#### NORICK RONALD J

Form 4

August 29, 2011

### FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB APPROVAL** OMB

3235-0287 Number:

January 31, Expires: 2005

0.5

Estimated average burden hours per response...

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

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940

Stock

1(b).

(Print or Type Responses)

See Instruction

1. Name and A NORICK R	Address of Reporting CONALD J	Symbol	2. Issuer Name <b>and</b> Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer			
			CFIRST CO		(/ [B	ANFJ	(Ch	eck all applical	ole)	
(Last)	(First) (1	Middle) 3. Date	of Earliest Ti	ransaction						
		(Month)	'Day/Year)				_X_ Director		0% Owner	
101 N. BRO	08/26/	08/26/2011				Officer (gi	ve title O below)	ther (specify		
	(Street)	4. If An	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
OKI AHON	MA CITY, OK 73		onth/Day/Year	)			Applicable Line) _X_ Form filed b Form filed by			
OILLIIIO	MI CII I, OK 75	102					Person			
(City)	(State)	(Zip) Ta	ble I - Non-E	Perivative	Secui	rities Ac	equired, Disposed	of, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)					cquired d of	5. Amount of Securities Beneficially	6. Ownership Form: Direct	7. Nature of Indirect Beneficial	
(IIIsu. 3)		(Month/Day/Year)		(D) (Instr. 3,	4 and (A) or (D)	5) Price	Owned Following Reported Transaction(s) (Instr. 3 and 4)	(D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common	08/26/2011		M	3,000	A	\$	7,000	I	By	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

18.5

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Partnership

#### Edgar Filing: NORICK RONALD J - Form 4

		· ·	· ·							
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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		Underlyi	7. Title and Amour Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Share	

M

Common

Stock

3,0

3,000 02/28/2003 02/28/2017

# **Reporting Owners**

\$ 18.5

	Relationships
Panarting Owner Name / Address	Keiationships

08/26/2011

Director 10% Owner Officer Other

NORICK RONALD J 101 N. BROADWAY X OKLAHOMA CITY, OK 73102

### **Signatures**

Non-Qualified

**Stock Option** 

(right to buy)

By: Randy Foraker For: Ronald J.

Norick

08/29/2011 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).

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.

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