## FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)											
1. Name and Address of Reporting Person-LOWBER JOHN M	2. Issuer Name an GENERAL CO			0 3		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
2550 DENALI STREET, SUITE 1	3. Date of Earliest 7 01/22/2007	Fransaction (	(Mon	th/Day/Ye	ar)	X Officer (give title below) Other (specify below)  Sr VP, CFO, Secretary, Treas.					
ANCHORAGE, AK 99503	4. If Amendment, Γ	Date Original	l File	d(Month/Day	/Year)	6. Individual or Joint/Group Filing(Check 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									
1.Title of Security (Instr. 3)	Date (Month/Day/Year) Execution Date, if (Month/Day/Year) Execution Date, if (Instr. 8) or Disposed of (D) (Instr. 3, 4 and 5)		D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) Ownership Form: Beneficially Ownership Form: Beneficially Ownership Form: Beneficially							
				V	Amount		Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Class A Common Stock	01/22/2007		M <sup>(1)</sup>		9,000	A	\$ 6.50	88,323	D		
Class A Common Stock	01/22/2007		S <sup>(1)</sup>		9,000	9,000 D \$ 15.5711		79,323	D		
Class A Common Stock	01/23/2007		M <sup>(1)</sup>		11,000	11,000 A \$ 6.50		90,323	D		
Class A Common Stock	01/23/2007		S <sup>(1)</sup>		11,000	11,000 D \$ 15.54		79,323	D		
Class A Common Stock								26,694	I	by Trust	
Reminder: Report on a separate line for each	h class of securities b	eneficially owned d			•	respo	and to the	collection of information contain	ned SEC	1474 (9-02)	

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

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Security (Instr. 3)	Conversion	3. Transaction Date (Month/Day/Year)	Execution Date, if	Code	tion )	of D Sect Acq or D of (I	Derivative urities uired (A) Disposed (D) tr. 3, 4,	(Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	Beneficial	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)		
Non- Qualified Stock Option (right to buy)	\$ 6.50	01/22/2007		M <sup>(1)</sup>			9,000	03/14/2001	03/14/2010	Class A Common Stock	9,000	\$ 15.5711	241,000	D		
Non- Qualified Stock Option (right to buy)	\$ 6.50	01/23/2007		M <sup>(1)</sup>			11,000	03/14/2001	03/14/2010	Class A Common Stock	11,000	\$ 15.54	230,000	D		

### **Reporting Owners**

	Relationships							
Reporting Owner Name /	Director	10% Owner	Officer	Other				
Address								

LOWBER JOHN M			l
2550 DENALI STREET		Sr VP, CFO, Secretary, Treas.	l
SUITE 1000		Si vi, Cro, Secretary, freas.	l
ANCHORAGE, AK 99503			l

#### **Signatures**

JOHN M LOWBER	01/24/2007
**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) 10b5-1 Plan Indicated
- (2) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan through December 31, 2006.

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.