FORM 4

__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

OMB APPROVAL

OMB Number: 3235-0287 Expires: January 31, 2005 Estimated average burden hours per response. . .0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed By Romeo & Dye's Instant Form 4 Filer www.section16.net

1. Name and Addr Cosmez II, Mark	-	orting Person'			r Name and Ticker or Tonics, Inc. (GIGA)	Trading S		6. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) 4650 Norris Cany		Middle)	of R	of Reporting Person,			tement for h/Day/Year)2	X Officer (give title below)Other (specify below) V.P. Finance, CFO & Secretary				
San Ramon , CA	(Street) 94583						Amendment, of Original th/Day/Year)	 Individual or Joint/Group Filing (Check Applicable Line <u>X</u> Form filed by One Reporting Person Form filed by More than One Reporting Person 				
(City)	(State)	(Zip)			Table I — Nor	n-Deriva	tive Securities	Acquired, Disposed of, or B	ired, Disposed of, or Beneficially Owned			
1. Title of Security (Instr. 3)	action Date		3. Trans- action Code (Instr. 8)		4. Securities Acquired (D) (Instr. 3, 4 & 5)	(A) or D	1	Securities Beneficially	6. Owner- ship Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
	Day/ Year)	(Month/Day/ Year)	Code	V	Amount	(A) or (D)	Price	ing Reported Transactions(s) (Instr. 3 & 4)	(I) (Instr. 4)			
Common Stock	12/5/02		Р		900	A	1.25	50,787	D			

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

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

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FORM 4 (continued)Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2. Conver-	3.	3A.	4.		5. Number of E	6. Date 7. Title and		8. Price of	9. Number of	10.	11. Nature			
Derivative	sion or	Trans-	Deemed	Trans	3-	Securities Acqu	Exercisa	able	Amount of		Derivative	Derivative	Owner-	of Indirect	
Security	Exercise	action	Execution	actior	n	Disposed of (D	and Expiration Underlying		Security	Securities	ship	Beneficial			
	Price of	Date	Date,	Code			Date		Securities		(Instr. 5)	Beneficially	Form	Ownership	
(Instr. 3)	(Instr. 3) Derivative		if any			(Instr. 3, 4 & 5))	(Month/Day/ Year)		(Instr. 3 & 4)			Owned	of	(Instr. 4)
	Security	L. L.			:							Following	Deriv-		
					3)						Reported	ative			
		(tear)	(cal)	Code	V	(A)	(D)	Date	Expira-	Title	Amount or	1	Transaction(s)	Security:	
		I				、 <i>′</i>		Exer-	tion		Number of		(Instr. 4)	Direct	
		I						cisable	Date		Shares			(D)	
		I												or	
		I												Indirect	
		I												(I)	
														(Instr. 4)	

Explanation of Responses:

By: /s/ <u>Mark H. Cosmez II</u> Mark H. Cosmez II **Signature of Reporting Person

<u>12/6/2</u> Date

**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.

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