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HARTOUG Form 4											
November 3	Л	TATE	SECUE			СПА	NCEO	COMMISSION		PPROVAL	
	UNITED	DIAILS		shington		.01v11v1155101v	OMB Number:	3235-0287			
Check th if no long subject to Section 1 Form 4 of Form 5 obligatio may cont See Instru 1(b).	ger 5 16. 5 7 Filed purs ns 5 Section 17(a	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 20(b) of the Investment Company Act of 1940									
(Print or Type I	Responses)										
1. Name and A HARTOUG		Symbol	Name an S CO [B		Tradi	ng	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M			Earliest T	_			(Check all applicable)			
1801 BAYE BOX 18100	BERRY COURT, 1		(Month/D 11/28/29	-				Director X Officer (give below) VP - Corp		Owner er (specify surer	
				endment, Date Original nth/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 			
RICHMON	D, VA 23226							Person	lore than One Re	porting	
(City)	(State) (Zip)	Tabl	e I - Non-l	Derivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ransaction Date 2A. Deemed nth/Day/Year) Execution Date, if any (Month/Day/Year)			4. Secur on(A) or D (Instr. 3)	A and (A) or	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)		
Common Stock	11/28/2005			Code V M	2,000	A	\$ 13.66	20,939	D		
Common Stock	11/28/2005			S	500	D	\$ 45.46	20,439	D		
Common Stock	11/28/2005			S	1,000	D	\$ 45.59	19.439	D		
Common Stock	11/28/2005			S	1,000	D	\$ 45.59	18,439	D		
Common Stock	11/28/2005			S	600	D	\$ 45.47	17,839	D		

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Common Stock	11/28/2005	S	1,400	D	\$ 45.53	16,439	D	
Common Stock	11/28/2005	S	2,000	D	\$ 45.55	14,439	D	
Common Stock	11/28/2005	S	1,900	D	\$ 45.62	12,539	D	
Common Stock	11/28/2005	S	100	D	\$ 45.65	12,439	D	
Common Stock	11/28/2005	S	1,000	D	\$ 45.61	11,439	D	
Common Stock	11/28/2005	S	1,000	D	\$ 45.61	10,439	D	
Common Stock	11/28/2005	S	200	D	\$ 45.65	10,239	D	
Common Stock	11/28/2005	S	300	D	\$ 45.67	9,939	D	
Common Stock	11/28/2005	S	1,500	D	\$ 45.65	8,439	D	
Common Stock	11/28/2005	S	2,000	D	\$ 45.55	6,439	D	
Common Stock	11/28/2005	S	100	D	\$ 45.47	6,339	D	
Common Stock	11/28/2005	S	1,600	D	\$ 45.5	4,739	D	
Common Stock	11/28/2005	S	300	D	\$ 45.53	4,439	D	
Common Stock	11/28/2005	S	200	D	\$ 45.53	4,239	D	
Common Stock	11/28/2005	S	1,000	D	\$ 45.54	3,239	D	
Common Stock	11/28/2005	S	800	D	\$ 45.59	2,439	D	
Common Stock	11/28/2005	S	1,900	D	\$ 45.35	539	D	
Common Stock	11/28/2005	S	100	D	\$ 45.41	439	D	
Common Stock						6,140	Ι	401(k) Plan

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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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. Transactic Code (Instr. 8)	5. Number on f 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 Securities (Instr. 3 and 4)		8 E S (1
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (Right to Buy)	\$ 13.66	11/28/2005		М	2,000	<u>(1)</u>	07/13/2006	Common Stock	2,000	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
HARTOUGH JAMES B 1801 BAYBERRY COURT P.O. BOX 18100 RICHMOND, VA 23226			VP - Corp. Fin. and Treasurer					
Signatures								
/s/ Elizabeth C. Restivo, Elizabe Attorney-in-Fact	eth C. Re	estivo,	11/30/2005					

**Signature of Reporting Person

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) The option vested in three installments as follows: 4,167 shares on July 13, 2001, 4,167 shares on July 13, 2002 and 4,166 shares on July 13, 2003.

Date

(2) Not applicable.

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.