Edgar Filing: Speirs John R - Form 4

Speirs John R

Form 4										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION							OMB APPROVAL			
-	UNITED		ashington,			NGE	COMMISSION	OMB Number:	3235-0287	
Subject to Section 16. Form 4 or			CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES extion 16(a) of the Securities Exchange Act of 1934,						January 31, 2005 average irs per 0.5	
obligation may contin <i>See</i> Instruct 1(b).	s Section 17(a		Utility Hold	ling Com	pany	Act o	of 1935 or Section	n		
(Print or Type R	esponses)									
Speirs John R Symbol			uer Name and l INGREDIE			-	5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle) 3. [(Mo			. Date of Earliest Transaction Month/Day/Year) 0/13/2006				(Check all applicable) <u>X</u> Director Officer (give title <u>10%</u> Owner Director below) Other (specify below)			
			nendment, Da Ionth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person			
EL PRADO,	NM 87529						Form filed by I Person	More than One R	eporting	
(City)	(State)	(Zip) Ta	ble I - Non-D	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed Execution Date, any (Month/Day/Yea	Code	TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A)			Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	10/13/2006		Code V A	Amount 582	or (D) A	Price (<u>1)</u>	(Instr. 3 and 4) 582	D		

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)		4. Transact	5. iorNum	ber	6. Date Exerce Expiration D		7. Titl Amou		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	of Deriv Secu Acqu (A) o Dispo of (D (Instr	•			Underlying Securities (Instr. 3 and 4)		(Instr. 5) Bo O Fo Ro Th	Secur Bene Owne Follo Repo Trans (Instr
				Code N	/ (A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
reporting of the runner runner	Director	10% Owner	Officer	Other				
Speirs John R P.O. BOX 1164 EL PRADO, NM 87529	Х							
Signatures								
John R. Speirs 00	5/19/2007							
<u>**</u> Signature of	Date							

**Signature of Reporting Person

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 is a stock award, therefore, there is no reportable price.

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.