GLATFELTER PHCO

Form 4

November 17, 2014

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

2. Issuer Name and Ticker or Trading

GLATFELTER P H CO [GLT]

Symbol

OMB 3235-0287

OMB APPROVAL

Number: Expires:

5. Relationship of Reporting Person(s) to

Issuer

January 31, 2005

Estimated average burden hours per

response... 0.5

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

obligations

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 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 See Instruction

1(b).

(Print or Type Responses)

PARRINI DANTE C

1. Name and Address of Reporting Person *

		(GLATFELTER P H CO [GLT]			(Check all applicable)				
(Last) 96 SOUTH STREET, S	GEORGE	(3. Date of (Month/D 11/14/20	•	ansaction			_X_ Director _X_ Officer (giv below)	10%	Owner er (specify
	(Street)	4	4. If Ame	ndment, Da	te Original			6. Individual or J	oint/Group Filir	ng(Check
YORK, PA	I	Filed(Month/Day/Year)					Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ties Acq	uired, Disposed o	of, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transaction Code (Instr. 8)	4. Securiti on(A) or Dia (Instr. 3, 4)	sposed	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)	
Common Stock, Par Value \$.01	11/14/2014			M	36,900	A	\$ 26.8	106,851	D	
Common Stock, Par Value \$.01	11/14/2014			M	42,800	A	\$ 26.8	149,651	D	
Common Stock, Par Value \$.01	11/14/2014			F <u>(1)</u>	15,739	D	\$ 26.8	133,912	D	
Common Stock, Par	11/14/2014			D(2)	45,552	D	\$ 26.8	88,360	D	

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Value \$.01

Common

Stock, Par 6,304 I 401k Plan

Value \$.01

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

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	onDerivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
Stock Only Stock Appreciation Rights	\$ 15.94	11/14/2014		M		36,900	03/07/2010	03/07/2017	Common Stock, Par Value \$.01	36,9
Stock Only Stock Appreciation Rights	\$ 14.78	11/14/2014		M		42,800	12/19/2010	12/19/2017	Common Stock, Par Value \$.01	42,8

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
PARRINI DANTE C 96 SOUTH GEORGE STREET SUITE 520 YORK, PA 17401	X		Chairman, President and CEO					

Signatures

Linda M. Levans by POA

Date

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**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).
- (1) These shares are being withheld to satisfy tax obligations.
- (2) The Company grants SARs that are settled in stock. These units repesent the difference between the number of Stock-Only SARs granted, versus the number received in settlement or withheld for taxes.

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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