Edgar Filing: MOQUIST RONALD M - Form 4

MOQUIST Form 4	RONALD M										
December 2	22, 2005										
									OMB APPROVAL		
Washington, D.C. 20549								OMB Number:	3235-0287		
Check this box if no longer subject to Section 16. Form 4 or									Expires:	January 31, 2005	
					N BENER RITIES	TCI A	AL OWN	ERSHIP OF	Estimated a burden hour response	average Irs per	
Form 5 obligations may continue. See Instruction 1(b). 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											
(Print or Type	Responses)										
MOQUIST RONALD M Symbol			Symbol					5. Relationship of Reporting Person(s) to Issuer			
R. [F					STRIES 1	INC		(Check all applicable)			
(Last)	(First) (I	Middle)		of Earliest Day/Year)	Transaction	l		X Director X Officer (give	title Othe	Owner r (specify	
P.O. BOX 5107 12/21/2			-				below) below) President & CEO				
(Street) 4. If Am			f Amendment, Date Original				6. Individual or Joint/Group Filing(Check				
Filed(Mo SIOUX FALLS, SD 57117				10nth/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								ly Owned			
1.Title of Security (Instr. 3)	(Month/Day/Year) Execution Date, if			3. 4. Securities Acquired (A) Transaction Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
C				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	12/21/2005			М	25,144	А	\$ 4.375	738,109	D		
Common Stock	12/21/2005			F	9,340	D	\$ 30.09	728,769	D		
Common Stock	12/21/2005			S	3,804	D	\$ 30.4905	724,965	D		
Common Stock								126,000	Ι	By Spouse	

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

Edgar Filing: MOQUIST RONALD M - Form 4

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)

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. Transacti Code (Instr. 8)	5. Number of iorDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (1)	\$ 4.375	12/21/2005		М		25,144	11/19/2002	11/19/2006	Common Stock	48,000
Stock Option (1)	\$ 7						11/18/2003	11/18/2007	Common Stock	40,000
Stock Option	\$ 13.5						11/21/2004	11/21/2008	Common Stock	24,000
Stock Option	\$ 22						11/19/2005	11/19/2009	Common Stock	16,000
Stock Option (1)	\$ 31.05						11/18/2006	11/18/2010	Common Stock	13,000

Reporting Owners

Reporting Owner Name / Addre	ess	Relationships							
reporting officer range / radie	Director	10% Owner	Officer	Other					
MOQUIST RONALD M P.O. BOX 5107 SIOUX FALLS, SD 57117	Х		President & CEO						
Signatures									
/s/ Ronald M.	12/22/2005								

Moquist

<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) Pursuant to Rule 16b-3(d). Right to buy. All options are exercisable at the rate of 25% annually beginning one year after date of grant.

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.