SEC	Form	4
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287						
Estimated average burden							
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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

			01 360		/estiment Com	party Act 01 1940					
1. Name and Address of Reporting Person* HECHT WILLIAM F				-		^{mbol} NAL INC /DE/ [tionship of Reporting all applicable) Director	10% C	owner	
(Last) 221 W. PHII	(First) LADELPHIA ST	(Middle)	3. Date 03/24/2	of Earliest Transact 2010	tion (Month/Da	ıy/Year)		Officer (give title below)	Other below)	(specify	
(Street) YORK	РА	17405-0872	4. If Ame	endment, Date of C	Driginal Filed (I	Month/Day/Year)	6. Indiv Line) X	idual or Joint/Group Form filed by One Form filed by Mor	Reporting Perso	on	
(City)	(State)	(Zip)						Person		3	
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1 Title of Sec	urity (Instr 2)	2 T	Transaction	24 Deemed	2	4 Securities Acquired (A)	or	5 Amount of	6 Ownership	7 Nature of	

1. Title of Security (Instr. 3)	Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (ction	4. Securities A Disposed Of (3, 4 and 5)	Securities	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	Amount	(A) or (D)			(1150.4)	

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. Numl of Derivati Securiti Acquire (A) or Dispose of (D) (II 3, 4 and	ed nstr.	6. Date Exercisable and Expiration Date (Month/Day/Year)		te of Securities		Securities Derivative derlying Security rivative Security (Instr. 5)		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				
Phantom Stock- Director's Deferred Compensation	(2)	03/24/2010		A		622.12		(1)	(2)	Common Stock	622.12	\$34.26	19,394.28	D	

Explanation of Responses:

1. Value paid in stock upon retirement

2. Not applicable to this transaction

Remarks:

Brian M. Addison, POA

** Signature of Reporting Person

03/26/2010

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.