RASH MARTIN S

Form 4

November 14, 2008

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

Number:

3235-0287

Expires:

January 31, 2005

0.5

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if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

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

1(b).

Common

Common

Stock

Stock

11/12/2008

11/12/2008

(Print or Type Responses)

RASH MARTIN S Symbol			Symbol	ssuer Name and Ticker or Trading ool IthSpring, Inc. [HS]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)		f Earliest Tr	ansaction			X Director	10%	6 Owner	
				onth/Day/Year) /12/2008				Officer (give below)		er (specify	
	(Street)		4. If Ame	ndment, Da	te Origina	ıl		6. Individual or J	oint/Group Filin	ng(Check	
ED ANIZI IN	J TN 27067		Filed(Mor	nth/Day/Year)			Applicable Line) _X_ Form filed by Form filed by I	1 0		
FKANKLII	N, TN 37067							Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D	D erivative	Secui	ities Acq	uired, Disposed o	of, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year) Execution any	med on Date, if Day/Year)	3. Transactio Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose	ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common	11/12/2008			Code V S	Amount 1,400	(D) D	Price \$	103,605	D		
Stock	11,12,2000			5	1,100	_	16.38	103,003	D		
Common Stock	11/12/2008			S	1,100	D	\$ 16.39	102,505	D		
Common Stock	11/12/2008			S	1,900	D	\$ 16.47	100,605	D		

S

S

4,600

879

D

96,005

\$ 16.5 95,126

D

D

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Common Stock	11/12/2008	S	100	D	\$ 16.46	95,026	D
Common Stock	11/12/2008	S	1,100	D	\$ 16.45	93,926	D
Common Stock	11/12/2008	S	600	D	\$ 16.48	93,326	D
Common Stock	11/12/2008	S	700	D	\$ 16.4	92,626	D
Common Stock	11/12/2008	S	2,121	D	\$ 16.42	90,505	D
Common Stock	11/12/2008	S	1,800	D	\$ 16.44	88,705	D
Common Stock	11/12/2008	S	800	D	\$ 16.51	87,905	D
Common Stock	11/12/2008	S	1,600	D	\$ 16.52	86,305	D
Common Stock	11/12/2008	S	2,500	D	\$ 16.53	83,805	D
Common Stock	11/12/2008	S	1,300	D	\$ 16.56	82,505	D
Common Stock	11/12/2008	S	3,500	D	\$ 16.55	79,005	D
Common Stock	11/12/2008	S	300	D	\$ 16.54	78,705	D
Common Stock	11/12/2008	S	1,300	D	\$ 16.58	77,405	D
Common Stock	11/12/2008	S	1,400	D	\$ 16.57	76,005	D
Common Stock	11/12/2008	S	600	D	\$ 16.59	75,405	D
Common Stock	11/12/2008	S	200	D	\$ 16.6	75,205	D
Common Stock	11/12/2008	S	1,500	D	\$ 16.62	73,705	D
Common Stock	11/12/2008	S	1,300	D	\$ 16.64	72,405	D
Common Stock	11/12/2008	S	500	D	\$ 16.65	71,905	D
Common Stock	11/12/2008	S	800	D	\$ 16.66	71,105	D
	11/12/2008	S	600	D		70,505	D

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Common Stock					\$ 16.67	
Common Stock	11/12/2008	S	300	D	\$ 16.7 70,205	D
Common Stock	11/12/2008	S	100	D	\$ 70,105	D
Common Stock	11/12/2008	S	1,300	D	\$ 16.68 68,805	D
Common Stock	11/12/2008	S	100	D	\$ 16.63 68,705	D

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

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SEC 1474

(9-02)

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. Transaction Code (Instr. 8)	5. DrNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		ate	7. Titl Amou Under Securi (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
			Code V	4, and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
. 3	Director	10% Owner	Officer	Other				
RASH MARTIN S 9009 CAROTHERS PARKWAY SUITE 501 FRANKLIN, TN 37067	X							

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Signatures

/s/ J. Gentry Barden, Attorney-in-Fact

**Signature of Reporting Person 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).

Remarks:

One of two.

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.

Signatures 4