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GABRIEL .	JAMES A										
Form 4	2011										
February 01										PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMB Number:	3235-0287			
Check th if no lon subject to Section Form 4 Form 5 obligation may cor <i>See</i> Insta 1(b).	oursuant to S 7(a) of the	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940						January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> GABRIEL JAMES A							8	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) P.O. BOX 449			3. Date of Earliest Transaction(Month/Day/Year)01/28/2011					_X_Director10% Owner Officer (give titleOther (specify below)Other (specify			
OVID, NY	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)	(State)	(Zip)	Tab	ole I - Non-J	Derivativo	e Secu		ired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	f 2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if			3. 4. Securities Acquired (A) Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common				Code V		(D)	Price	(Instr. 3 and 4)			
Stock	01/28/2011			М	5,600	А	\$ 13.1	83,179.6964	D		
Common Stock	01/28/2011			М	2,000	A	\$ 13.175	85,179.6964	D		
Common Stock	01/28/2011			S	7,600	D	\$ 25.7405	77,579.6964	D		

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

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number.

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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option	\$ 13.1	01/28/2011		М	5,600	01/01/2002	01/01/2012	Common Stock	5,600
Stock Option	\$ 13.175	01/28/2011		М	2,000	02/20/2002	02/20/2012	Common Stock	2,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
GABRIEL JAMES A							
P.O. BOX 449	Х						
OVID, NY 14521							

Signatures

Donna J. Drengel, as attorney-in-fact, pursuant to a power of attorney for James A. 02/01/2011 Gabriel Date

**Signature of Reporting Person

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).

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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