Edgar Filing: Friendly Ian R - Form 4

Friendly Ian	R										
Form 4	2010										
October 15, 2									OMB AF	PPROVAL	
				RITIES AND EXCHANGE COMMISSION Ishington, D.C. 20549						3235-0287	
Check this box if no longer STATEMENT OF CH			снам	NGES IN BENEFICIAL OW				NEDSHID OF	Expires:	January 31, 2005	
subject to STATEMENT OF CHAIN Section 16.				SECUR		ICIA			Estimated a burden hou		
Form 4 or Form 5				C(z) = f(z)		г	1	- A	response	0.5	
obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a) of the Pu	blic Ut		ling Cor	npan	y Act of	e Act of 1934, f 1935 or Section 40	n		
(Print or Type F	Responses)										
1. Name and Address of Reporting Person *2. IssueFriendly Ian RSymbol			ymbol	er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
VALS			ALSP	AR COR	P [VAL]			(Check all applicable)			
(Month.				te of Earliest Transaction th/Day/Year)				X Director	10%	Owner	
			0/13/20	-				Officer (give titleOther (specify below)			
				endment, Date Original			6. Individual or Joint/Group Filing(Check				
			iled(Mon	th/Day/Year)			Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City)	(State)	(Zip)						Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D			-	uired, Disposed of		-	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)		Date, if	3.4. Securities AcquiredTransaction(A) or Disposed of (D)Code(Instr. 3, 4 and 5)(Instr. 8)			d of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
				Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
common stock	10/13/2010			А	2,376	А	\$ 31.57	5,882	D		

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

Persons who respond to the collection of information contained in this form are not 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)

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1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)		4. Transacti	5. orNumb	ber	6. Date Exercised Expiration D		7. Tit Amou		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	Securi Acqui (A) or Dispo of (D) (Instr.	1		Year)	Secur	rlying ities . 3 and 4)	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) ((D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Friendly Ian R								
P.O. BOX 1461	Х							
MINNEAPOLIS, MN 55440								
Signatures								
/s/ Linda Colman, by Power of Attorney	10/15/2010							
<u>**</u> Signature of Reporting Person		Date	e					

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. 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.