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
Instruction 1(b).

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

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02)

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 of Type Responses)										
1. Name and Address of Reporting P Van Deursen Holly	2. Issuer Name a CAPSTONE T			0,	mbol	•	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner			
(Last) (First) 16640 STAGG STREET	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/14/2019						Officer (give title below)	Other (specify b	elow)
(Street) VAN NUYS, CA 91406	4. If Amendment,	Date Orig	inal F	Filed(Mont	h/Day/Ye	ear)	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-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)		Execution Date, if	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership
		(Code	v	Amount	(A) or (D)	Price		or Indirect (I) (Instr. 4)	^
Common Stock	02/14/2019		Р		6,500	А	\$ 0.7726	230,351	D	

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

SEC 1474 (9-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, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.	Numbe	6. Date Exer	rcisable	7. Tit	tle and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	n of		and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	De	erivative	(Month/Day	/Year)	Unde	erlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Se	curities			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Ac	equired			(Insti	r. 3 and		Owned	Security:	(Instr. 4)
	Security				(A	.) or			4)			0	Direct (D)	
					Di	sposed						Reported	or Indirect	
					of	(D)						Transaction(s)	(I)	
						nstr. 3,						(Instr. 4)	(Instr. 4)	
					4,	and 5)								
										Amount				
							Date	Expiration		or				
							Exercisable		Title	Number				
							Exercisable	Date		of				
				Code V	(A	A) (D)				Shares				

Reporting Owners

Describer Orace News (Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Van Deursen Holly 16640 STAGG STREET VAN NUYS, CA 91406	Х							

Signatures

Colby Petersen, Power of Attorney for Holly Van Deursen, Reporting Person	02/14/2019
**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).

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.