Edgar Filing: GRUBE CRAIG A - Form 4

GRUBE CRA Form 4	AIG A										
August 11, 2	009										
FORM	4	~				~			OMB AF	PROVAL	
	UNITED	STATES		ITIES A hington,			NGE C	OMMISSION	OMB Number:	3235-0287	
Check thi if no long	er								Expires:	January 31, 2005	
subject to Section 1 Form 4 or	F CHANGES IN BENEFICIAL OWNERSHIP O SECURITIES						Estimated average burden hours per response 0.				
Form 5 obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a	a) of the l	Public Ut		ing Con	ipany	y Act of	e Act of 1934, 1935 or Section 0			
(Print or Type F	Responses)										
GRUBE CRAIG A Sy			Symbol	Name and			ng	5. Relationship of Reporting Person(s) to Issuer			
				OLIO RE IATES IN				(Check	k all applicable)	
	(First) (N DRATE BLVD, S	/liddle) UITE	3. Date of (Month/D) 08/07/20	-	ansaction			Director X Officer (give below) Executive		Owner er (specify ions	
100									-		
	(Street)			ndment, Da th/Day/Year)	-	l		6. Individual or Jo Applicable Line) _X_Form filed by C	One Reporting Pe	rson	
NORFOLK,	, VA 23502							Form filed by M Person	lore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership7. Nature ofForm: DirectIndirect(D) orBeneficialIndirect (I)Ownership(Instr. 4)(Instr. 4)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	08/07/2009			M	6,000	A	\$ 13	46,498	D		
Common Stock	08/07/2009			S	475	D	\$ 45.3	46,023	D		
Common Stock	08/10/2009			S	500	D	\$ 45.2	45,523	D		
Common Stock	08/10/2009			S	500	D	\$ 45.31	45,023	D		

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

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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. Transactio Code (Instr. 8)	5. Number prof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercis Expiration Dat (Month/Day/Y	e	7. Title and Underlying S (Instr. 3 and	Securities	8 I S ()
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock options (right to buy)	\$ 13	08/07/2009		М	6,000	11/07/2007	11/07/2009	Common Stock	6,000	

Reporting Owners

Reporting Owner Name / Address	\$	Relationships						
	Director	10% Owner	Officer	Other				
GRUBE CRAIG A								
120 CORPORATE BLVD			Executive VP	'_				
SUITE 100			Acquisitions					
NORFOLK, VA 23502								
Signatures								
/s/ Craig A.	111 10000							

Grube	08/11/2009				
<u>**</u> 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.

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