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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB APPROVAL Washington, D.C. 20549 OMB 323

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

SEC 1474

(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 Respo	nses)								
1. Name and Addres PROTSCH ELIC		on [*] 2. Issuer Na Symbol CAPSTON [CPST]			NE CORP	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title Other (specify below)			
(Last) (2612 DIAMOND	(First) (Middle WOOD DR, S.E.	J. Date of Ea	/Year)	nsac	ction	below)			
CEDAR RAPIDS	4. If Amendi Filed(Month/E	<i>'</i>	e Oı		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)	Table I -	Non-Dei	iva	tive Securities Acqui	uired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Beneficial Ownership	

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.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

		(e.g.	., puts, calls, warra	ants, opti	ion	s, conver	tible	e securities)							
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	ion	of		Expiration Date		of Underlyi	ng	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Derivativ	ve	(Month/Day/Yea	ur)	Securities		Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8))	Securitie	s			(Instr. 3 and	14)	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Acquired	1						Owned	Security:	(Instr. 4)
	Security					(A) or							Following	Direct (D)	
						Dispose	d of						1	or Indirect	
						(D)							Transaction(s)	(I)	
						(Instr. 3,	4,						(Instr. 4)	(Instr. 4)	
						and 5)									
											Amount				
								Dete	Environtion		or				
								Date Exercisable	Expiration Date	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	Common Stock	10,000	\$0	10,000	D	
(right to										STOCK					
buy)															

Reporting Owners

Benerting Owner Name / Address	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
PROTSCH ELIOT G 2612 DIAMONDWOOD DR, S.E. CEDAR RAPIDS, IA 52403	Х						

Signatures

 /s/ Walter McBride, Power of Attorney for Reporting Person Eliot Protsch
 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.