	Form 5500-SF		eturn/Report of Small Employee Benefit Plan			OMB Nos. 1210-0110 1210-0089					
	Internel Boyonus Service			<b>Plan</b> ctions 104 and 4065 of the Employe	۵	2010					
Department of Labor Retirement Income Security A				(ERISA), and section 6058(a) of the		This Form is Open to Public					
Employee Benefits Security Administration Internal Revenue Code (the Code).   Pension Benefit Guaranty Corporation Complete all entries in accordance with the instructions to the Form 5500					Inspection						
		lentification Information									
For	calendar plan year 2010 or fisca	V1	0	and ending 1	2/31/2	2010					
	This return/report is for:					one-participant plan					
B	This return/report is for:										
•	an amended return/report short plan year return/report (less than 12 months)										
C	C Check box if filing under:										
Dr	art II Basic Plan Inform	special extension (enter description mation—enter all requested information	,								
	Name of plan	<b>nation</b> —enter all requested informa	allon		1b	Three-digit					
	-	EMS CORP. PROFIT SHARING AND	O 401(K) P	LAN		plan number					
					10	(PN) Effective date of plan					
						08/01/1999					
	Plan sponsor's name and addre	ess (employer, if for single-employer	plan)		2b	Employer Identification Number (EIN) 98-0397927					
					2c	Plan sponsor's telephone number 585-899-4502					
	HESTER, NY 14625-2702				2d	Business code (see instructions)					
3a	Plan administrator's name and	address (if same as Plan sponsor, el	nter "Same	;")	3b	541513 Administrator's EIN					
FRO	NTRUNNER NETWORK SYSTE	address (if same as Plan sponsor, e EMS, CORP. 412 LINDEN ROCHESTER	AVE R. NY 1462	25-2702		98-0397927					
			3c	C Administrator's telephone number 585-899-4502							
	f the name and/or EIN of the pla	port filed for this plan, enter the	4b	EIN							
l	name, EIN, and the plan numbe	r from the last return/report. Sponso	r's name		4c	PN					
5a	Total number of participants at	the beginning of the plan year			5a	75					
b	<b>b</b> Total number of participants at the end of the plan year					70					
С	Total number of participants wi complete this item)	ith account balances as of the end of	the plan y	ear (defined benefit plans do not	5c	57					
6a		luring the plan year invested in eligibl	le assets?	(See instructions.)		Yes No					
-	Are you claiming a waiver of th	ne annual examination and report of a	an indepen	dent qualified public accountant (IQ							
	`	See instructions on waiver eligibility a er 6a or 6b, the plan cannot use Fo		,		Yes No					
Pa	rt III Financial Informa		5500-	or and must instead use rorm 55	00.						
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End of Year					
а	Total plan assets		. 7a	3007040	5	3438909					
b	•		7b		)	0					
<u> </u>		7b from line 7a)	7c	3007046		3438909					
8	Income, Expenses, and Transf			(a) Amount		(b) Total					
а	Contributions received or recei (1) Employers		8a(1)	(							
	(2) Participants		8a(2)	178090	5						
	(3) Others (including rollovers)	)	8a(3)		)						
b			8b	360884	+	E20000					
c d		8a(2), 8a(3), and 8b) rollovers and insurance premiums	8c			538980					
u			8d	99929	•						
е	Certain deemed and/or correct	tive distributions (see instructions)	8e								
f	•	rs (salaries, fees, commissions)	8f	7188	_						
g			8g	(	)	107117					
-		dd lines 8d, 8e, 8f, and 8g)									
h		•				107117 431863					
h i i	Net income (loss) (subtract line	8e, 8f, and 8g) e 8h from line 8c) ee instructions)	8i			10/11/ 431863					

For Paperwork Reduction Act Notice and OMB Control Numbers, see the instructions for Form 5500-SF.

## Part IV **Plan Characteristics**

- If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 9a 2E 2K 2T 3D
  - 2F 2G 2J
- **b** If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

Part	V Compliance Questions							
10	During the plan year:		Yes	No		Amou	nt	
а	Was there a failure to transmit to the plan any participant contributions within the time period described 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)			Х				
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		Х				
С	Was the plan covered by a fidelity bond?	10c	Х				3	50000
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?							
е	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)	10e		Х				
f	Has the plan failed to provide any benefit when due under the plan?	10f		Х				
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g	X				1.	47035
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		Х				
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i						
Part	VI Pension Funding Compliance							
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and com 5500))						Yes	No
lf : b	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code (If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.) If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instru- granting the waiver	ctions, th	and e	nter th	e date of t			
d	<ul><li>C Enter the amount contributed by the employer to the plan for this plan year</li><li>d Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a</li></ul>							
•	negative amount)				<u> </u>			
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No		N/A
Part	VII Plan Terminations and Transfers of Assets							
13a	Has a resolution to terminate the plan been adopted during the plan year or any prior year?		······			`	Yes	No
	If "Yes," enter the amount of any plan assets that reverted to the employer this year			13a				
b	O Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?							
С	If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the which assets or liabilities were transferred. (See instructions.)						· • • L	7
13c(1) Name of plan(s):					N(s)	13	6 <b>c(3)</b> F	'N(s)
<b>•</b>	the American the first the later and the filling of the sector framework will be a sector of surface and sector							

## Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	06/17/2011	JAMES WILLIAMS				
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator				
SIGN	Filed with authorized/valid electronic signature.	06/17/2011	JAMES WILLIAMS				
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponso				