UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB APPROVAL

Washington, D.C. 20549

OMB Number: Estimated average STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF burden hours per **SECURITIES**

0287

response..

longer subject to 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

1. Name and Addre DONNELLY RI	5	2. Issuer Na Symbol CAPSTON [CPST]				Ü	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle)			3. Date of Earliest Transaction (Month/Day/Year) 09/16/2005					below)			
(Street)			4. If Amenda Filed(Month/D		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)	(City) (State) (Zip)				riva	tive Securi	ties Acqu	ired, Disposed of, or Beneficially Owned			
(Instr. 3) Date Exec (Month/Day/Year) any		any		3. Transact Code (Instr. 8)	Disposed of (D)			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 or directly or indirectly	n a separate line for e	ach clas	s of securition	es benefic	Pe	ersons wh	contain	nd to the collection ed in this form are r unless the form dis	not	SEC 1474 (9-02)	

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

		(8	·, p ·····, ·······, ·· ······	,		,									
1. Title of	2.	3. Transaction	3A. Deemed	4.		5. 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	ı						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				
								_			or				
									Expiration	Title	Number				
								Exercisable	Date		of				
				Code	v	(A)	(D)				Shares				
Stock															
Option								(1)		Common				_	
(right to	\$ 5.45	09/16/2005		Α		10,000		12/16/2005(1)	09/16/2015	Stock	10,000	\$0	10,000	D	
										Stock					
buy)															

Reporting Owners

Departing Owner Name / Address	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
DONNELLY RICHARD M							
	X						

Signatures

/s/ Walter McBride, Power of Attorney for Reporting Person Richard Donnelly	0	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) This option vests quarterly over a one-year period.

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.