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

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

OMB APPROVAL OMB 3235-Number: 0287 Estimated average burden hours per 0.5 response..

(9-02)

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 Respon	ises)										
			2. Issuer Na Symbol CAPSTON				C		5. Relationship of Repo Issuer (Check all X Director	orting Person applicable) 10% Ov	
(Last) (F 21211 NORDHOF	3. Date of Earliest Transaction (Month/Day/Year) 12/01/2005						Officer (give titleOther (specify below) below)				
(S CHATSWORTH,	CA 91311		4. If Amendm Filed(Month/Da		e Ori	ginal			6. Individual or Joint/C Applicable Line) _X_ Form filed by One Repo Form filed by More thar	rting Person	
(City) (S	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Bene						Beneficially	Owned			
1.Title of Security (Instr. 3)	(Month/Day/Year)	Exec any	Deemed ution Date, if nth/Day/Year)	Transaction Code (Instr. 8)		4. Securi Acquired Disposed (Instr. 3, Amount	1 (A) d of (1 4 and (A) or	D)	Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	12/01/2005	12/0	1/2005	Р		1,844	A	\$ 3.39	24,428	D	

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

Persons who respond to the collection of SEC 1474 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

(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	Transactio	n N	umb	er	and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	of	f		(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	D	eriva	tive			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				S	ecuri	ties			(Inst	: 3 and		Owned	Security:	(Instr. 4)
	Security				А	.cquii	ed			4)			0	Direct (D)	
						A) or							Reported	or Indirect	
						ispos							Transaction(s)	· /	
						f (D)							(Instr. 4)	(Instr. 4)	
					`	nstr.									
					4,	, and	5)								
											Amount				
								Date	Expiration		or				
								Exercisable	Expiration Date	Title	Number				
								EACICISAULE	Date		of				
				Code V	/ (/	A) ((D)				Shares				

Reporting Owners

Demonting Owner Name / Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
DONNELLY RICHARD M 21211 NORDHOFF STREET CHATSWORTH, CA 91311	х							

Signatures

By Robin Deyo, Power of Attorney for Richard M. Donnelly, reporting person -Signature of Reporting Person

12/05/2005 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.