Edgar Filing: MARKEE RICHARD L - Form 4

MARKEE RI	CHARD L										
Form 4 April 03, 201	3										
•	Л									PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287		
Check this box if no longer subject to Section 16. Section 16.									Expires:	January 31, 2005	
					BENEI RITIES	ICIA	LOW	NERSHIP OF	Estimated a burden hou	average	
Form 4 or									response	•	
Form 5 obligation may conti <i>See</i> Instru 1(b).	nue. Section 1	7(a) of the		ility Hol	lding Co	npany	Act o	ge Act of 1934, if 1935 or Sectio 40	n		
(Print or Type R	esponses)										
MARKEE RICHARD L Symbol				ssuer Name and Ticker or Trading ool .min Shoppe, Inc. [VSI]				5. Relationship of Reporting Person(s) to Issuer			
				te of Earliest Transaction				(Check all applicable)			
2101 91ST S	(Month/Day/Year) 04/01/2013					_X_ Director 10% Owner _X_ Officer (give title Other (specify below) below) Exec. Chairman of the Board					
				ndment, D th/Day/Yea	ate Origin ar)	al		 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 			
NORTH BE	RGEN, NJ 07	047							More than One Re		
(City)	(State)	(Zip)	Table	e I - Non-l	Derivative	Securi	ities Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction 1 (Month/Day/Yo	ear) Executio any		Code (Instr. 8)	4. Secu tionAcquir Dispos) (Instr. 1 V Amour	ed (A) of ed of (E 8, 4 and (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)		
Common Stock	04/01/2013			А	8,387	A	\$0	62,087 <u>(1)</u>	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)

1. Title o Derivativ Security (Instr. 3)	ve Conversion or Exercise	3. Transaction Date (Month/Day/Year)	4. Transact Code (Instr. 8)	5. of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	4, and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
MARKEE RICHARD L 2101 91ST STREET NORTH BERGEN, NJ 07047	Х		Exec. Chairman of the Board					
Signatures								
/s/ Jean W. Frydman, attorney-in-fact		04/03/2013						
**Signature of Reporting Person		Date						

**Signature of Reporting Person

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).

Includes 284 shares acquired at \$19.58 per share, 274 shares acquired at \$22.10 per share, 254 shares acquired at \$23.73 per share, 213 shares acquired at \$28.86 per share, 144 shares acquired at \$28.82 per share, 126 shares acquired at \$31.82 per share, 130 shares acquired at \$20.95 per share, 126 shares acquired at \$31.82 per share, 130 shares acquired at \$22.00 per share, 126 shares acquired at \$31.82 per share, 130 shares acquired at \$20.95 per share, 126 shares acquired at \$31.82 per share, 130 shares acquired at \$20.95 per share, 126 shares acquired at \$31.82 per share, 130 shares acquired at \$31.82 per share, 130 shares acquired at \$32.00 per share, 130 shares acquired at \$30.00 per shares acquired at \$30.00 p

at \$30.85 per share, 507 shares acquired at \$34.26 per share, 106 shares acquired at \$37.75 per share, 82 shares acquired at \$47.66 per share and 97 shares at \$41.52 per share under the Vitamin Shoppe 2010 Employee Stock Purchase Plan on June 30, 2010, September 30, 2010, December 30, 2010, March 30, 2011, June 30, 2011, September 30, 2011, December 30, 2011, March 30, 2012, June 29, 2012, September 28, 2012 and March 28, 2013 respectively.

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.