

FRIEDMAN HOWARD H
Form 4
December 03, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
FRIEDMAN HOWARD H

2. Issuer Name and Ticker or Trading Symbol
PROASSURANCE CORP [PRA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
12/01/2010

___ Director ___ 10% Owner
 Officer (give title below) Other (specify below)
Senior Vice-President / Co-President of Subsidiary

C/O PROASSURANCE CORPORATION, 100 BROOKWOOD PLACE

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

BIRMINGHAM, AL 35209-6811

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	12/02/2010		S ⁽¹⁾		1,250 (1) \$ 60.03	D	
Common Stock	12/01/2010		F		10,318 (2) \$ 60.17	D	
Common Stock	12/01/2010		M ⁽³⁾		20,000 A \$ 60.17	D	
Common Stock					914	I	IRA
Common Stock					173	I	Spouse's IRA

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

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(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
				Code V	(A) (D)	Date Exercisable Expiration Date	Title	
Restricted Stock Units	(4)					(4) (4)	Common Stock	2,000
Restricted Stock Units	(5)					(5) (5)	Common Stock	2,000
Employee Stock Option (Right to Buy)	\$ 54.28					09/01/2008 ⁽⁶⁾ 09/01/2018	Common Stock	12,000
Employee Stock Option (Right to Buy)	\$ 51.48					09/10/2007 ⁽⁷⁾ 09/10/2017	Common Stock	12,000
Employee Stock Option (Right to Buy)	\$ 51.38					09/11/2006 ⁽⁸⁾ 09/11/2016	Common Stock	12,000
Employee Stock Option (Right to Buy)	\$ 41.15					09/10/2005 ⁽⁹⁾ 09/10/2015	Common Stock	25,000
Employee Stock	\$ 33.28					09/10/2004 ⁽¹⁰⁾ 09/10/2014	Common Stock	25,000

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- (7) The options vest in five equal, yearly installments commencing on September 10, 2007
- (8) The options vest in five equal, yearly installments commencing on September 11, 2006
- (9) The options vest in five equal, yearly installments commencing on September 10, 2005
- (10) The options vest in five equal, yearly installments commencing on September 10, 2004
- (11) The options vest in five equal, yearly installments commencing on September 4, 2003
- (12) The options vest in five equal, yearly installments commencing on July 15, 2002

Remarks:

The Reporting Person is disclosing that 1,250 shares sold on December 2, 2010 were taken from shares realized in the option exercise.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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