UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

OMB APPROVAL

response.

3235-

0287

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

SECURITIES

Print or Type Respon	nses)									
1. Name and Address LOTAN NOAM	2. Issuer Na Symbol CAPSTON					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X_ Director				
(Last) (First) (Middle) C/O MRV COMMUNICATIONS INC, 21211 NORDHOFF STREET			3. Date of Ea (Month/Day/ 08/27/2009	Year)	nsac					tion
CHATSWORTH:		4. If Amenda Filed(Month/E		e Or	iginal		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-De	rivat	ive Secu	rities Acqui	red, Disposed of, or E	Beneficially (Owned
1.Title of Security (Instr. 3)	Date (Month/Day/Year)	Execu any	Deemed tion Date, if th/Day/Year)	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price		Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 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 SEC 1474 information contained in this form are not (9-02) 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.		Numb	er	6. Date Exercisal	ole and	/. Title and	Amount	8. Price of	9. Number of	10.	11. Nature	ı
Derivative	Conversion	Date	Execution Date, if	Transact	ion	of		Expiration Date		of Underly	ng	Derivative	Derivative	Ownership	of Indirect	l
Security	or Exercise	(Month/Day/Year)	any	Code		Derivativ	ve	(Month/Day/Yea	ır)	Securities		Security	Securities	Form of	Beneficial	l
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Securitie	s			(Instr. 3 and	14)	(Instr. 5)	Beneficially	Derivative	Ownership	l
	Derivative					Acquired	1						Owned	Security:	(Instr. 4)	l
	Security					(A) or							Following	Direct (D)		l
						Dispose	d of						Reported	or Indirect		l
						(D)							Transaction(s)	(I)		l
						(Instr. 3,	4,						(Instr. 4)	(Instr. 4)		l
						and 5)										l
											Amount					l
								.			or					l
									Expiration	Title	Number					l
								Exercisable	Date		of					ı
				Code	V	(A)	(D)				Shares					l
Stock																l
Option								445		Common						l
-	\$ 1.19	08/27/2009		Α		10,000		11/27/2009(1)	08/27/2019	Common Stock	10,000	\$0	10,000	D		l
(right to										Stock						ı
buy)																l

Reporting Owners

Donouting Orymon Name / Adduses	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
LOTAN NOAM C/O MRV COMMUNICATIONS INC 21211 NORDHOFF STREET CHATSWORTH, CA 91311	Х						

Signatures

Clarice Hovsepian, Power of Attorney for Noam Lotan, Reporting Person	08/31/2009
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) Stock options vest and are exercisable as follows: 2,500 on 11/27/2009, 2,500 on 2/27/2010, 2,500 on 5/27/2010 and 2,500 on 8/27/2010.

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.