Edgar Filing: ARRINGTON JOHN R - Form 4

ARRINGTO Form 4	ON JOHN R											
November 2	28, 2005											
FORM	ЛЛ									OMB A	PPROVAL	
	UNITED	STATES				AND EX 1, D.C. 20		ANGE C	OMMISSION	OMB Number:	3235-0287	
Check the check							Expires:	January 31, 2005				
subject Section Form 4	to SIAIE 16.	F CHAI	ANGES IN BENEFICIAL OWN SECURITIES					ERSHIP OF	Estimated a burden hou response	average urs per		
Form 5 obligation may cor <i>See</i> Inst 1(b).	ntinue. Section 17	(a) of the l	Public U	Jtility H	Iol	lding Co	mpan	•	Act of 1934, 1935 or Section)	I		
(Print or Type	Responses)											
	Address of Reporting ON JOHN R	Person <u>*</u>	Symbol			d Ticker of UP INC			5. Relationship of I Issuer			
(Last)	(First) ((Middle)	3. Date of Earliest Transaction					(Check all applicable)				
				h/Day/Year)					Director 10% Owner X Officer (give title Other (specify below) Sr. VP, Human Resources			
(Street) 4. If Am				mendment, Date Original					6. Individual or Joint/Group Filing(Check			
BRISTOL,	CT 06011-0489		Filed(Me	onth/Day/	Yea	ar)			Applicable Line) _X_ Form filed by O Form filed by Me			
(City)	(State)	(Zip)	Tal	hle I - No	n -	Derivative	Secu		Person iired, Disposed of,	or Beneficial	llv Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	ed Date, if	3. 4. Securities Acquired (A)				quired (A) (D)	5. Amount of Securities6.7BeneficiallyForm:HOwnedDirect (D)0		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	11/23/2005			М		15,000	А	\$ 26.88	0	D		
Common Stock	11/23/2005			S		15,000	D	\$ 35.032	0	D		
Common Stock	11/23/2005			М		456	А	\$ 25.72	0	D		
Common Stock	11/23/2005			F		370	D	\$ 35.57	0	D		

A \$26.09 0

Μ

970

D

Common

Stock

11/23/2005

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Common Stock	11/23/2005		F	794	D	\$ 35.57	0	D		
Common Stock	11/23/2005		М	631	А	\$ 26.09	0	D		
Common Stock	11/23/2005		F	516	D	\$ 35.57	0	D		
Common Stock	11/23/2005		М	678	А	\$ 26.09	0	D		
Common Stock	11/23/2005		F	555	D	\$ 35.57	0	D		
Common Stock	11/23/2005		М	7,190	A	\$ 26.09	0	D		
Common Stock	11/23/2005		F	5,877	D	\$ 35.57	79,131. (1)	⁹⁸⁰⁴ D		
Common Stock							1.0508	I	By Employ Stk Purcha Plan	
Common Stock							3,112.9	56 I	By 401 Plan	(k)
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. SEC 1474 (9-02) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned SEC 1474 (9-02)										
		(e.g., puts, o	calls, warrant	is, optio	ns, convo	ertible secu	rities)			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Da any (Month/Day/	ate, if	Code	5. Numb tiotDerivativ Securitie Acquirec Disposec (Instr. 3,	ve es l (A) or	6. Date Exerci Expiration Da (Month/Day/Y	te	7. Title and An Underlying Sec (Instr. 3 and 4)
					Code V	/ (A)	(D)	Date Exercisable	Expiration Date	A Title N
Employee S Option-Rig to Buy		11/23/2005			М		15,000	11/23/2005	04/08/2008	Common Stock
Employee S Option-Rig		11/23/2005			М		456	(2)	02/06/2011	Common Stock

to Buy								
Employee Stk Option-Right to Buy	\$ 35.57	11/23/2005	А	370		11/23/2005	02/06/2011	Common Stock
Employee Stk Option-Right to Buy	\$ 26.09	11/23/2005	М		970	(3)	02/19/2009	Common Stock
Employee Stk Option-Right to Buy	\$ 35.57	11/23/2005	А	794		11/23/2005	02/19/2009	Common Stock
Employee Stk Option-Right to Buy	\$ 26.09	11/23/2005	М		631	(3)	02/10/2010	Common Stock
Employee Stk Option-Right to Buy	\$ 35.57	11/23/2005	А	516		11/23/2005	02/10/2010	Common Stock
Employee Stk Option-Right to Buy	\$ 26.09	11/23/2005	М		678	(3)	02/10/2010	Common Stock
Employee Stk Option-Right to Buy	\$ 35.57	11/23/2005	А	555		11/23/2005	02/10/2010	Common Stock
Employee Stk Option-Right to Buy	\$ 26.09	11/23/2005	М		7,190	(3)	02/10/2010	Common Stock
Employee Stk Option-Right to Buy	\$ 35.57	11/23/2005	А	5,877		11/23/2005	02/10/2010	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
ARRINGTON JOHN R BARNES GROUP INC. 123 MAIN STREET BRISTOL, CT 06011-0489			Sr. VP, Human Resources				
Signatures							
Signe S. Gates, pursuant to a Po Atty.	ower of	11	/28/2005				
<u>**</u> 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) Includes 20,000 Restricted Stock Units granted 2/12/03, 11,000 granted 4/14/04 and 6,000 Restricted Stock Units and 6,000 Performance Share Awards granted 2/16/05 that are subject to forteiture if certain events occur.
- (2) The options vest 100% immediately on 5/1/2002.
- (3) The options vest 100% immediately on 11/22/2004.
- (4) 1 for 1

Remarks:

This transmission is Part 1 of 2, and contains 3 pages.

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.