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DEBENEDICTIS NICHOLA Form 4	45					
February 03, 2006						
FORM 4				OMB AF	PPROVAL	
UNITED		URITIES AND EXCHANG Vashington, D.C. 20549	E COMMISSION	OMB Number:	3235-0287	
Subject to Section 16. Form 4 or Form 5 Filed pu	rsuant to Section	WNERSHIP OF ange Act of 1934, t of 1935 or Section	Estimated average burden hours per response 0.5			
See Instruction 1(b).	30(h) of the	Investment Company Act of	1940			
(Print or Type Responses)						
1. Name and Address of Reporting DEBENEDICTIS NICHOL	AS Symbo		5. Relationship of Issuer	5. Relationship of Reporting Person(s) to Issuer		
	GLA	TFELTER P H CO [GLT]	(Checl	k all applicable	;)	
(Last) (First) 96 SOUTH GEORGE STREET, SUITE 500	(Mont	e of Earliest Transaction h/Day/Year) /2006	X Director Officer (give below)		Owner er (specify	
(Street)		mendment, Date Original Month/Day/Year)	6. Individual or Jo Applicable Line) _X_Form filed by C	One Reporting Pe	rson	
YORK, PA 17401			Form filed by M Person	lore than One Re	porting	
(City) (State)	(Zip) T	able I - Non-Derivative Securities	Acquired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)		Code Disposed of (D)	SecuritiesFeBeneficially(IOwned(IFollowing(IReportedTransaction(s)(Instr. 3 and 4)	orm: Direct D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Report on a separate lin	ne for each class of s	ecurities beneficially owned directly	-			
		information con required to resp	spond to the collect nained in this form a bond unless the forn ently valid OMB cont	are not n	EC 1474 (9-02)	

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8. Pric
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities	Deriva
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	Securi

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed (D) (Instr. 3, and 5)	d of					(Instr
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	\$ 14.11	02/01/2006	02/01/2006	J <u>(1)</u>		30.74		(2)	(3)	Common Stock, Par Value \$ 01	30.74	\$ 14

Reporting Owners

Reporting Owner Name / Address	Relationships					
reporting officer runner readings	Director	10% Owner	Officer	Other		
DEBENEDICTIS NICHOLAS 96 SOUTH GEORGE STREET SUITE 500 YORK, PA 17401	Х					
Signatures						
Suzanne 02/0	2/2006					

DeMars	02/02/200
<u>**</u> 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) These phantom stock units were accrued under the P. H. Glatfelter Company Deferred Compensation Plan for Directors on quarterly dividend payments of \$.09 and will be settled in cash following termination of the reporting person's service as a Director.
- (3) Expiration of these Phantom Shares will occur when the Director retires, and the share are converted to cash.
- (2) These shares will not be exercisable. They convert to cash at retirement.

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.