#### SIMPKINS FRANK P

Form 4

November 03, 2010

# FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB

Estimated average

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** 

3235-0287 Number: January 31, Expires: 2005

0.5

**OMB APPROVAL** 

Form 4 or Form 5 obligations may continue.

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

burden hours per response...

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * SIMPKINS FRANK P			Issuer Name <b>an</b> abol NNAMETA	d Ticker or Trading  L INC [kmt]	5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle)			ate of Earliest T		(Check all applicable)			
1600 TECH WAY, P.O.		`	onth/Day/Year) 01/2010		DirectorX Officer (give below) Vice P	e title 10% below) resident and CF	er (specify	
(Street)			Amendment, Dd(Month/Day/Yea	č	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
LATROBE	, PA 15650				Form filed by Merson	More than One Re	porting	
(City)	FRANK P  (First) (Middle)  NOLOGY BOX 231  (Street)  PA 15650  (State) (Zip)  2. Transaction Date (Month/Day/Year) Execution E	(Zip)	Table I - Non-	Derivative Securities Acq	quired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)		Execution Date	Code	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transacti Code (Instr. 8)	4. Securi or(A) or D (Instr. 3,	ispose	d of (D)	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)
~			Code V	Amount	(D)	Price	(msu. 3 and 4)		
Common Stock	11/01/2010		M	6,232	D	\$ 20.34	45,690	D	
Common Stock	11/01/2010		S	6,232	D	\$ 34.222 (1)	39,458	D	
Common Stock	11/01/2010		M	3,602	A	\$ 20.49	43,060	D	
Common Stock	11/01/2010		S	3,602	D	\$ 34.192	39,458	D	

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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.

SEC 1474

(9-02)

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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amour Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Share
Non-qualified Stock Option (right to buy)	\$ 20.34	11/01/2010		M	6,232	05/09/2005	05/08/2012	Common Stock	6,2
Non-Qualified Stop Option (right to buy)	\$ 20.49	11/01/2010		M	3,602	07/27/2007	07/26/2014	Common Stock	3,6

# **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

SIMPKINS FRANK P 1600 TECHNOLOGY WAY P.O.BOX 231 LATROBE, PA 15650

Vice President and CFO

### **Signatures**

By: Kevin G. Nowe For: Frank P.

Simpkins 11/03/2010

\*\*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 price is a weighted average price. The range of prices for transactions was \$34.212 \$34.231. Full information regarding the number of shares sold at each separate price will be provided upon request.

Reporting Owners 2

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(2) This price is a weighted average price. The range of prices for transactions was \$34.182 - \$34.212. Full information regarding the number of shares sold at each separate price will be provided upon request.

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.