 11.9113	192,452	D			
Common Stock									12,937	I	Z.P. Barron Trust		
Common Stock									8,624	Ι	TRUST Elizabet		
Common Stock									18,158	Ι	TRUST Anne		
Common Stock									12,312	Ι	TRUST Rebecca		
Common Stock									28,906	Ι	Jane H. Barron - Wife		
Common Stock									8,032.03 ⁽²⁾	Ι	401(k) Plan		

 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 1474 (9-02) 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, w	arrants, op	tions, convertible securi	ities)				
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.	6. Date Exercisable	7. Title and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	Number	and Expiration Date	Amount of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	of	(Month/Day/Year)	Underlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative		Securities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Securities		(Instr. 3 and		Owned	Security:	(Instr. 4)
	Security				Acquired		4)		Following	Direct (D)	
					(A) or				Reported	or Indirect	
					Disposed				Transaction(s)	(I)	
					of (D)				(Instr. 4)	(Instr. 4)	
					(Instr. 3,						
					4, and 5)						

		Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
BARRON THOMAS A PO BOX 900 TALLAHASSEE, FL 32302	Х		Treasurer					

Signatures

Thomas A. Barron	02/03/2010
***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).
- The reporting person's sale of CCBG common stock reported herein was matchable under Section 16(b) of the Securities Exchange Act of 1934, to the extent of 2,000 shares, (1) with the reporting person's purchase of 2,000 shares of CCBG common stock on October 23, 2009. The reporting person has paid to CCBG the full amount of the profit realized in connection with the short-swing transaction, less transaction cost.
- (2) Mr. Barron acquired 109.04 shares in his 401(k) plan which is not a reportable event / transaction.

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.