FORM 4

longer subject to

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL
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Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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 Respo	nses)									
1. Name and Addres JAGGERS JOHN	2. Issuer Na Symbol CAPSTON [CPST]				Ü	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
13455 NOEL RO	3. Date of Ea (Month/Day/ 09/16/2005	Year)	nsac	ction		below)				
DALLAS, TX 75	4. If Amenda Filed(Month/E		e Oı	riginal		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)	Table I -	Non-De	riva	tive Securi	ties Acqui	ired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execu any	Deemed ation Date, if th/Day/Year)	3. Transact Code (Instr. 8))	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
Reminder: Report on directly or indirectly.		ach cla	ass of securitie				(D) Price			
j					in re	formation quired to	containe respond	nd to the collection of the collection of this form are nunless the form discontrol number.	ot	SEC 1474 (9-02)

 $\label{thm:continuous} Table~II-Derivative~Securities~Acquired,~Disposed~of,~or~Beneficially~Owned~\\ (e.g.,~puts,~calls,~warrants,~options,~convertible~securities)$

1. Title of	2.	3. Transaction	3A. Deemed	4.		Numb	er	6. Date Exercisal	ole and	7. Title and	Amount	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transact	tion	of		Expiration Date		of Underlyi	ing	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Derivativ	ve	(Month/Day/Yea	ır)	Securities	_	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Securitie	s	-		(Instr. 3 and	d 4)	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Acquired	1						Owned	Security:	(Instr. 4)
	Security					(A) or							Following	Direct (D)	
						Dispose	d of						Reported	or Indirect	
						(D)							Transaction(s)	(I)	
						(Instr. 3,	4,						(Instr. 4)	(Instr. 4)	
						and 5)									
											Amount				
								Dete	F		or				
									Expiration	Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				
Stock															
Option										Common					
	\$ 5.45	09/16/2005		A		10,000		12/16/2005 ⁽¹⁾	09/16/2015	Ctaalr	10,000	\$0	10,000	D	
(Right										Stock					
To Buy)															

Reporting Owners

Denouting Owner Name / Address	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
JAGGERS JOHN V 13455 NOEL ROAD	Х						
SUITE 1670 DALLAS, TX 75240							

Signatures

John V. Jaggers	09/19/2005
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) Stock options vest and are exercisable as follows: 2,500 on 12/16/2005, 2,500 on 3/16/2006, 2,500 on 6/16/2006 and 2,500 on 9/16/2006.

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.