FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549	
STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP)

OMB	APPROVAL

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

Filed nursuant to Section 16(a) of the Securities Eychange Act of 1934

									Investment														
Name and Address of Reporting Person* Meteny Dennis S									ker or Tradin					ationship o all applica Director	able)	g Perso	on(s) to Issu	t) to Issuer 10% Owner					
(Last) (First) (Middle) 603 QUEENSBURY AVE.						Date (: Tran	saction (Mon	th/D	ay/Year)			below)	(give title		Other (s below)						
(Street) QUEENSBURY NY 12804				. 4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)									Form fil	filed by One Repo		-						
(City) (State) (Zip)					<u> </u>								Frielly Owned										
1. Title of Security (Instr. 3)			2. Trans	2. Transaction		2A. Deemed Execution Date if any (Month/Day/Yea		3. Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)			r	5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership					
								Code	v	Amount	(A) or (D)	Pric	Reported Transact (Instr. 3 a		ion(s)			(Instr. 4)					
Common	Stock														9,5	500		D					
			Table II -						juired, Dis						wned								
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution E if any (Month/Day)	ate, T	4. Transaction Code (Instr. 8)		5. Number of		6. Date Exercisa Expiration Date (Month/Day/Year			7. Title an of Securi Underlyin Derivative (Instr. 3 a	ties g e Secur	[8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transactio (Instr. 4)	e s lly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)				
				c	Code	v	(A)	(D)	Date Exercisable		Expiration Date	Title	Amou or Numb of Share	oer									
Non- Qualified Stock Option (right to buy)	\$15.75	08/03/2010			A		14,000		(1)	(08/03/2017	Common Stock	14,0	00	\$0	14,00	0	D					
Non- Qualified Stock Option (right to buy)	\$11								05/26/2004 ⁽²	2) (05/26/2014	Common Stock	20,5	00		20,500		20,500		D			
Non- Qualified Stock Option (right to buy)	\$13.29								09/04/2010	(09/04/2016	Common Stock	12,0	00		12,000		12,000		12,000		D	
Non- Qualified Stock Option (right to buy)	\$15.27								08/06/2009 ⁽³	3) (08/06/2015	Common Stock	6,00	00		6,000)	D					
Non- Qualified Stock Option (right to buy)	\$17.76								07/27/2008 ⁽²	4) (07/27/2017	Common Stock	6,00	00		6,000)	D					
Non- Qualified Stock Option (right to buy)	\$18.4								08/15/2007 ⁽⁵	5) (08/15/2016	Common Stock	6,00	00		6,000)	D					
Non- Qualified Stock Option (right to	\$24.21								07/29/2006 ⁽⁶	5) (07/29/2015	Common Stock	6,00	00		6,000)	D					

Explanation of Responses:

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

08/05/2010

** 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.