FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

Check this box if no longer subject to Section 16. Form 4 or Form 5	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
obligations may continue. See	
Instruction 1(b).	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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* SUTHERLAND L FREDERICK														(Ch	neck all app Direc	plicable)		erson(s) to Issuer 10% Owner Other (specify	
(Last) C/O ARA	(Fii AMARK ARKET STF	,	Middle)		3. Date of Earliest Transaction (Month/Day/Year) 06/09/2014									X Officer (give title Offier (specify below) EVP and CFO					
(Street) PHILAD (City)	ELPHIA PA		19107 Zip)		4. If .	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. I Lin	ndividual or Joint/Group Filing (Check Applicable e) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Tabl	e I - N	on-Deriv	ative	Secu	ıritie	s Ac	quire	d, Di	sposed o	f, or	Bene	ficial	lly Own	ed			
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year		Execution Date,		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 a			or 4 and 5	nd 5) Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Code	v	Amount	(A (D) or F	Price	Reporte Transac (Instr. 3	ction(s)			(Instr. 4)
Common	Stock			06/09/2	014				A		385.4703	(1)	A	\$0	724,7	724,761.7632 D			
Common	Stock														32	325,000 I See foots			
Common	Stock														235,000 I By Spo				By Spouse
		Та	ble II -								osed of, convertib				Owned				
1. Title of Derivative Security (Instr. 3)	erivative Conversion Date Execution Date curity or Exercise (Month/Day/Year) if any		on Date, Day/Year) _	Code (I	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date	tion Da h/Day/\	Expiration	7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4) Amoun or Numbe of Title		unt	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transactio (Instr. 4)	y Di). wnership orm: irect (D) r Indirect) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		

Explanation of Responses:

- 1. Represents dividend equivalent rights in connection with the Issuer's quarterly dividend and accrued to the reporting person on restricted stock units held by the reporting person. These dividend equivalent rights vest on the same schedules as the underlying awards.
- 2. These shares of common stock are held by a family limited liability company for which Mr. Sutherland serves as a manager.

The reporting person disclaims beneficial ownership of all indirectly held securities except to the extent of his pecuniary interest therein.

/s/ Megan Timmins, as 06/11/2014 Attorney-in-fact

** Signature of Reporting Person 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.