Edgar Filing: BENSTOCK GERALD M - Form 4

BENSTOCK	GERALD M								
Form 4									
February 07,	_							0145.4	
FORM	14	STATES	SECU	DITIES /	ND FY	СНАМСЕ	COMMISSIO	ΛT	PPROVAL
Washington, D.C. 20549								Number:	3235-0287
Check this box if no longer							Expires:	January 31, 2005	
subject to Section 1 Form 4 or	bject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES							Estimated burden hou response	urs per
Form 5 obligations may continue.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 19401(b).									
(Print or Type F	Responses)								
1. Name and A BENSTOCH		2. Issuer Name and Ticker or Trading Symbol SUPERIOR UNIFORM GROUP				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			INC [S	GC]			× ×	11	,
(3. Date of Earliest Transaction (Month/Day/Year) 02/03/2012			X Director 10% Owner X Officer (give title Other (specify below) below) Chairman of the Board			
Fil			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 			
SEMINOLE	E, FL 33772						Person		epotting
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned
	2. Transaction Date (Month/Day/Year)		Date, if		Disposed (Instr. 3, 4	(A) or of (D) 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code V	Amount	(D) Price	. ,		
Reminder: Rep	ort on a separate line	e for each cla	uss of sec	urities bene	ficially ow	ned directly of	or indirectly.		
					inforn requi	nation cont red to respo ays a curre	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)
	Tah	le II - Deriv	ative Sec	urities Aco	uired. Dis	posed of. or	Beneficially Owner	1	

(*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amoun
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securit

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Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8	;)	Securities Acquired or Dispose (D) (Instr. 3, 4 and 5)	(A) ed of	(Month/Day/Y	ear)	(Instr. 3 and	4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
Stock Appreciation Rights (1)	\$ 13.15	02/03/2012		А		12,396		02/06/2012	02/03/2017	Common Stock	12,3
Common Stock (2)	\$ 13.15	02/03/2012		А		7,604		02/06/2012	02/03/2017	Common Stock	7,6

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
BENSTOCK GERALD M SUPERIOR UNIFORM GROUP INC 10055 SEMINOLE BLVD SEMINOLE, FL 33772	Х		Chairman of the Board				
Signatures							

Joan Petronella, POA	02/07/2012
<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) To list SARs granted 2/3/12
- (2) To list options granted 2/3/2012

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.