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KIERNAN I	DONALD E										
Form 4											
February 09,	2005										
FORM	4					~~~	NGEG		OMB AF	PROVAL	
	UNITED	STATES		ATTIES A shington,			NGE C	OMMISSION	OMB Number:	3235-0287	
Check this box if no longer									Expires:	January 31 2005	
subject to Section 16. Form 4 or				SECUR	ITIES			Estimated average burden hours per response			
Form 5 obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a	a) of the	Public Ut		ling Con	npan	y Act of	e Act of 1934, 1935 or Sectior 0	1		
(Print or Type F	Responses)										
KIERNAN DONALD E Symbol HEALT			r Name and Ticker or Trading TH MANAGEMENT PLATES INC [HMA]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	(First) (N	Middle)		Earliest Tra	-	1		X Director	10%	Owner	
(Last) (Pilst) (Middle) 3. Date of (Month/Da 9142 TROON LAKES 02/07/20			ay/Year)	ansaction			Officer (give titleOther (speci below) below)				
				ndment, Date Original th/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
NAPLES, F	L 34109							Person	ore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Class A Common Stock, \$.01 par value	02/07/2005			M	1,250	A		8,750	D		
Class A Common Stock, \$.01 par value	02/07/2005			М	1,250	A	\$ 18.56	10,000	D		

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)

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	onof Derivative Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. H Der Sec (In:
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (Right to Buy)	\$ 16.6	02/07/2005		М		1,250	<u>(1)</u>	05/14/2011	Class A Common Stock, \$.01 par value	2,500 (1)	
Stock Option (Right to Buy)	\$ 19.95						<u>(2)</u>	05/20/2012	Class A Common Stock, \$.01 par value	5,000 (2)	
Stock Option (Right to Buy)	\$ 18.56	02/07/2005		М		1,250	(3)	05/19/2013	Class A Common Stock, \$.01 par value	5,000 <u>(3)</u>	
Stock Option (Right to Buy)	\$ 22.77						(4)	05/17/2014	Class A Common Stock, \$.01 par value	5,000 (4)	

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer Other				
KIERNAN DONALD E 9142 TROON LAKES NAPLES, FL 34109	Х						

Signatures

Timothy R. Parry, Attorney-in-fact for Donald E. Kiernan

**Signature of Reporting Person

02/08/2005 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) This option was previously reported by Mr. Kiernan. Mr. Kiernan can exercise this option as follows: 1,250 shares on 5/15/02 (exercised on 1/29/04), 1,250 shares on 5/15/04, and 1,250 shares on 5/15/05.
- (2) This option was previously reported by Mr. Kiernan. Mr. Kiernan can exercise this option as follows: 1,250 shares on 5/21/03, 1,250 shares on 5/21/04, 1,250 shares on 5/21/05, and 1,250 shares on 5/21/06.
- (3) This option was previously reported by Mr. Kiernan. Mr. Kiernan can exercise this option as follows: 1,250 shares on 5/20/04, 1,250 shares on 5/20/05, 1,250 shares on 5/20/06, and 1,250 shares on 5/20/07.
- (4) This option was previously reported by Mr. Kiernan. Mr. Kiernan can exercise this option as follows: 1,250 shares on 5/18/05, 1,250 shares on 5/18/06, 1,250 shares on 5/18/07, and 1,250 shares on 5/18/08.

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.