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LANGLAND M Form 4	ARC									
August 22, 2012									OMB AP	PROVAL
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMB Number:	3235-0287		
Check this bo if no longer subject to Section 16. Form 4 or	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						Expires: Estimated a burden hour response			
Form 5 obligations may continue. <i>See</i> Instruction 1(b).	Section 17(a) of the]		ty Holdin	g Comp	any A	Act of 19	Act of 1934, 935 or Section		
(Print or Type Respo	onses)									
1. Name and Addre LANGLAND N		Person <u>*</u>	2. Issuer Na Symbol ALASKA			-		Relationship of F suer (Check	Reporting Perso all applicable	
(Last) 19300 INTERN		liddle) LVD	[ALK] 3. Date of Ea (Month/Day/ 08/21/2012	'Year)	saction		 	Director Officer (give ti :low)	10%	Owner r (specify
SEATTLE, WA	(Street) \$98188		4. If Amendr Filed(Month/I		Original		Aj _2	Individual or Join pplicable Line) {_ Form filed by Or _ Form filed by Mo	ne Reporting Per	son
(City)		Zip)	Table I	- Non-Deri	ivative Se	curitie		erson ed, Disposed of,	or Beneficiall	v Owned
	2. Transaction Da (Month/Day/Yea	r) Execu any		3. Transactic Code (Instr. 8) Code V	4. Securi on(A) or D (Instr. 3,	ties Adispose 4 and (A) or	cquired d 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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
DEFERRED STOCK UNIT (1)				Coucily	Amount		Thee	10,672	D	
COMMON STOCK	08/21/2012			S	1,408	D	\$ 34.76	10,288	D	
COMMON STOCK	08/21/2012			S	600	D	\$ 34.79	9,688	D	

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

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information contained in this form are not
required to respond unless the formSEC 1474
(9-02)

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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. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	3	ate	7. Title and Amount of Underlying Securities (Instr. 3 and	8. Price of Derivative Security (Instr. 5)4)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
Popo	rting O	wnore	Code V	(A) (D)	Date Exercisable	Expiration Date	Amou or Title Numl of Share	ber	

Reporting Owners

Reporting	Owner Name / Address	5
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Relationships

	Director	10% Owner	Officer	Other
LANGLAND MARC 19300 INTERNATIONAL BLVD SEATTLE, WA 98188				

Signatures

/s/ Jeanne Gammon Attorney-in-Fact for R. Marc	08/22/2012
Langland	08/22/2012
C	

**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).
- GRANT OF FULLY VESTED STOCK UNITS UNDER THE ISSUER'S 2008 PERFORMANCE INCENTIVE PLAN; PAYABLE IN
- (1) SHARES OF THE ISSUER'S COMMON STOCK ON A ONE-FOR-ONE BASIS FOLLOWING THE TERMINATION OF THE REPORTING PERSON'S SERVICE ON THE BOARD OF DIRECTORS.

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.