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| SWARTZ J. Form 4 | EFFREY B | | | | | | | | | | | |
|--|---|--|--------|---|--|----------|-----------------|--|---|---|--|--|
| March 09, 2 | .010 | | | | | | | | | | | |
| FORM | | от а тес | SECU | | ND EV | | NCE | OMMERION | | PPROVAL | | |
| UNITED STATES SECURITIES AND EXCHANGE Washington, D.C. 20549 | | | | | | NGE (| 20101101155101N | OMB Number: | 3235-0287 | | | |
| if no lon | ger STATEN | ox STATEMENT OF CHANGES IN BENEFICIAL OWNER | | | | | | | | January 31, 2005 | | |
| subject t Section | 16. | STATEMENT OF CHANGES IN BENEFICIAL OWF SECURITIES | | | | | | | Estimated a burden hou | ours per | | |
| Form 4 o Form 5 | 6(a) of th | e Securit | ties E | xchang | e Act of 1934. | response | 0.5 | | | | | |
| Form 5 obligations may continue. See Instruction 1(b). 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) | | | | | | | | | | | |
| SWARTZ JEFFREY B Symbol | | | | r Name and Ticker or Trading RLAND CO [TBL] | | | | 5. Relationship of Reporting Person(s) to Issuer | | | | |
| (Last) | (First) (N | /liddle) | | f Earliest Tr | - | | | (Chec | k all applicable | e) | | |
| | | | | Day/Year) | | | | _X_ Director _X_ 10% Owner _X_ Officer (give title Other (specify below) below) | | | | |
| | | | | | | | | · · · · · · · · · · · · · · · · · · · | ident and CEO | | | |
| | | | | endment, Date Original nth/Day/Year) | | | | 6. Individual or Joint/Group Filing(Check Applicable Line) | | | | |
| STRATHA | M, NH 03885 | | | | , | | | _X_ Form filed by (| One Reporting Po fore than One Re | | | |
| (City) | (State) | (Zip) | Tab | e I - Non-E |) erivative | Secur | ities Acq | uired, Disposed of | f, or Beneficia | lly Owned | | |
| 1.Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | Execution any | | 3. Transactic Code (Instr. 8) | 4. Securi on(A) or Di (Instr. 3, | spose | d of (D) | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | | |
| Class A | | | | Code V | Amount | (D) | Price | (Instr. 3 and 4) | | | | |
| Class A Common Stock | 03/05/2010 | | | F | 6,513 (1) | D | \$ 19.53 | 752,594 | D | | | |
| Class A Common Stock | | | | | | | | 87,204 | I | by Spouse | | |
| Class A Common Stock | | | | | | | | 278,204 | I | by Swartz Trust | | |
| Class A Common | | | | | | | | 31,200 | Ι | by self as custodian | | |

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(2)

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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) | 4. Transac Code (Instr. 8 | 5. tionNumber of) Derivativ Securitie: Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | (Month/Day, ve s i | Date | 7. Titl Amou Under Secur (Instr. | unt of rlying | 8. Price of Derivative Security (Instr. 5) | 9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr |
|---|---|---|------------------------------------|--|-----------------------------|--------------------|--|--|---|---|
| | | | Code 1 | V (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | | | | |
|--|---------------|-----------|-------------------|-------|--|--|--|--|
| | Director | 10% Owner | Officer | Other | | | | |
| SWARTZ JEFFREY B 200 DOMAIN DRIVE STRATHAM, NH 03885 | Х | Х | President and CEO | | | | | |
| Signatures | | | | | | | | |

By: Attorney-in-Fact, Danette Wineberg For: Jeffrey B. 03/09/2010 Swartz

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 shares were surrendered to cover the tax liability on the vesting of Restricted Stock.

The Reporting Person, as custodian for his sons, Daniel, Samuel and Noah Swartz, under the MA Uniform Gifts to Minors Act, holds the (2) following shares for his sons: 15,600 shares each for Daniel and Samuel Swartz of Class A Common Stock; and 74,012 shares each for Daniel and Samuel Swartz and 35,460 shares for Noah Swartz of Class B Common Stock.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

<u>**</u>Signature of Reporting Person

Stock

Date

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