

Sowar Gerard D
 Form 3
 January 11, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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)

1. Name and Address of Reporting Person *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Sowar Gerard D		(Month/Day/Year)	STANDARD REGISTER CO [SR]	
(Last)	(First)	(Middle)	4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
600 ALBANY STREET			(Check all applicable)	
(Street)			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) VP General Counsel & Secretary	
DAYTON,Â OHÂ 45408			6. Individual or Joint/Group Filing(Check Applicable Line)	
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock ⁽¹⁾	4,327	D	Â

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

SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		(I) (Instr. 5)	
Option to Buy ⁽¹⁾	03/17/2004 ⁽³⁾	03/17/2013	Common Stock	1,500	\$ 13.72	D	Â
Option to Buy ⁽²⁾	02/18/2005 ⁽⁴⁾	02/18/2014	Common Stock	4,000	\$ 18.01	D	Â
Option to Buy ⁽¹⁾	02/23/2006 ⁽⁵⁾	02/23/2015	Common Stock	3,000	\$ 12.89	D	Â
Option to Buy ⁽²⁾	02/22/2007 ⁽⁶⁾	02/22/2016	Common Stock	2,000	\$ 17	D	Â
Option to Buy ⁽²⁾	02/21/2008 ⁽⁷⁾	02/21/2017	Common Stock	2,000	\$ 13.07	D	Â
Option to Buy ⁽²⁾	02/25/2010 ⁽⁸⁾	02/25/2019	Common Stock	10,000	\$ 4.7	D	Â
Option to Buy ⁽²⁾	04/30/2010 ⁽⁹⁾	04/30/2019	Common Stock	10,600	\$ 5.22	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Sowar Gerard D 600 ALBANY STREET DAYTON, OH 45408	Â	Â	Â VP General Counsel & Secretary	Â

Signatures

/s/Gerard D.
Sowar
01/08/2010

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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) Granted pursuant to The Standard Register Company 1995 Stock Option Plan.
- (2) Granted pursuant to The Standard Register Company 2002 Equity Incentive Compensation Plan.
- (3) The options are exercisable in equal increments on 3/17/04, 3/17/05, 3/17/06, 3/17/07.
- (4) The options are exercisable in equal increments on 2/18/05, 2/18/06, 2/18/07 2/18/08.
- (5) The options are exercisable in equal increments on 2/23/06, 2/23/07, 2/23/08, 2/23/09.
- (6) The options are exercisable in equal incements on 2/22/07, 2/22/08, 2/22/09, 2/22/10.
- (7) The options are exercisable in equal increments on 2/21/08, 2/21/09, 2/21/10, 2/21/11.
- (8) The options are exercisable in equal increments on 2/25/10, 2/25/11, 2/25/12, 2/25/13.
- (9) The options are exercisable in equal increments on 4/30/10, 4/30/11, 4/30/12, 4/30/13.

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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.