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LAFOND C Form 4	HRISTOPHER											
December 1	6, 2010											
FORM	14									OMB AF	PROVA	۱L
	UNITED) STATES				ND EX D.C. 20		NGE CO	OMMISSION	OMB Number:		-0287
Check th if no lon	aor							LOUN		Expires:	Janua	ry 31, 2005
subject t Section Form 4 o	o SIAIE . 16.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSE SECURITIES								Estimated a burden hour response	iverage	
Form 5 obligatic may con <i>See</i> Instr 1(b).	tinue. Section 17	(a) of the	Public U	Jtility H	lold	ling Con	npan	U	Act of 1934, 1935 or Section)			
(Print or Type	Responses)											
LAFOND CHRISTOPHER Symbol				uer Name and Ticker or Trading l FNER INC [IT]				0	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (C					(Check	ck all applicable)			
				n/Day/Year) /2010					Director 10% Owner Officer (give title Other (specify below) below) CFO & EVP			
STAMEOR	(Street)	12		endment, onth/Day/Y		te Origina	1		6. Individual or Joi Applicable Line) _X_ Form filed by Or Form filed by Mo	ne Reporting Per	son	
									Person			
(City)	(State)	(Zip)	Tab	ole I - No	n-D	erivative	Secur	rities Acqu	ired, Disposed of,	or Beneficiall	y Owne	d
1.Title of Security (Instr. 3)	y (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				D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			
C				Code	V	Amount	(D)	Price	(Instr. 5 and 4)			
Common Stock	12/14/2010			М		72,000	Α	\$ 14.44	103,295	D		
Common Stock	12/14/2010			D		31,784	D	\$ 32.71	71,511	D		
Common Stock	12/14/2010			F		17,273	D	\$ 32.71	54,238	D		
Common Stock	12/15/2010			S	4	22,943	D	\$ 32.7191 (4)	31,295	D		

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

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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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration Date (Month/Day/Year			7. Title and Amo Underlying Secu (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Ar or Nu of	
Stock Appreciation Rights	\$ 14.44	12/14/2010		М	72,000	05/15/2007(1)	05/15/2013	Common Stock	71	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
LAFOND CHRISTOPHER 56 TOP GALLANT ROAD P.O. BOX 10212 STAMFORD, CT 06904-2212			CFO & EVP					
Signatures								
/s/ Jane Lucas for Chris Lafond	12/	16/2010						

<u>**</u>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).

- (1) This award is fully exercisable.
- (2) Represents the simultaneous sale back to the issuer of this number of shares having an aggregrate value, based on the market price on the date of exercise, substantially equal to the aggregrate exercise price of the SARs.
- (3) Represents shares withheld from the settlement of the SARs for the payment of applicable income and payroll tax withholding due upon exercise.

This transaction was executed in multiple trades at prices ranging from \$32.6385 to \$32.81. The price reported above reflects the(4) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

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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.