BENSTOCK GERALD M

Form 4/A January 05, 2011

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

2. Issuer Name and Ticker or Trading

OMB Number:

5. Relationship of Reporting Person(s) to

62,954 (2)

D

3235-0287

Expires:

January 31, 2005

0.5

Estimated average burden hours per

OMB APPROVAL

response...

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

1(b).

Common

Stock

10/21/2010

may continue.

See Instruction

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 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *

BENSTOCK GERALD M			Symbol SUPERIOR UNIFORM GROUP INC [SGC]				(Check all applicable)				
(Last) (First) (Middle) SUPERIOR UNIFORM GROUP INC, 10055 SEMINOLE BLVD			3. Date of Earliest Transaction (Month/Day/Year) 10/21/2010			X Director 10% Owner X Officer (give title Other (specify below)		er (specify			
(Street) SEMINOLE, FL 33772			4. If Amendment, Date Original Filed(Month/Day/Year) 10/21/2010				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip)			Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Own						ly Owned		
	1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ear) Execution	emed on Date, if /Day/Year)	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	of (D)	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	10/21/2010			M	20,000	A	\$ 9.16	20,000	D	
	Common Stock	10/21/2010			D	3,037	D	\$ 10.8	60,981 (1)	D	
	Common Stock	10/21/2010			M	7,326	A	\$ 7.89	7,326	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

D

1,973

D

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SEC 1474 (9-02)

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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed or (D) (Instr. 3, 4, and 5)	6. Date Exerci Expiration Dat (Month/Day/Y	te	7. Title and A Underlying S (Instr. 3 and	Securiti
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
Stock Appreciation Rights	\$ 9.16	10/21/2010		M	20,000	01/31/2008	01/30/2013	Common Stock	20,0
Stock Appreciation Rights	\$ 7.89	10/21/2010		M	7,326	02/06/2009	02/05/2014	Common Stock	7,3

Reporting Owners

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

Signatures

Joan Petronella, POA	01/05/2011		
**Signature of	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) Inadvertently excluded 23,495 shares beneficially owned by Mr. Benstock.
- (2) Inadvertently excluded 23,495 shares beneficially owned by Mr. Benstock.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

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