Edgar Filing: Broaddus J Alfred Jr - Form 4

Broaddus J A Form 4	Alfred Jr										
January 03, 2	ГЛ								PPROVAL		
	UNITED	STATES		RITIES A shington			E COMMISSIO	N OMB Number:	3235-0287		
Check thi if no long subject to Section 1 Form 4 or Form 5 obligation may cont <i>See</i> Instru 1(b).	6. r Filed pur inue. Section 17(rsuant to S (a) of the P	ENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES uant to Section 16(a) of the Securities Exchange Act of 1934,) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940								
(Print or Type F	Responses)										
1. Name and Address of Reporting Person <u>*</u> Broaddus J Alfred Jr			Symbol	er Name an IS & MIN		or Trading C/VA/ [OM	5. Relationship of Reporting Person(s) to Issuer[] (Check all applicable)				
(Last) 9120 LOCK		3. Date of Earliest Transaction (Month/Day/Year) 12/31/2010				X_ Director 10% Owner Officer (give title Other (specify below) below)					
MECHANIO		4. If Amendment, Date Original Filed(Month/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 					
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivativ	e Securities A	Person Acquired, Disposed	of, or Beneficia	lly Owned		
	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution I any (Month/Day	d Date, if	3. Transactio Code (Instr. 8) Code V	4. Secur nAcquire Dispose (Instr. 3,	ities d (A) or d of (D) 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect		
Reminder: Rep	ort on a separate line	e for each cla	ss of sec	urities bene	Pers infor requ	ons who res mation con ired to resp lays a curre	or indirectly. 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. Number	6. Date Exercisable and	7. Title and Amount of	8. Price
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof	Expiration Date	Underlying Securities	Derivativ
Security	or Exercise		any	Code	Derivative	(Month/Day/Year)	(Instr. 3 and 4)	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Securities			(Instr. 5)

	Security			(A) or Dispo of (D)	isposed f (D) nstr. 3, 4,						
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(1)</u>	12/31/2010	А		121 (2)		(1)	(1)	Common Stock	121	\$ 29.4

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Broaddus J Alfred Jr 9120 LOCKWOOD BOULEVARD MECHANICSVILLE, VA 23116	Х						
Signatures							
J. Alfred Broaddus, Jr., by Rosemarie POA	01/03/2011						
**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).
- 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.