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ROMAIN C Form 4 November											
FORM Check t	A 4 UNITED	STATES				AND EX , D.C. 2(NGE C	OMMISSION	OMB AF OMB Number: Expires:	PROVAL 3235-0287 January 31,
if no lon subject Section Form 4 Form 5 obligati may con <i>See</i> Inst 1(b). (Print or Type	to 16. or Filed pur ons ntinue. ruction	rsuant to So (a) of the P	ection a	SEC 16(a) o Utility	C UI of th Hol	RITIES ne Securi	ties E npan	Exchange y Act of	NERSHIP OF e Act of 1934, 1935 or Section 0	Estimated a burden hour response	
1. Name and ROMAIN	Address of Reporting GAYLE S		Symbol	ITZEF	R ST	d Ticker or FEEL IN		-	5. Relationship of I Issuer (Check	Reporting Pers	
(Last) 3200 NW	(First) (YEON AVENUE		3. Date o (Month/ 11/13/2	Day/Ye		ransaction			Director Officer (give to below)	$\begin{array}{c} \underline{X} \\ 10\% \\ \underline{X} \\ 0\% \\ 0\% \\ 0\% \\ 0\% \\ 0\% \\ 0\% \\ 0\% \\ 0$	
PORTLAN	(Street) ND, OR 97210		4. If Am Filed(Mo			ate Origina r)	ıl		6. Individual or Joi Applicable Line) _X_ Form filed by Ou Form filed by Mo Person	ne Reporting Per	rson
(City)	(State)	(Zip)	Tab	ole I - N	on-l	Derivative	Secur	ities Acq	uired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution I any (Month/Day	Date, if	3. Transa Code (Instr.	8)	4. Securit nor Dispos (Instr. 3, 4 Amount	ed of () 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)
Class A Common Stock									450	Ι	See Note (1)
Class A Common Stock									450	Ι	See Note (2)
Class A Common Stock	11/16/2009			C		1,600	А	\$0	1,600	Ι	By Voting Trust <u>(3)</u>
Class A Common	11/16/2009			Z	V	1,600	D	\$ 0	0	Ι	By Voting

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Stock									Trust (3)
Class A Common Stock	11/16/2009	Z	V	1,600	A	\$ 0	2,905	Ι	By Trust (3)
Class A Common Stock	11/16/2009	S		1,600 (8)	D	\$ 48	1,305	I	By Voting Trust (3)
Class A Common Stock	11/13/2009	C		25,000	А	\$ 0	25,000	I	By Voting Trust <u>(4)</u>
Class A Common Stock	11/13/2009	Z	V	25,000	D	\$ 0	0	I	By Voting Trust <u>(4)</u>
Class A Common Stock	11/13/2009	Z	V	25,000	Α	\$ 0	25,000	I	By Trust (4)
Class A Common Stock	11/13/2009	S		25,000	D	\$ 45.4112	0	Ι	By Trust

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)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of ctionDerivative Securities 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. P Deri Secu (Ins
			Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Class B Common Stock	<u>(6)</u>					(6)	(6)	Class A Common Stock	40,500	
Class B Common Stock	<u>(6)</u>	11/16/2009	С		1,600	(6)	(6)	Class A Common Stock	1,600	

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Class B Common Stock	<u>(6)</u>	11/13/2009	С	25,000	<u>(6)</u>	(6)	Class A Common 25,000 Stock
Class B Common Stock	<u>(6)</u>				(6)	(6)	Class A Common 10,389 Stock

Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
ROMAIN GAYLE S 3200 NW YEON AVENUE PORTLAND, OR 97210		Х						
Signatures								
Richard C. Josephson, Attorney-In-Fact	11/16/2009							
**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) Represents shares held by Paul Romain, the spouse of reporting person, as Custodian under the Oregon Uniform Transfers to Minors Act F/B/O Danielle Romain.
- (2) Represents shares held by Paul Romain, the spouse of reporting person, as Custodian under the Oregon Uniform Transfers to Minors Act F/B/O Mikhael Romain.
- (3) Voting trust certificates or shares, as the case may be, are held by Gayle S. Romain and Rita S. Philip, Trustees of Gayle S. Romain Family Trust U/A/D July 2, 2003. (the "Gayle Trust").
- (4) Voting trust certificates or shares, as the case may be, are held by Dina S. Meier, Eric Meier and Gayle S. Romain, Trustees of the Dina S. Meier Revocable Trust dated July 12, 2004 FBO Dina S. Meier.
- (5) Voting trust certificates or shares, as the case may be, are held by Gayle S. Romain, Trustee for Gayle S. Romain, et al, under Trust Agreement dated January 30, 1970.
- (6) Class B Common Stock is immediately convertible on a one-for-one basis into Class A Common Stock and has no expiration date.
- (7) Voting trust certificates or shares, as the case may be, are held by Gayle S. Romain, Family Trustee, and Mardi S. Schnitzer, Independent Trustee, U/A/D December 22, 1994 F/B/O Laura H. Rosencrantz.
- (8) Shares were sold pursuant to a pre-established Rule 10b5-1 plan.

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.