

GLATFELTER GEORGE H II
 Form 4
 March 10, 2010

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 GLATFELTER GEORGE H II

2. Issuer Name and Ticker or Trading Symbol
 GLATFELTER P H CO [GLT]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 96 SOUTH GEORGE STREET, SUITE 500
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/08/2010

Director 10% Owner
 Officer (give title below) Other (specify below)
 Chairman & CEO

YORK, PA 17401

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock, Par Value \$.01	03/08/2010		M		3,750 A \$ 14.72	92,083	D
Common Stock, Par Value \$.01	03/08/2010		F		1,108 (1) D \$ 14.72	90,975	D
Common Stock, Par Value \$.01						4,409	I Held by 401k
Common Stock, Par						140,000	I (2) Held by Trust

Value \$.01

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

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SEC 1474
(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Par Value of Underlying Securities (Instr. 3 and 4)
Restricted	\$ 0	03/08/2010		M	3,750	(3)(4) (3)(4)	Common Stock, Par Value \$01	3,750

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
GLATFELTER GEORGE H II 96 SOUTH GEORGE STREET SUITE 500 YORK, PA 17401	X		Chairman & CEO	

Signatures

/s/Suzanne DeMars,
attorney-in-fact
03/10/2010

**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) Restricted stock units vested on March 8, 2010 and 1,108 shares of common stock were delivered in settlement of taxes due thereon.
- (2)

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The reporting person is a trustee of the Irrevocable Trust of George H. Glatfelter dated 10/19/76 (the "1976 Trust") and disclaims beneficial ownership of the reported securities of P. H. Glatfelter Company (the "Company").

(3) March 7, 2010

(4) March 8, 2010

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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