FORM	4
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES
may continue. <i>See</i> Instruction 1(b).	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 of

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

Section 30(h) of the Investment Company Act of 1940

(Print or Type Respo	onses)											
1. Name and Addres ATKINSON RIC	2. Issuer Na Symbol CAPSTON				U	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
(Last) 21211 NORDHO	:)	3. Date of Ea (Month/Day/ 12/09/2005	Year)	nsac	tion		Deficer (give title Other (specify below)					
CHATSWORTH		4. If Amendment, Date Original Filed(Month/Day/Year)						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-Derivative Securities Acqui						ired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)			Code	Transaction Code Acquired (A) or Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or		D) 5)	Following Reported Transaction(s) (Instr. 3 and 4)	Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		

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 (9-02) required to respond unless the form displays a currently valid OMB control number.

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Number:

response.

Estimated average

burden hours per

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

(e.g., puts, calls,	, warrants, options, convertible securities)	

		(- 8	· I / /	/ 1		1									
1. Title of	2.		3A. Deemed	4.		5. Numb	er	6. Date Exercisat				8. Price of	9. Number of		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	ır)	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						Reported	or Indirect	
						(D)							Transaction(s)	(I)	
						(Instr. 3,	4,						(Instr. 4)	(Instr. 4)	
						and 5)									
											Amount				
								Date	Emination		or				
								Exercisable	Expiration	Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				
Stock															
Option										Common					
-	\$ 3.62	12/09/2005	12/09/2005	Α		21,600		12/09/2006(1)	12/09/2015	Common Stock	21,600	\$ 3.62	21,600	D	
(Right										Stock					
to Buy)															

Reporting Owners

Penerting Owner Name / Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
ATKINSON RICHARD K 21211 NORDHOFF STREET CHATSWORTH, CA 91311	х							

Signatures

Robin Deyo, Power of Attorney for reporting person, Richard K. Atkinson Signature of Reporting Person

12/15/2005 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).

(1) Option becomes exercisable in three equal annual installments beginning on the first anniversary of the grant date.

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.