## Edgar Filing: LAMNECK KENNETH T - Form 4

	KENNETH T										
Form 4	012										
August 07, 2									OMB AP	PROVAL	
					ITIES AND EXCHANGE COMMISSI Chington, D.C. 20549				OMB Number:	3235-0287	
Section 16. Form 4 or Form 5 obligations may continue. Fort 16. Filed pursuant to Section 17(a) of the			PF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Sectior ) of the Investment Company Act of 1940					Expires: January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type	Responses)										
LAMNECK KENNETH T Symbol INSIG			Symbol	ol GHT ENTERPRISES INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Month/				te of Earliest Transaction th/Day/Year) 6/2012				_X_ Director 10% Owner _X_ Officer (give title Other (specify below) below) Chief Executive Officer			
				(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
TEMPE, A	Z 85283							Form filed by Mo Person			
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Secur	ities Acqu	uired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution I any (Month/Da	Date, if	3. Transactic Code (Instr. 8) Code V	(Instr. 3, 4	ed of (	D) 5) Price	<ul> <li>5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</li> </ul>	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	08/06/2012			S	20,000	D	\$ 18.318	8 141,753	D		

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.

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

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1. Title o Derivativ Security (Instr. 3)	e Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
LAMNECK KENNETH T 6820 SOUTH HARL AVENUE TEMPE, AZ 85283	Х		Chief Executive Officer					
Signatures								
Mark N. Rogers, by Power of Att Lamneck	08/07/2012							
<u>**</u> Signature of Repor	Date	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).

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.