Edgar Filing: PLUMMER MICHELLE M - Form 4

	MICHELLE M										
Form 4 December 23	3. 2009										
	Л								OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMMISSION	OMB Number:	3235-0287			
Check this box if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to S				SECUR		Expires:January 31, 2005Estimated average burden hours per response0.5					
Form 5 obligations may continue. See Instruction 1(b). 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											
(Print or Type F	Responses)										
PLUMMER MICHELLE M Syn GR			Symbol	r Name and NE COUN				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Lest)	(Einst)		-	-				Director	100	Owner	
(Month/				of Earliest Transaction Day/Year) 2009				Officer (give title Other (specify below) below) SVP, COO & CFO			
			onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
CATSKILL	, NY 12414							Form filed by M Person	ore than One Re	porting	
(City)	(State)	(Zip)	Tabl	le I - Non-I	Derivative	Secur	rities Acqu	uired, Disposed of	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executior any	n Date, if	Date, if Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) y/Year) (Instr. 8) (A) or		d of (D) 5)	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	12/22/2009			Code V F	Amount 1,080	(D) D	Price \$ 14.59		D		
Common Stock	12/22/2009			М	5,000	А	\$ 3.9375	11,520	D		
Common Stock								7,016	Ι	By ESOP	

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

Edgar Filing: PLUMMER MICHELLE M - Form 4

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. Transactio Code (Instr. 8)	5. Numl orof Deriv Securiti Acquire (A) or Dispose (D) (Instr. 3 and 5)	vative les ed ed of	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and 4	ecurities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 12.5						06/30/2009 <u>(2)</u>	08/19/2018	Common Stock	24,000
Stock Options	\$ 3.9375	12/22/2009		М	5.	,000	03/28/2001	03/28/2010	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
PLUMMER MICHELLE M 302 MAIN STREET CATSKILL, NY 12414			SVP, COO & CFO				
Signatures							

/s/ Michelle M. Plummer	12/23/2009		
**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).
- Reflects transactions not required to be reported pursuant to Section 16 of the Securities Exchange Act of 1934, as amended. (1)
- The stock options will vest at a rate of one-third per Company fiscal year assuming certain cumulative earnings performance criteria are (2)met.

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.