FORM 4	4
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(Print or Type Responses)

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

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#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

Print or Type Responses)										
1. Name and Address of Reporting DUNCAN RONALD A	2. Issuer Nam GENERAL [GNCMA]			U	•	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <u>X</u> _Director10% Owner X_Officer (give title below) President				
(Last) (First) 2550 DENALI ST STE 100	(Middle)	3. Date of Earli 09/24/2003	3. Date of Earliest Transaction (Month/Day/Year) 09/24/2003			Presic	lent			
(Street) ANCHORAGE, AK 99503	- The Annual			plicable Line)						
(City) (State)	(Zip)		Table I - N	Non-	Derivative	e Secu	rities Acq	uired, Disposed of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code	on	(A) or Disposed of (D) (Instr. 3, 4 and 5)		l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price		(I) (Instr. 4)	(Instr. 4)
Class A Common Stock	09/24/2003		S		60,000	D	\$ 8.9404	1,175,079	D	
Class A Common Stock								195,331	I	by Corporation (1)
Class A Common Stock								45,968	I	by Daughter (2)
Class A Common Stock								14,850	Ι	by Spouse
Class A Common Stock								125,087	Ι	by Trust (4)

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

SEC 1474 (9-02)

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 0

	 		• / • ``
		convertible	

-	(e.g., puts, cans, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.	5			6. Date Exer	cisable	7. Tit	tle and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transactio	n N	Number and Expiration Date		on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect	
Security	or Exercise	(Month/Day/Year)	any	Code	0	f	(Month/Day/Year)		Unde	erlying	Security	Securities	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	D	Deriva	ative		Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership	
	Derivative					ecuri				(Instr	: 3 and		Owned	Security:	(Instr. 4)
	Security					cqui				4)			0	Direct (D)	
					· ·	A) or							- <b>F</b>	or Indirect	
						Dispo							Transaction(s)		
						f(D)							(Instr. 4)	(Instr. 4)	
						Instr.									
					4	, and	5)								
											Amount				
								Date	Expiration		or				
								Exercisable	*	Title	Number				
								Excicisable	Date		of				
				Code V	7 (	(A)	(D)				Shares				

## **Reporting Owners**

	Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other	

DUNCAN RONALD A 2550 DENALI ST STE 1000 ANCHORAGE, AK 99503	X		President	
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# Signatures

RONALD A DUNCAN	09/24/2003
**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) All shares owned by the Company on behalf of Mr. Duncan pursuant to the terms of a deferred compensation agreement whereby the shares will eventually be distributed to Mr. Duncan. Interest in all shares are currently vested in Mr. Duncan
- (2) Shares owned by the Amanda Millier Trust, where Amanda Miller is the daughter of Mr. Duncan, and Mr. Duncan has no voting or investment power with respect to the Trust
- (3) Shares owned by the spouse of Mr. Duncan. Mr. Duncan disclaims beneficial ownership of the shares owned by his spouse.
- (4) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan as of September 30, 1999

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

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