SEALE DO Form 4	NALD W										
December 0	ЛЛ									OMB AF	PROVAL
FORM	/1 4 UNITED	STATES				ND EX( , D.C. 20		NGE CO	OMMISSION	OMB Number:	3235-0287
Check th if no lon subject to Section Form 4 Form 5 obligation may con <i>See</i> Insta 1(b).	nger to 16. or Dins ttinue. Section 17(	rsuant to S (a) of the I	F CHAN Section 1 Public U	NGES SEC 16(a) o Itility 1	IN CUR of th Hole	BENEFI RITIES e Securit	I <b>CIA</b> ies E ipany	xchange Act of 1	ERSHIP OF Act of 1934, 1935 or Section	Expires: Estimated a burden hou response	
(Print or Type	Responses)										
1. Name and A	Address of Reporting DNALD W	Person <u>*</u>	Symbol			I Ticker or		]	5. Relationship of l Issuer (Check	Reporting Pers	
(Last) THREE CO	(First) (	Middle)	3. Date of (Month/I) 12/05/2	Day/Yea		ransaction		- - 1	Director X Officer (give below) Exec.		Owner er (specify
NORFOLK	(Street) X, VA 23510		4. If Ame Filed(Mo			ate Original r)	l	-	5. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M Person	ne Reporting Pe	rson
(City)	(State)	(Zip)	Tab	le I - N	on-I	Derivative	Secur	ities Acqu	ired, Disposed of,	or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	Code	8)	4. Securit nor Dispose (Instr. 3, 4)	ed of (	(D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	12/05/2011			М		11,816		\$ 19.625	171,045	D	
Common Stock	12/05/2011			S		11,816	D	\$ 76	159,229	D	
Common Stock	12/05/2011			G	V	35	D	\$ 0	159,194	D	
Common Stock	12/05/2011			G	v	100	D	\$ 0	159,094	D	
Common Stock	12/05/2011			G	V	160	D	\$0	158,934	D	

Common Stock							3,028.44 <u>(1)</u>	Ι	By 401(k Plan	z)
Reminder: I	Report on a sep	Darate line for each cla		Person inform require displa numbe	ns wh lation ed to ys a c er.	o respor containe respond currently	nd to the colle ed in this form unless the fo valid OMB co	n are not rm ntrol	SEC 1474 (9-02)	
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned   (e.g., puts, calls, warrants, options, convertible securities)									
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	orDeriv Secu Acqu or Di (D)	rities hired (A) sposed of r. 3, 4,	6. Date Exerci Expiration Da (Month/Day/Y	te	7. Title and Underlying (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to buy (granted 2003)	\$ 19.625	12/05/2011		М		11,816 (2)	02/03/2004	02/02/2013	Common Stock	11,816

# **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships					
r 8 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	Director	10% Owner	Officer	Other		
SEALE DONALD W THREE COMMERCIAL PLACE NORFOLK, VA 23510			Exec. V.P. and CMO			
Signatures						
H. D. McFadden, via P.O.A. for D. W Seale		12/06/2011				
**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).

Represents the approximate number of whole shares of Common Stock estimated -- on the basis of the unit accounting system used by the Plan Administrator -- as of December 5, 2011, to have been credited to the reporting person's account in the Norfolk Southern

 (1) That Administrator is as of December 3, 2011, to have been created to the reporting person's account in the Norton's Southern Corporation Thrift and Investment Plan (TIP), a trusteed 401(k) plan. In accordance with TIP's terms applicable to all participants, acquisitions were made at various times and at various prices.

(2) Reflects exercise and resulting cancellation of stock option, in a single transaction, exempt from Section 16(b). The stock option was granted under the Long-Term Incentive Plan (a Rule 16b-3 plan).

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. DISPLAY: block"> SOLE DISPOSITIVE POWER

0

8

## SHARED DISPOSITIVE POWER

12,487,507\*

9

# AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

12,487,507\*

10

# CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES

..

11

# PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

3.66%\*

12

# TYPE OF REPORTING PERSON

IA

\* See Exhibit 1 hereto for a full description of the relevant subsidiaries which hold shares of Common Stock directly and indirectly.

