FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burde	en								
hours per response:	0.5								
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Zinsner David									icker or Tra		Symbol ADI		elationship o ck all applic Director	able)) Perso	on(s) to Issu 10% Ow			
(Last) P.O. BOX ONE TE	`	(First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 10/01/2013								X Officer (give title Other (specify below) Vice President, Finance & CFO				
(Street) NORWOOD MA 02062-910				106	_ 4.	4. If Amendment, Date of Original Filed (Month/Day/Year)								ndividual or Joint/Group Filing (Check Applicable 2) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(S	tate)	(Zip)																
		Та	ble I - N	on-Der	ivativ	ve Se	curi	ities A	cquired	l, Di	sposed	of, or Be	neficiall	Owned					
Date			2. Trans Date (Month/		ar) E	2A. Deemed Execution Date, if any (Month/Day/Year)		Code (I	Transaction Code (Instr.		es Acquired Of (D) (Instr.			es ally Following	Form (D) o	: Direct I r Indirect I str. 4) (7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	nt (A) or Price		Transact	Reported Transaction(s) (Instr. 3 and 4)		[(Instr. 4)	
Comm Stock-\$.16-2/3 value 10/01/2					1/2013	013		М		5,000	A	\$20	23	23,251		D			
Comm Stock-\$.16-2/3 value 10/01/2				1/2013	:013		S ⁽¹⁾		5,000	D	\$46.974	18	18,251		D				
			Table II									, or Bendible secu		Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date Execution if any (Month/Day/Year)		Date, Transact			on of I		Expiration	i. Date Exercisable and Expiration Date Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		9. Numbe derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)	e S Illy	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership (Instr. 4)	
					Code	v	/ (A)	(D)	Date Exercisab	le	Expiration Date	Title	Amount or Number of Shares						
Non- Qualified Stock Option (right to	\$20	10/01/2013			M			5,000	02/17/2010	₀ (3)	02/17/2019	Comm Stock-\$.16- 2/3 value	5,000	\$0.0000	71,400	0	D		

Explanation of Responses:

- 1. These shares were disposed of in an open market sale pursuant to a 10b5-1 trading plan adopted by the Reporting Person in accordance with Rule 10b5-1 of the Securities Exchange Act of 1934, as amended.
- 2. These shares were disposed of in multiple transactions on October 1, 2013 at actual sales prices ranging from \$46.8200 to \$47.110 per share. The price reported reflects the weighted average sale price for the transactions. The reporting person undertakes to provide upon request by SEC staff, the issuer or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- 3. This option vests in equal installments on the first, second, third, fourth and fifth anniversaries of the original grant date, which was December 17, 2009.

Kevin P. Lanouette, Assistant
General Counsel, by Power of 10/03/2013

<u>Attorney</u>

** Signature of Reporting Person

Date

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

- * 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.

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 Number.