Edgar Filing: Fritch Herbert A - Form 4

Fritch Herber Form 4	rt A									
November 24	4, 2009									
FORM	4 UNITED ST	TATES SECUR Was				NGE (COMMISSION		3235-0287	
Check this box if no longer subject to Section 16. SECURITIES Check this box if no longer subject to Section 16. SECURITIES							Expires: Estimated a burden hou response	rs per		
(Print or Type F	Responses)									
1. Name and A Fritch Herbe	uer Name and Ticker or Trading 1 hSpring, Inc. [HS]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(M			3. Date of Earliest Transaction(Month/Day/Year)11/23/2009				_X_ Director 10% Owner _X_ Officer (give title Other (specify below) below) Chairman & CEO			
			nendment, Date Original Ionth/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
FRANKLIN	I, TN 37067						Form filed by N Form filed by N Person			
(City)	(State) (Zi	^(p) Table	e I - Non-D	erivative	Securi	ties Acc	quired, Disposed of	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)		2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	on(A) or D (D)	4 and (A) or	d of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial	
Common Stock	11/23/2009		S <u>(1)</u>	4,400	D	\$ 16.1	3,793,290	D		

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

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 control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transactic Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Own Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addi	ess	Relationships							
	Director	10% Owner	Officer	Other					
Fritch Herbert A 9009 CAROTHERS PARKW SUITE 501 FRANKLIN, TN 37067	VAY X		Chairman & CEO						
Signatures									
/s/ Herbert A. Fritch	11/24/2009								
<u>**Signature of</u>	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) The sales reported in this Form 4 were effected pursuant to a 10b5-1 trading plan adopted by the reporting person on August 26, 2009.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Reporting Person