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 Responses) 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) _X_ Director _X_ Officer (give title below)			
(Last) P.O. BOX 900	(First)	(Middle)	3. Date of Earlie 08/05/2016	3. Date of Earliest Transaction (Month/Day/Year) 08/05/2016					lreas	surer	
(Street) TALLAHASSEE, FL 32302			4. If Amendmen	t, Date Ori	ginal	Filed(Mon	th/Day/Ye	_X_Form filed by One Reporting Pers	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	fable I - N	lon-D	erivative	Securit	ties Ac	quired, Disposed of, or Benefic	ially Owned	
1.Title of Security (Instr. 3)		Date			Beneficially Owned Following Reported Transaction(s) Ownership Form: Ben		Beneficial Ownership				
				Code	V	Amount	(A) or (D)	Price		(I) (Instr. 4)	(Instr. 4)
Common Stock		08/05/2016		G	V	700 <mark>(1)</mark>	D	\$0	116,305	D	
Common Stock		12/08/2016		G	V	600 <mark>(1)</mark>	D	\$0	115,705	D	
Common Stock									516.165	Ι	401(k) Plan
Common Stock									28,906	Ι	Wife-Jane
Common Stock									5,000	Ι	Trustee- Elizabeth
Common Stock									4,500	Ι	Trustee- Rebecca
Common Stock									4,000	Ι	Trustee- Anne
Common Stock									2,000	I	Trust- EllenMettle Moosehead Ranch Trus

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

(e.g., puts, calls, warrants, options, convertible securities)																			
1. Title of	2.	3. Transaction	3A. Deemed	4.	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	Transactio	on 1	Numb	umber and Exp		and Expiration Date		unt of	Derivative	Derivative	Ownership	of Indirect				
Security	or Exercise	(Month/Day/Year)	any	Code	0	of	(Month/Day/Year)		(Month/Day/Year)		(Month/Day/Year)		rlying	Security	Securities	Form of	Beneficial		
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	1	Deriv	ative	· · · · ·		Securities		rities	(Instr. 5)	Beneficially	Derivative	Ownership			
	Derivative				5	Secur	ities							(Instr	: 3 and		Owned	Security:	(Instr. 4)
	Security				1	Acqui	ired			4)			Following	Direct (D)					
					((A) 01	r						Reported	or Indirect					
					1	Disposed							Transaction(s)	(I)					
					0	of (D)	D)						(Instr. 4)	(Instr. 4)					
					((Instr.	. 3,												
					4	4, and	15)												
											Amount								
								D .	.		or								
									Expiration	Title	Number								
								Exercisable	Date		of								
				Code	V	(A)	(D)				Shares								

Reporting Owners

Reporting Owner Name /

Relationships

Address	Director	10% Owner	Officer	Other
BARRON THOMAS A P.O. BOX 900 TALLAHASSEE, FL 32302	Х		Treasurer	

Signatures

/s/ Thomas A. Barron	12/08/2016
**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) Bona fide gift of shares which is exempt from Section 16(b) of the Exchange Act pursuant to Rule 16b-5.

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.