SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5
obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average burg	len									
hours per response.	0.5									

						p=						
1. Name and Address of Reporting Person* <u>MILES JOHN C II</u>				er Name and Ticke TSPLY INTE	0	ymbol NAL INC /DE/	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
				AY]		<u>, , , , , , , , , , , , , , , , , , , </u>	X	Director	10% 0	Dwner		
								Officer (give title		(specify		
(Last)	(First)	(Middle)		e of Earliest Transac	ction (Month/E	ay/Year)		below)	below)		
221 W. PHIL	ADELPHIA ST		01/09	/2010								
			4. If An	nendment, Date of (Original Filed	(Month/Day/Year)	6. Indiv	idual or Joint/Grou	o Filing (Check A	Applicable		
(Street)				,	J	(Line)		3(1-1-1			
YORK	PA	17405-0872	2				X	Form filed by On	e Reporting Pers	son		
								Form filed by Mo	re than One Rep	oorting		
(City)	(State)	(Zip)						Person				
		Table I - Non-	-Derivative S	ecurities Acqu	uired, Disp	osed of, or Benefi	cially	Owned				
1. Title of Secu	rity (Instr. 3)		2. Transaction	2A. Deemed	3.	4. Securities Acquired (A)	or	5. Amount of	6. Ownership	7. Nature		

c of occurry (insu: of	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)		Disposed Of (D) (Instr. 3, 4 and 5)			Owned Following	of Indirect Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)

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. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		tion Date Amount of		tle and unt of irities erlying r. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	, (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Additional RSUs ⁽¹⁾	\$35.44	01/09/2010		A		4.46		(2)	(2)	Common Stock	4.46	\$35.44	3,167.67	D	

Explanation of Responses:

1. Dividend on existing vested or unvested Restricted Stock Units (RSUs) awarded to participant, payable as additional units of phantom stock

2. Not applicable to this transaction

Remarks:

Brian M. Addison, POA

** Signature of Reporting Person

01/11/2010

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.