

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

1. Name and Address of Reporting Person* <b>Parrini, Dante C</b>			2. Issuer Name and Ticker or Trading Symbol <b>Glatfelter P H Co [GLT]</b>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) <b>96 South George Street</b>	(First)	(Middle) <b>Suite 520</b>	3. Date of Earliest Transaction (Month/Day/Year) <b>11/05/2019</b>			<input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> Officer (give title below) 10% Owner Other (specify below) <b>Chairman, President and CEO</b>		
(Street) <b>York PA 17401</b>	(City)	(State) <b>PA</b>	4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line)		
(City)	(State)	(Zip)				<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock, Par Value \$.01	11/05/2019		M		66,300	A	\$18.76	336,564	D	
Common Stock, Par Value \$.01	11/05/2019		M		88,140	A	\$18.76	424,704	D	
Common Stock, Par Value \$.01	11/05/2019		F		17,652	D	\$18.76	407,052	D	
Common Stock, Par Value \$.01	11/05/2019		D		108,312 (1)	D	(2)	298,740	D	
Common Stock, Par Value \$.01								7,213	I	401k Plan

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 Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	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				
Stock Only Stock Appreciation Rights	\$13.95	11/05/2019		M		66,300		03/03/2011	03/03/2020	Common Stock, Par Value \$.01	66,300	\$0	0	D	
Stock Only Stock Appreciation Rights	\$12.56	11/05/2019		M		88,140		03/03/2012 (3)	03/03/2021	Common Stock, Par Value \$.01	88,140	\$0	0	D	

Explanation of Responses:

1. The Company grants SARs that are settled in stock. These units represent the difference between the number of Stock-Only SARs granted, versus the number received in settlement or withheld for taxes.
2. Not applicable to this transaction
3. These SOSARs vest in thirds on the anniversary dates of the grant in 2012, 2013 and 2014 respectively.

**Laura A. Jones by POA**

\*\* Signature of Reporting Person

**11/07/2019**

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.**