GRAS HORST Form 4 May 11, 2010

FORM 4

OMB APPROVAL

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

OMB 3235-0287

2005

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Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

Number: January 31, Expires:

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

1(b).

Common

Stock

05/07/2010

(Print or Type Responses)

1. Name and Add GRAS HORS		Sy	. Issuer Name an mbol ADGER MET			C	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)		Date of Earliest	Γransactio	1		D: .	10	or 0	
NURTINGER	STR. 76	`	fonth/Day/Year) 6/07/2010				DirectorX Officer (given below)		% Owner her (specify	
	(Street)	4.	If Amendment, D	Date Origin	al		6. Individual or J	oint/Group Fil	ing(Check	
NEUFFEN, 2 (City)	M 72639 (State)	Fil (Zip)	ed(Month/Day/Ye. Table I - Non-	,	e Secu	rities Acq	Applicable Line) _X_ Form filed by Form filed by ! Person uired, Disposed o	More than One F	Reporting	
	Transaction Dat Month/Day/Year		Code	4. Securion(A) or D (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership	
Common	5/07/2010		Code V		` /	Price	Following Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I) (Instr. 4)	(Instr. 4)	
Stock	5/07/2010		M	275	A	18.325	13,995	D		

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

 $A^{(1)}$

600

<u>(2)</u>

A

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

Ι

2,100

Restricted

Stock

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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. Transactic Code (Instr. 8)	5. Number of Derivation Securities Acquires or Disposition (Instr. 3 and 5)	es ed (A) osed of	6. Date Exerci- Expiration Dat (Month/Day/Y	e	7. Title and Underlying (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 18.325	05/07/2010		M		275	05/09/2006	05/09/2015	BMI Common Stock	275
Stock Options	\$ 38.41	05/07/2010		A(4)	1,200		05/07/2011	05/07/2020	BMI Common Stock	1,200
Stock Options	\$ 24.94						05/04/2008	05/04/2017	BMI Common Stock	720
Stock Options	\$ 52.81						05/02/2009	05/02/2018	BMI Common Stock	1,500
Stock Options	\$ 38.69						05/01/2010	05/01/2019	BMI Common Stock	3,000

Reporting Owners

Reporting Owner Name / Address	Relationships

Director 10% Owner Officer Other

GRAS HORST

NURTINGER STR. 76 VP-International

NEUFFEN, 2M 72639

Signatures

Horst E. Gras 05/11/2010

**Signature of Reporting Person Date

Reporting Owners 2

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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) Restricted Stock granted pursuant to the Company's Restricted Stock Plan as approved by shareholders.
- (2) The value of the award will be determined at the closing price on May 7, 2013, the date of vesting.
- (3) Stock Options are granted on a one-for-one basis.
- (4) Stock options granted pursuant to the Company's 2003 Stock Option Plan approved by shareholders.

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.