FORM 4	4
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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).

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

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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 I CHAPADOS GREGORY F	2. Issuer Name an GENERAL CO [GNCMA]			0,		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director							
2550 DENALI STREET, SU	3. Date of Earliest Transaction (Month/Day/Year) 01/14/2013						Sr VP						
(Street) ANCHORAGE, AK 99503	4. If Amendment, Date Original Filed(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)	Ta	ble I - Non	e 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) 3. Transaction Code (Instr. 8) (Instr. 3, 4 and 5)		of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) 6. 7. N Ownership Form: Bene Direct (D) Own									
		(Wohth Day Tear)	Code	v	Amount	(A) or (D)	Price	(1150. 5 and 4)	· · ·	(Instr. 4)			
Class A Common Stock	01/14/2013		S		2,000	D	\$ 9.04	326,644	D				
Class A Common Stock	01/14/2013		М		15,715	А	\$6	342,359	D				
Class A Common Stock	01/14/2013		S		15,715	D	\$ 8.87	326,644	D				
Class A Common Stock	01/15/2013		М		5,000	А	\$6	331,644	D				
Class A Common Stock	01/15/2013		S		5,000	D	\$ 8.59	326,644	D				
Class A Common Stock	01/16/2013		М		1,502	А	\$6	328,146	D				
Class A Common Stock	01/16/2013		S		1,502	D	\$ 8.52	326,644	D				
Class A Common Stock								17,686	Ι	by Trust (1)			

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

SEC 1474 (9-02)

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

(e.g., puts, cans, warrants, options, convertible securities)																			
1. Title of	2.	3. Transaction	3A. Deemed	4.		5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature				
Derivative	Conversion	Date	Execution Date, if	Transactio	on]	Numb	ber	and Expiration Date		biration Date Amount of		Derivative	Derivative	Ownership	of Indirect				
Security	or Exercise	(Month/Day/Year)	any	Code		of		(Month/Day/Year)		(Month/Day/Year)		(Month/Day/Year)		Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)]	Deriv	vative		Securities		(Instr. 5)	Beneficially	Derivative	Ownership					
	Derivative				1	Secur	ities			(Instr	. 3 and		Owned	Security:	(Instr. 4)				
	Security					Acqui	ired			4)			Following	Direct (D)					
						(A) 01	r						Reported	or Indirect					
]	Dispo	sed						Transaction(s)	(I)					
						of (D)							(Instr. 4)	(Instr. 4)					
						(Instr.	· · ·												
					4	4, and	15)												
											Amount								
								Dete	E		or								
									Expiration	Title	Number								
								Exercisable	Date		of								
				Code	V	(A)	(D)				Shares								

Reporting Owners

Relationships
Reporting Owner Name /

Address	Director	10% Owner	Officer	Other
CHAPADOS GREGORY F 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			Sr VP	

Signatures

By: Lynda L. Tarbath For: Gregory F. Chapados	01/16/2013
**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) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan as of December 31, 2011.

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.