FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

		Reporting Person*			er Name and Tick CKAGING C				G (Ch	i. Relationship of Reporting Person(s) to Iss Check all applicable) Director 10% On X Officer (give title Others)			wner		
(Last) 1900 WE	(F EST FIELD	irst) (COURT		e of Earliest Trans	action (N	lonth/l	Day/Year)		below) VP Human Resources						
(Street)	OREST IL	,	4. If Ar	mendment, Date o	f Origina	Filed	(Month/Day	Line	Y Form	ual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting					
(City)	(S	tate)	(Zip)								Perso	n 			
		Tab	le I - Non-De	rivative S	Securities Acc	uired,	Dis	posed of	, or Ben	eficial	y Owned	t			
1. Title of S	Security (Ins	tr. 3)	Date	ansaction th/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)			5)			Securiti Benefic Owned Reporte	5. Amount of Securities Beneficially Owned Following Reported	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	Transac (Instr. 3	tion(s) and 4)			
Common Stock				/23/2010		M		5,500	A	\$15.5	72	,071	D		
Common Stock				/23/2010		S		100 D		\$24.0	7 71	,971	D		
Common Stock				/23/2010		S		200	D	\$24.1	. 71	,771	D		
Common Stock				/23/2010		S		100	D	\$24.1	1 71	,671	D		
Common Stock				/23/2010		S		100	D	\$24.1	2 71	,571	D		
Common Stock				/23/2010		S		400	D \$		5 71	,171	D		
Common Stock				/23/2010		S		100	D	\$24.1	9 71	71,071			
Common Stock				/23/2010		S		300	D	\$24.21		,771	D		
Common Stock				/23/2010		S		100	D	\$24.2	2 70	,671	D		
Common Stock				/23/2010		S		100	D	\$24.2	4 70	,571	D		
Common Stock				/23/2010		S		200	D	\$24.25		,371	D		
Common Stock				/23/2010		S		441	D	\$24.2	6 69	,930	D		
Common Stock				/23/2010		S		400	D	\$24.26		,530	D		
Common Stock				/23/2010		S		100	D	\$24.2	9 69	69,430			
Common Stock				/23/2010		S	Г	200	D	\$24.3	3 69	69,230			
Common Stock				/23/2010		S		4,000	D	\$24.3	4 65	65,230			
Common Stock				/23/2010		S		100	D \$		8 65	,130	D		
Common Stock				/23/2010		S		200	200 D S		64	,930	D		
Common	Stock		07	/23/2010		S		100	D	\$24.4	2 64	64,830			
Common	Stock		07	/23/2010		S		100	D	\$24.4	3 64	64,730			
Common Stock 07/23						S		100	D	\$24.4	5 64	64,630			
Common	Stock									5,	107	I	by 401(k) plan		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)															
Derivative Conversion Date Execution Security or Exercise (Month/Day/Year) if any			3A. Deemed Execution Date,	4. Transaction	5. Number 6	5. Date Ex Expiration Month/Da	ercisa n Date	able and 7	le and 7. Title and Amount of		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	

1. Title of Derivative		3. Transaction Date	3A. Deemed Execution Date,	Code	calls v	6AN	rrants u(100)er	Date ExPloatis Elaber o Expiration Da	CONVERTI Expiration Staddle and te	ole secu 7itletle an	Nitimse) of Shares	8. Price of Derivative	9. Number of derivative	10. Ownership	11. Nature
Security (Instr. 3)	or Exercise Price of Derivative Security	(Month/Day/Year)	if any (Month/Day/Year)	Code (Instr. 8)		Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		(Month/Day/Year)		Securities Underlying Derivative Security (Instr. 3 and 4)		Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option (right to buy)	\$15.5	07/23/2010		M			5,500	(1)	06/18/2011	Common Stock	5,500	\$0.00	0	D	

Explanation of Responses:

1. This option was fully vested.

Remarks:

Kent A. Pflederer, attorney in 07/26/2010 <u>fact</u>

** Signature of Reporting Person

Date

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

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.

 $^{^{\}star}$ 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).