# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
Estimated average burden	
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FORM 4

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person*			2. Issuer Name <b>and</b> Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
LAFOND CH	RISTOPHER				Director	10% Owner			
(l. cot)	(First)	(Middle)		X	Officer (give title below)	Other (specify below)			
·	(Last) (First) (Middle)		3. Date of Earliest Transaction (Month/Day/Year)		CFO & EVP				
56 TOP GALLANT ROAD			02/11/2010						
P.O. BOX 10212									
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv	idual or Joint/Group Filing (Ch	neck Applicable Line)			
STAMFORD	CT	06904-2212		X	Form filed by One Reportin	g Person			
					Form filed by More than Or	ne Reporting Person			
(City)	(State)	(Zip)							
					-				

#### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

Table I - No	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr.		4. Securities Acquired (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			
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)			
Common Stock	02/11/2010		M <sup>(3)</sup>		30,197	A	\$0	51,368	D				
Common Stock	02/11/2010		F <sup>(4)</sup>		10,105	D	\$22.06	41,263	D				

### 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. Transa Code ( 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerci Expiration Da (Month/Day/Ye	te	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Reported Transaction(s) (Instr. 4)		
Stock Appreciation Rights	\$22.06	02/11/2010		A		59,974		02/11/2011 <sup>(1)</sup>	02/11/2017	Common Stock	59,974	\$ <b>0</b>	59,974	D	
Restricted Stock Units	\$ <mark>0</mark>	02/11/2010		A		120,788		(2)	(2)	Common Stock	120,788	\$0	120,788	D	
Restricted Stock Units	\$ <mark>0</mark>	02/11/2010		M <sup>(3)</sup>			30,197	(2)	(2)	Common Stock	30,197	\$ <mark>0</mark>	90,591	D	

#### Explanation of Responses:

1. The stock appreciation right becomes exercisable in four substantially equal annual installments commencing on 2/11/2011.

2. These performance-based RSUs vest in four substantially equal annual installments, beginning on 2/11/2010, the date the performance metric was certified and the actual number of RSUs awarded was determined.

3. Represents shares acquired upon release of restricted stock units.

4. Represents shares withheld from the released restricted stock units for the payment of applicable income and payroll withholding taxes due on release.

/s/ Kevin Feeney for Christopher 02/16/2010

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\*\* 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.

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