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Form 4	SON STEVEN	D									
August 04, 2	ЛЛ) STATES	SFCU	DITIFS A	ND FX(THAT	NGE C	OMMISSION		PROVAL	
		JSIAILS		shington,			NGE C		OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to Sec				SECUR	ITIES				Estimated a burden hou response		
obligatio may cont <i>See</i> Instru 1(b).	tinue. Section 1			tility Hold vestment	•	- ·		1935 or Sectior	1		
(Print or Type I	Responses)										
	Address of Reportin SON STEVEN	-	Symbol PORTF	r Name and OLIO RE MATES IN	COVER	Y	0	5. Relationship of Issuer (Checl	Reporting Pers		
(Last) (First) (Middle) 3. Date of (Month/D				f Earliest TransactionX_ Direc Day/Year)					(give title Other (specify below)		
120 CORFC	JKATE DE VD,	SOLL	08/03/2	009				Presiden	t, CEO, Chairn	nan	
NORFOLK	(Street)			endment, Da nth/Day/Year	-			6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M	one Reporting Pe	rson	
		(7:)						Person			
(City)	(State)	(Zip)					-	iired, Disposed of		-	
1.Title of Security 2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)				Insaction(A) or Disposed of (D) de (Instr. 3, 4 and 5) str. 8) (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 Beneficial Ownership (Instr. 4)		
Common Stock	08/03/2009			М	12,000	A	\$ 13	173,117	D		
Common Stock	08/03/2009			S	100	D	\$ 46.6	173,017	D		
Common Stock	08/03/2009			S	100	D	\$ 46.6	172,917	D		
Common Stock	08/03/2009			S	100	D	\$ 46.57	172,817	D		
Common Stock	08/03/2009			S	500	D	\$ 46.48	172,317	D		

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Common Stock	08/03/2009	S	100	D	\$ 46.47	172,217	D
Common Stock	08/03/2009	S	100	D	\$ 46.46	172,117	D
Common Stock	08/03/2009	S	100	D	\$ 46.45	172,017	D
Common Stock	08/03/2009	S	4,323	D	\$ 46.44	167,694	D
Common Stock	08/03/2009	S	100	D	\$ 46.92	167,594	D
Common Stock	08/03/2009	S	100	D	\$ 46.92	167,494	D
Common Stock	08/03/2009	S	100	D	\$ 46.91	167,394	D
Common Stock	08/03/2009	S	14	D	\$ 46.89	167,380	D
Common Stock	08/03/2009	S	100	D	\$ 46.88	167,280	D
Common Stock	08/03/2009	S	100	D	\$ 46.88	167,180	D
Common Stock	08/03/2009	S	60	D	\$ 46.84	167,120	D
Common Stock	08/03/2009	S	600	D	\$ 46.83	166,520	D
Common Stock	08/03/2009	S	455	D	\$ 46.83	166,065	D
Common Stock	08/03/2009	S	39	D	\$ 46.83	166,026	D
Common Stock	08/03/2009	S	300	D	\$ 46.83	165,726	D
Common Stock	08/03/2009	S	2,000	D	\$ 46.82	163,726	D
Common Stock	08/03/2009	S	100	D	\$ 46.79	163,626	D
Common Stock	08/03/2009	S	100	D	\$ 46.78	163,526	D
Common Stock	08/03/2009	S	100	D	\$ 46.77	163,426	D
Common Stock	08/03/2009	S	100	D	\$ 46.76	163,326	D
	08/03/2009	S	1	D		163,325	D

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Common Stock					\$ 46.75	
Common Stock	08/03/2009	S	1	D	\$ 46.75 163,324	D
Common Stock	08/03/2009	S	1	D	\$ 163,323 46.75	D
Common Stock	08/03/2009	S	1	D	\$ 163,322 46.75	D
Common Stock	08/03/2009	S	1	D	\$ 163,321 46.75	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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. Transactio Code (Instr. 8)	5. Number of orDerivative 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock options (right to buy)	\$ 13	08/03/2009		М	12,000	11/07/2007	11/07/2009	Common Stock	12,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
I. S.	Director	10% Owner	Officer	Other		
FREDRICKSON STEVEN D 120 CORPORATE BLVD SUITE 100 NORFOLK, VA 23502	х		President, CEO, Chairman			

Signatures

/s/ Steven D. Fredrickson

08/04/2009

**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).

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.