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Rochester, NY, January 23, 2013 / **Capstone IT Press Release**/ -- For the last decade, Capstone Information Technologies, Inc. has provided cost-effective and fast-response computer and network support to small- and medium-sized businesses throughout Western New York. To celebrate this milestone anniversary, the Rochester-based technology company will be giving back to the community that has supported it for ten years by raising funds for local non-profit groups, hosting free computer training webinars, and volunteering at local organizations.

“We have adopted a culture of choosing to be extraordinary when it comes to serving both businesses and people in our community,” says Michael Fowler, founder and Co-CEO of Capstone. “We have spent the past decade involved in and around Rochester, and for the next 10 months, we’ll give thanks as a team of one, including our staff and their family members. Capstone is proud to be in this position after ten years in business and we look forward to the next ten months of thanking those that have supported us.”



To kick off the Ten Months of Giving Back effort, the Capstone team is hosting a free business-building webinar series to owners who want to boost their sales in 2013 and gain knowledge regarding technology tools for growth.

Registration is open to all business executives at [www.capstoneitinc.com/freewebinars](http://www.capstoneitinc.com/freewebinars) or by calling 585-546-4120. Each month, the Capstone team plans to provide anniversary-inspired discounts to the public along with these educational trainings.

The initiative will culminate with a hosted reception during the month of October, appropriately the tenth month of the calendar year. Learn more about Capstone and its services at [www.capstoneitinc.com](http://www.capstoneitinc.com) and follow Ten Months of Giving Back through photos and updates on [www.facebook.com/capstoneinformationtechnologies](http://www.facebook.com/capstoneinformationtechnologies).

#### About Capstone IT, Inc.:

Incorporated in 2003, Capstone is owned by Sitima Fowler, Co-CEO, and Michael Fowler, Co-CEO. Capstone’s mission “Choose To Be Extraordinary” has been implemented by providing invaluable guidance and technologies that help their clients meet their business goals, maximize their profits, and reduce their technology frustrations. Capstone’s services include infrastructure solutions, cloud services, managed IT services, Microsoft and Apple support, website design, backup and disaster recovery services, and much more. For additional information about Capstone, visit [www.capstoneitinc.com](http://www.capstoneitinc.com).

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