FORM	4
------	---

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

(Drint or Type De

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. Name and Address of Reporting HUMPHRESS JOHN KEN	2. Issuer Name CAPITAL CI [CCBG]			<i>.</i> .		5. Relationship of Reporting P (Check all a) 	oplicable) 10% Own			
^(Last) (First) WADSWORTH, HUMPHR KONRAD,PA, 1040 EAST	3. Date of Earlies 12/14/2012	st Transacti	on (l	Month/Da	y/Year)					
(Street) TALLAHASSEE, FL 33201		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)	Т	able I - No	on-D	erivative	Securit	ies Aco	uired, Disposed of, or Benefici	ally Owned	
(Instr. 3) Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		(A) or Disposed of E (D) F		of	Beneficially Owned Following Reported Transaction(s)		Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price		or Indirect (I) (Instr. 4)	(Instr. 4)
Common Stock	12/14/2012		А		100	А	\$0	32,969	D	
Common Stock								44,445	т	By Humphress Family Trust
Common Stock								315	Ι	By IRA
Common Stock								13,661	I	By Wadsworth Humphress, Hollar & Konrad 401(k) Plan FBO John K. Humphress

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

SEC 1474 (9-02)

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

(<i>e.g.</i> , 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	Transacti	ion	Number and Expiration Date A		Amo	unt of	Derivative	Derivative	Ownership	of Indirect		
Security	or Exercise	(Month/Day/Year)	any	Code		of	of (Month/Day/Year) U		Unde	rlying	Security	Securities	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Deriv	Derivative		Secur	rities	(Instr. 5)	Beneficially	Derivative	Ownership	
	Derivative					Secu	Securities ((Instr. 3 and			Owned	Security:	(Instr. 4)	
	Security					Acqu	ired			4)			Following	Direct (D)	
						(A) o							1	or Indirect	
						Dispo							Transaction(s)		
						of (D	· · · · · · · · · · · · · · · · · · ·						(Instr. 4)	(Instr. 4)	
						(Instr	· · ·								
						4, and	15)								
											Amount				
								Date	Expiration		or				
								Exercisable		Title	Number				
								LACICISADIC	Date		of				
				Code	V	(A)	(D)				Shares				

Relationships

Reporting Owners

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

Signatures

/s/ John K. Humphress	12/31/2012
***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).

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.