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DOUGLAS Form 4											
March 21, 2	ЛЛ									3 APPROVAL	
	UNITED	STATES		RITIES ashingtor				COMMISSIO	N OMB Number	: 3235-0287	
Check t if no lou subject Section Form 4 Form 5 obligati may con <i>See</i> Inst 1(b).	Section Public U	NGES IN SECU 16(a) of t Jtility Ho nvestmen	F Estimate burden l respons	January 31 2005 Estimated average burden hours per response 0.5							
(Print or Type	Responses)										
1. Name and DOUGLA	Address of Reporting S KEVIN	g Person <u>*</u>	Symbol AMEF	er Name an RICAN SI /DE/ [AN	UPERCC		-	5. Relationship Issuer (Ch	of Reporting teck all applic		
				of Earliest 7 /Day/Year) 2011	Fransactior	1		Director X10% Owner Officer (give title Other (specify below)			
LARKSPU	(Street) JR, CA 94939			nendment, I onth/Day/Ye	-	al		6. Individual or Applicable Line) Form filed b _X_ Form filed b Person	y One Reporting	g Person	
(City)	(State)	(Zip)	Tal	ble I - Non-	-Derivativo	e Secu	rities Ac	quired, Disposed	of, or Benefi	cially Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	on Date 2A. Deemed			3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price				6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	03/17/2011			Р	80,000	А	\$ 23.28	1,714,664	D (1)		
Common Stock	03/17/2011			Р	66,000	А	\$ 23.28	2,176,930	I (2) (3)	By James Douglas and Jean Douglas Irrevocable Descendants' Trust	
Common Stock	03/17/2011			Р	34,000	A	\$ 23.28	1,184,232	I (2) (4)	By Douglas Family Trust	

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Common Stock	03/17/2011	Р	20,000	А	\$ 23.28	712,010	I (2) (5)	By James E. Douglas III
Common Stock	03/21/2011	Р	71,200	А	\$ 23.57	1,785,864	D <u>(1)</u>	
Common Stock	03/21/2010	Р	58,740	A	\$ 23.57	2,235,670	I (2) (3)	By James Douglas and Jean Douglas Irrevocable Descendants' Trust
Common Stock	03/21/2011	Р	30,260	А	\$ 23.57	1,214,492	I (3) (4)	By Douglas Family Trust
Common Stock	03/21/2011	Р	17,800	А	\$ 23.57	729,810	I (2) (5)	By James E. Douglas III

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. Transactiv Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt of rlying	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

DOUGLAS KEVIN 125 E. SIR FRANCIS DRAKE BLVD., STE 400 LARKSPUR, CA 94939

Х

Douglas Michelle 125 E. SIR FRANCIS DRAKE BLVD., STE 400 LARKSPUR, CA 94939	Х					
DOUGLAS FAMILY TRUST 125 E. SIR FRANCIS DRAKE BLVD., STE 400 LARKSPUR, CA 94939	Х					
JAMES & JEAN DOUGLAS IRREVOCABLE DESCENDANTS TRUST 125 E. SIR FRANCIS DRAKE BLVD., STE 400 LARKSPUR, CA 94939	Х					
DOUGLAS JAMES E III 125 E. SIR FRANCIS DRAKE BLVD., STE 400 LARKSPUR, CA 94939	Х					
Signatures						
/s/ Eileen Davis-Wheatman, attorney in fact for Kevin Douglas		03/21/2011				
**Signature of Reporting Person		Date				
/s/ Eileen Davis-Wheatman, attorney in fact for Michelle Douglas		03/21/2011				
**Signature of Reporting Person		Date				
/s/ Eileen Davis-Wheatman, attorney in fact for Douglas Family Trust		03/21/2011				
**Signature of Reporting Person		Date				
/s/ Eileen Davis-Wheatman, attorney in fact for James Douglas and Jean Douglas Irrevocable Descendants' Trust						
**Signature of Reporting Person		Date				
/s/ Eileen Davis-Wheatman, attorney in fact for James E. Douglas III		03/21/2011				
**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) These shares are held directly and jointly by Kevin Douglas and Michelle Douglas, husband and wife.

(2) The reporting persons are filing this Form 4 jointly, but not as members of a group, and each expressly disclaims membership in a group.
 (2) The filing of this Form 4 should not be construed as an admission that any reporting person is, and each such person disclaims that that such person is, the beneficial owner, as defined in Rule 13d-3 under the Securities Exchange Act of 1934, as amended, of any of the securities covered by this Form 4, except for securities that such person holds directly.

- (3) These shares are held directly by the James Douglas and Jean Douglas Irrevocable Descendants' Trust and indirectly by Kevin Douglas and Michelle Douglas as co-trustees of the James Douglas and Jean Douglas Irrevocable Descendants' Trust.
- (4) These shares are held directly by the Douglas Family Trust and indirectly by Kevin Douglas, James E. Douglas, Jr. and Jean A. Douglas, husband and wife, as co-trustees of the Douglas Family Trust.
- (5) These shares are held direcly by James E. Douglas III and indirectly by Kevin Douglas.

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.