### Edgar Filing: WHITTEMORE ANNE M - Form 4

WHITTEM	ORE ANNE M										
Form 4											
April 01, 20	)09										
FORM			GEOU	DITIEC		VOILANOI			PPROVAL		
<b>UNITED STATES SECURITIES AND EXCHANGE COMMISSION</b> Washington, D.C. 20549									3235-0287		
Check t				.5	,			Number:	January 31,		
if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF								Expires:	2005		
subject to Section 16. SECURITIES								Estimated burden hou			
Form 4	or							response			
Form 5	Filed put	rsuant to S	Section	16(a) of th	ne Secu	rities Excha	ange Act of 1934,				
obligati may cor				•	•	· ·	t of 1935 or Sectio	n			
See Inst		30(h)	of the I	nvestmen	t Comp	any Act of	1940				
1(b).											
(Print or Type	Responses)										
(I mit of Type	(csponses)										
1. Name and Address of Reporting Person <sup>*</sup>			2. Issu	er Name <b>an</b>	<b>d</b> Ticker	or Trading	5. Relationship of Reporting Person(s) to				
WHITTEM	IORE ANNE M		Symbol				Issuer				
			OWEN	IS & MIN	IOR IN	C/VA/ [OM	[] (Check all applicable)				
(Last)	(First) (	Middle)	3. Date	of Earliest T	ransactio	on	(Check all applicable)				
			(Month/Day/Year)				_X_ Director 10% Owner				
9120 LOC	KWOOD BLVD.		03/31/2	-			Officer (give title Other (specify below) below)				
	(Streat)		4 10 4			. 1	, , ,				
	(Street)			endment, D onth/Day/Yea	-	inal	6. Individual or Joint/Group Filing(Check Applicable Line)				
			rneu(mo	Jilli/Day/1ea	u')		_X_ Form filed by (	One Reporting P	erson		
MECHAN	ICSVILLE, VA 2	3116					Form filed by M Person	Iore than One R	eporting		
(City)	(Stata)	(Zin)									
(City)	(State)	(Zip)	Tał	ole I - Non-	Derivati	ve Securities A	Acquired, Disposed of	f, or Beneficia	lly Owned		
1.Title of	2. Transaction Date			3.	4. Secu			. Ownership	7. Nature of		
Security (Instr. 3)	(Month/Day/Year)	Execution any	Date, if			ed (A) or ed of (D)		Form: Direct (D) or Indirect	Indirect		
(111501. 5)		(Month/Da	ay/Year)	(Instr. 8)		3, 4  and  5)		I)	Ownership		
			•					Instr. 4)	(Instr. 4)		
						(A)	Reported Transaction(s)				
				~		or	(Instr. 3 and 4)				
				Code V	Amour	nt (D) Price					
Reminder: Re	port on a separate line	e for each cl	ass of sec	urities bene	ficially o	wned directly	or indirectly.				
							spond to the collec		SEC 1474		
							tained in this form		(9-02)		
							ond unless the form ently valid OMB con				
					-	nber.					

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exercisable and	7. Title and Amount of	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration Date	Underlying Securities	Derivative
Security	or Exercise		any	Code	of	(Month/Day/Year)	(Instr. 3 and 4)	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	;		(Instr. 5)

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	Derivative Security				Secu Acqu (A) c Disp of (D (Instr 4, an	nired or osed )) r. 3,					
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(1)</u>	03/31/2009	А		84 (2)		<u>(1)</u>	(1)	Common Stock	84	\$ 33.13

### **Reporting Owners**

Reporting Owner Name / Address					
	Director	rector 10% Owner		Other	
WHITTEMORE ANNE M 9120 LOCKWOOD BLVD. MECHANICSVILLE, VA 23116	Х				
Signatures					
Anne Marie Whittemore by Roser POA	France,	04	4/01/2009		
<u>**</u> Signature of Reporting Per	rson			Date	
Evenlay attack of Deer					

## **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).
- The shares of phantom stock are convertible on a 1-for-1 basis and become payable, in cash or common stock, at the election of the (1) reporting person, upon the occurrence of one of the following (as elected in advance by the reporting person): (a) death, (b) disability, (c)
  - termination of service as director, (d) specified future delivery date, or (e) the earliest to occur of (a), (b), (c) or (d).
- (2) Shares acquired through quarterly dividend reinvestment transaction.

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.