FORM 4	4
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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).

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	es)		-						-		
1. Name and Address of HUMPHRESS JO	2. Issuer Name CAPITAL CI [CCBG]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below)					
^(Last) WADSWORTH, H CONRAD,PA, 104	3. Date of Earlies 03/19/2012	st Transacti	on (1	Month/Da	y/Year)						
TALLAHASSEE,	4. If Amendment	, Date Orig	inal	Filed(Mont	h/Day/Ye	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)	Т	able I - No	on-D	erivative	Securit	ies Aco	quired, Disposed of, or Benefici	ally Owned	
1.Title of Security (Instr. 3)		Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		(A) or Disposed of			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect	Beneficial Ownership
				Code	v	Amount	· · /	Price		(I) (Instr. 4)	
Common Stock		03/19/2012		A		100	Α	\$0	32,669	D	
Common Stock		06/20/2012		A		100	А	\$0	32,769	D	
Common Stock									45,445	Ι	By Humphress Family Trust
Common Stock									315	Ι	By IRA
Common Stock									13,661	I	By Wadsworth Humphress Hollar & Conrad 401(k) Plar 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 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, convortible securities)

(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	Transaction	n Nu	mber	and Expirati	on Date	Amo	unt 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)	Der	rivative			Securities (In		(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Sec	urities	s		(Instr. 3 and			Owned	Security:	(Instr. 4)
	Security				Ac	Acquired		4)	4)		Following	Direct (D)		
					(A)	or						Reported	or Indirect	
					Disposed							Transaction(s)	(I)	
					of (D)							(Instr. 4)	(Instr. 4)	
					(Instr. 3,									
					4, and 5)									
										Amount				
							D.	.		or				
								Expiration	Title	Number				
							Exercisable	Date		of				
				Code V	(A) (D)				Shares				

Reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
HUMPHRESS JOHN KENT WADSWORTH, HUMPHRESS, HOLLAR & CONRAD,PA 1040 EAST PARK AVE TALLAHASSEE, FL 33201	X					

Signatures

/s/ John K. Humphress **Signature of Reporting Person

08/15/2012 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).

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.