FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

_	

OMB APPRO	JVAL					
OMB Number:	3235-0287					
Estimated average burden						
hours per response:	0.5					

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

		Reporting Person*							icker or Trad MICS IN]		(Chec	k all applic	able)	g Pers	son(s) to Iss	
(Last)		irst)	(Middle)					t Tra	nsaction (Mo	nth/[ay/Year)			X	Officer below)	r (give title		10% Ow Other (s below)	
	EENSBURY	,	(22 2)		08/	/06/2	2008												
(Street) QUEENSBURY NY 12804				4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting						
(City) (State) (Zip)														Person					
		Tak	le I - Nor	n-Deriv	ative	e Se	curitie	s A	cquired,	Dis	osed o	f, or Be	enefi	cially	Owned				
1. Title of Security (Instr. 3) 2. Transa Date (Month/D					Executi Day/Year) if any		recution Date, any		Transaction Disposed Code (Instr. 5)		ities Acquired (A) o d Of (D) (Instr. 3, 4		4 and Securitie Benefici		s illy ollowing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
									Code	v	Amount	mount (A) or (D)		rice	Transact (Instr. 3 a	ction(s)			,iiisti. 4)
Common	Stock														5,000			D	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																			
Derivative Conversion Date		3. Transaction Date (Month/Day/Year)	Transaction 3A. Deemed	d 4. Date, Transaction Code (Instr.		ction	5. Number 6. I		6. Date Exe	Date Exercisable and xpiration Date Month/Day/Year)		7. Title and Am of Securities Underlying Derivative Sec (Instr. 3 and 4)		ount 8	B. Price of Derivative Security Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	e S Illy	Ownershij Form: Direct (D) or Indirect (I) (Instr. 4	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				c	Code	v	(A)	(D)	Date Exercisable		xpiration ate	Title	Amo or Nun of Sha						
Non- Qualified Stock Option (right to buy)	\$15.27	08/06/2008			Α		6,000		08/06/2009 ⁰	(1)	8/06/2015	Commor Stock	6,0	000	\$0	6,000)	D	
Non- Qualified Stock Option (right to buy)	\$11								05/26/2004 ⁰	2) 0	5/26/2014	Commor Stock	20,	000		20,000	0	D	
Non- Qualified Stock Option (right to buy)	\$17.76								07/27/2008 ⁽	3) 0	7/27/2017	Commor Stock	6,0	000		6,000)	D	
Non- Qualified Stock Option (right to buy)	\$18.4								08/15/2007 ⁰	(4)	8/15/2016	Commor Stock	6,0	000		6,000)	D	
Non- Qualified Stock Option (right to	\$24.21								07/29/2006 ⁽	(5) (7/29/2015	Common Stock	6,0	000		6,000)	D	

Explanation of Responses:

- $1.\ Options\ for\ 33\ 1/3\ of\ the\ shares\ are\ each\ exercisable\ on\ 8/6/09,\ 8/6/10,\ and\ 8/6/11\ respectively$
- 2. Options for 25% of the shares are each exercisable on 5/26/05, 5/26/06, 5/26/07, 5/26/08, respectively.
- $3. \ Options \ for \ 25\% \ of \ the \ total \ number \ of \ shares \ each \ become \ exercisable \ on \ 7/27/08, \ 7/27/09, \ 7/27/10, \ and \ 7/27/11.$
- 4. Options for 33 1/3% of the shares will each become exercisable on 8/15/07, 8/15/08, and 8/15/09, respectively.
- 5. Options for 33 1/3% of the shares are each exercisable on 7/29/06, 7/29/07, and 7/29/08, respectively.

By: K. Wayne McDougall For: Howard Donnelly

08/08/2008

** Signature of Reporting Person

Date

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).

** 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.

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 Number.