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 Pe 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, SUIT	3. Date of Earliest 7 02/06/2007	Γransaction	(Mon	th/Day/Ye	ear)		X Officer (give title below) Other (specify below) Sr VP, CFO, Secretary, Treas.			
(Street) ANCHORAGE, AK 99503	4. If Amendment, Γ	Oate Origina	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 - 1	Non-Derivative Securities Acqu				ired, Disposed of, or Beneficially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		(Instr. 8)	tion	on 4. Securities or Disposed (Instr. 3, 4 ar		D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Form:	7. Nature of Indirect Beneficial
		(Month/Day/Year)	Code	V	Amount	(A) or (D)	Price	(instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Class A Common Stock	02/06/2007		M ⁽¹⁾		14,000	A	\$ 6.50	93,323	D	
Class A Common Stock 02/06/2007			S ⁽¹⁾		14,000	D	\$ 15.5479	79,323	D	
Class A Common Stock	02/07/2007		M ⁽¹⁾		2,000	A	\$ 6.50	81,323	D	
Class A Common Stock 02/07/2007			S(1)		2,000	D	\$ 15.54	79,323	D	
Class A Common Stock								26,694	I	by Trust
Reminder: Report on a separate line for	or each class of securities h	eneficially owned d	irectly or in	direct	:lv.					
				Pers	sons who	are no	t required	collection of information contair to respond unless the form displ I number.		1474 (9-02)

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

Deri Secu	ivative urity	Conversion	3. Transaction Date (Month/Day/Year)	Execution Date, if	Code		of E Secondary Acquired or E of (I	Derivative urities quired (A) Disposed D) tr. 3, 4,	(Month/Day/Year)				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)		
Sto	alified ck tion tht to	\$ 6.50	02/06/2007		M ⁽¹⁾			14,000	03/14/2002	03/14/2010	Class A Common Stock	14,000	\$ 15.5479	152,000	D		
Sto	alified ck tion tht to	\$ 6.50	02/07/2007		M ⁽¹⁾			2,000	03/14/2002	03/14/2010	Class A Common Stock	2,000	\$ 15.54	150,000	D		

Reporting Owners

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

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

Signatures

JOHN M LOWBER	02/08/2007
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.