CUSIP No.: 02503Y103

1 NAME OF REPORTING PERSON Fortress Operating Entity I LP 2 CHECK THE APPROPRIATE BOX IF A (a) " MEMBER OF A GROUP (b) " 3 SEC USE ONLY CITIZENSHIP OR PLACE OF ORGANIZATION 4 Delaware 5 SOLE VOTING POWER 0 NUMBER OF 6 SHARED VOTING POWER SHARES BENEFICIALLY 12,487,507\* OWNED BY EACH REPORTING SOLE DISPOSITIVE POWER PERSON WITH 7 0 8 SHARED DISPOSITIVE POWER 12,487,507\*

9

# AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

### 12,487,507\*

### 10 CHECK BOX IF THE AGGREGATE AMOUNT IN " ROW (9) EXCLUDES CERTAIN SHARES

## 11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

3.66%\*

# 12 TYPE OF REPORTING PERSON

PN

\* See Exhibit 1 hereto for a full description of the relevant subsidiaries which hold shares of Common Stock directly and indirectly.

CUSIP No.: 02503Y103

1 NAME OF REPORTING PERSON FIG Corp. 2 CHECK THE APPROPRIATE BOX IF A (a) " MEMBER OF A GROUP (b) " 3 SEC USE ONLY CITIZENSHIP OR PLACE OF ORGANIZATION 4 Delaware 5 SOLE VOTING POWER 0 NUMBER OF 6 SHARED VOTING POWER SHARES BENEFICIALLY 12,487,507\* OWNED BY EACH REPORTING SOLE DISPOSITIVE POWER PERSON WITH 7 0

8 SHARED DISPOSITIVE POWER

12,487,507\*

9

AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

### 12,487,507\*

### 10 CHECK BOX IF THE AGGREGATE AMOUNT IN " ROW (9) EXCLUDES CERTAIN SHARES

## 11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

3.66%\*

# 12 TYPE OF REPORTING PERSON

CO

\* See Exhibit 1 hereto for a full description of the relevant subsidiaries which hold shares of Common Stock directly and indirectly.

CUSIP No.: 02503Y103

1 NAME OF REPORTING PERSON Fortress Investment Group LLC 2 CHECK THE APPROPRIATE BOX IF A (a) " MEMBER OF A GROUP (b) " 3 SEC USE ONLY 4 CITIZENSHIP OR PLACE OF ORGANIZATION Delaware 5 SOLE VOTING POWER 0 NUMBER OF 6 SHARED VOTING POWER SHARES BENEFICIALLY 12,487,507\* OWNED BY EACH REPORTING SOLE DISPOSITIVE POWER PERSON WITH 7 0 8 SHARED DISPOSITIVE POWER 12,487,507\*

9

# AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

### 12,487,507\*

### 10 CHECK BOX IF THE AGGREGATE AMOUNT IN " ROW (9) EXCLUDES CERTAIN SHARES

# 11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

3.66%\*

# 12 TYPE OF REPORTING PERSON

00

\* See Exhibit 1 hereto for a full description of the relevant subsidiaries which hold shares of Common Stock directly and indirectly.

Item 1.

Item 2.

(a)	)	Name of Issuer:			
		The name of the issuer is An	merican Capital, Ltd. (the "Issuer").		
(b	)	Address of Issuer's Principa	l Executive Offices:		
		The Issuer's principal execu 14th Floor, Bethesda, MD 2	tive offices are located at 2 Bethesda Metro Center, 0814.		
(a)	)	Name of Person Filing:			
		This statement is filed by:			
		(i)	FIG LLC, a Delaware limited liability company;		
		(ii)	Fortress Operating Entity I LP, a Delaware limited partnership;		
		(iii)	FIG Corp., a Delaware corporation		
		(iv)	Fortress Investment Group LLC, a Delaware limited liability company.		
		The foregoing persons are hereinafter sometimes collectively referred to as the "Reporting Persons." See Exhibit 1 hereto for a full description of the relevant subsidiaries which hold shares of Common Stock directly and indirectly. Any disclosures herein with respect to persons other than the Reporting Persons are			

made on information and belief after making inquiry to the appropriate party.

(b)	Address of Principal Business Office:
	The address of the principal business office of each of the Reporting Persons is c/o Fortress Investment Group LLC, 1345 Avenue of the Americas, 46th Floor, New York, NY 10105, Attention: Michael Cohn.
(c)	Citizenship:
	Each of FIG LLC and Fortress Investment Group LLC is a limited liability company organized under the laws of the State of Delaware. Fortress Operating Entity I LP is a limited partnership organized under the laws of the State of Delaware. FIG Corp. is a corporation organized under the laws of the State of Delaware.
(d)	Title of Class of Securities:
	Common Stock, par value \$0.01 per share (the "Common Stock")
(e)	CUSIP Number:
	02503Y103

