Edgar Filing: WHITTEMORE ANNE M - Form 4

WHITTEM Form 4	ORE ANNE M									
July 01, 200	9									
FORM	ΠД								PPROVAL	
	UNITED	STATES		RITIES A shington			COMMISSION	NOMB Number:	3235-0287	
Check th if no lon	cor			ICECN				Expires:	January 31, 2005	
subject t Section Form 4 (1ENT OI	CHAI	NGES IN SECUI	Estimated burden hou response	average urs per					
Form 5 obligatio may con <i>See</i> Instr 1(b).	Filed pur ^{ons} Section 17(a) of the I	Public U	Itility Hol	ding Cor		nge Act of 1934, of 1935 or Sectio 940	·	. 0.0	
(Print or Type	Responses)									
	Address of Reporting IORE ANNE M	Person [*]	Symbol	er Name an IS & MIN		Trading	5. Relationship o Issuer	of Reporting Per	rson(s) to	
(Last)	(First) (I	Middle)		of Earliest T			(Che	eck all applicabl	e)	
9120 LOCKWOOD BLVD.				Day/Year)	Tansaction		X_ Director 10% Owner Officer (give title Other (specify below) below)			
	(Street)			endment, D onth/Day/Yea	-	ıl	6. Individual or Applicable Line) _X_Form filed by	One Reporting P	erson	
MECHAN	CSVILLE, VA 2	3116					Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemo Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3, 4	(A) or of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Re	port on a separate line	for each cla	ass of sec	urities bene	-	-	-			
					inforn requi	nation cont red to resp ays a curre	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not rm	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	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				Acq (A)	osed)) r. 3,					
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(1)</u>	06/30/2009	А		76 (2)		<u>(1)</u>	(1)	Common Stock	76	\$ 43.82

Reporting Owners

Reporting Owner Name / Address	Relationships							
hepotong o whet there i there is	Director	10% Owner	Officer	Other				
WHITTEMORE ANNE M 9120 LOCKWOOD BLVD. MECHANICSVILLE, VA 23116	Х							
Signatures								
Anne Marie Whittemore by Roser POA	marie W.	France,	07/01/2009					
**Signature of Reporting Per	rson			Date				
E I								

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.