Item 3. If this statement is filed pursuant to §§240.13d-1(b) or 240.13d-2(b) or (c), check whether the person filing is a:

(a)	 Broker or dealer registered under section 15 of the Act (15 U.S.C. 780).
(b)	 Bank as defined in section 3(a)(6) of the Act (15 U.S.C. 78c).
(c)	 Insurance company as defined in section 3(a)(19) of the Act (15 U.S.C. 78c).
(d)	 Investment company registered under section 8 of the Investment Company Act of 1940 (15 U.S.C. 80a-8).
(e)	 An investment adviser in accordance with §240.13d-1(b)(1)(ii)(E).
(f)	 An employee benefit plan or endowment fund in accordance with §240.13d-1(b)(1)(ii)(F).
(g)	 A parent holding company or control person in accordance with §240.13d-1(b)(1)(ii)(G).
(h)	 A savings association as defined in Section 3(b) of the Federal Deposit Insurance Act (12 U.S.C. 1813).
(i)	

A church plan that is excluded from the definition of an investment company under section 3(c)(14) of the Investment Company Act of 1940 (15 U.S.C. 80a-3).

(j)

..

Group, in accordance with §240.13d-1(b)(1)(ii)(J).

Item 4. Ownership.

The percentages used in Item 1 above and this Item 4 are calculated based on 341,259,564 shares of Common Stock outstanding as of November 1, 2010 as reported in the Issuer's Form 10-Q filed on November 5, 2010.

A. FIG LLC

(a)	Amount beneficially owned: 12,487,507				
(b)	Percent of class: 3.66%				
(c)	(i)	Sole power to vote or direct the vote: 0			
	(ii)	Shared power to vote or direct the vote: 12,487,507			
	(iii)	Sole power to dispose or direct the disposition: 0			
	(iv)	Shared power to dispose or direct the disposition: 12,487,507			

B. Fortress Operating Entity I LP

(a)	Amount beneficially owned: 12,487,507				
(b)	Percent of class: 3.66%				
(c)	(i)	Sole power to vote or direct the vote: 0			
	(ii)	Shared power to vote or direct the vote: 12,487,507			
	(iii)	Sole power to dispose or direct the disposition: 0			
	(iv)	Shared power to dispose or direct the disposition: 12,487,507			

C. FIG Corp.

(a)	Amount beneficially owned: 12,487,507				
(b)	Percent of class: 3.66%				
(c)	(i)	Sole power to vote or direct the vote: 0			
	(ii)	Shared power to vote or direct the vote: 12,487,507			
	(iii)	Sole power to dispose or direct the disposition: 0			
	(iv)	Shared power to dispose or direct the disposition: 12,487,507			

D. Fortress Investment Group LLC

(a)	Amount beneficially owned: 12,487,507		
(b)	Percent of class: 3.66%		
(c)	(i)	Sole power to vote or direct the vote: 0	
	(ii)	Shared power to vote or direct the vote: 12,487,507	
	(iii)	Sole power to dispose or direct the disposition: 0	
	(iv)	Shared power to dispose or direct the disposition: 12,487,507	

Item 5. Ownership of Five Percent or Less of a Class.

This statement is being filed to report the fact that as of the date hereof, the Reporting Persons have ceased to be the beneficial owners of more than five percent of the Common Stock.

Item 6. Ownership of More than Five Percent on Behalf of Another Person.

Not applicable.

Item 7. Identification and Classification of the Subsidiary Which Acquired the Security Being Reported on By the Parent Holding Company.

Not applicable.

Item 8. Identification and Classification of Members of the Group.

Not applicable.

Item 9. Notice of Dissolution of a Group.

Not applicable.

Item 10. Certification.

Not applicable.

### SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: March 3, 2011

FIG LLC

By: /s/ David N. Brooks Name: David N. Brooks Title: Secretary, Vice President and General Counsel

#### SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: March 3, 2011

### FORTRESS OPERATING ENTITY I LP

By: FIG CORP. its general partner

By: /s/ David N. Brooks Name: David N. Brooks Title: Secretary, Vice President and General Counsel

#### SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: March 3, 2011

FIG CORP.

Name:
Title:

David N. Brooks Secretary, Vice President and General Counsel

### SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: March 3, 2011

### FORTRESS INVESTMENT GROUP LLC

By:	/s/ David N.	Brooks
	Name:	David N. Brooks
	Title:	Secretary, Vice President and
		General Counsel

### EXHIBIT INDEX

Exhibit No.	Exhibit
1	Identification of Relevant Subsidiaries
12	