### Edgar Filing: FREDRICKSON STEVEN D - Form 4

	SON STEVEN	D									
Form 4 December 17	. 2010										
FORM	1	остатес	SECUE		ND EV		NCEC	OMMISSION	-	PPROVAL	
	UNITED	SIAILS		shington,			INGE U	/01v11v1155101v	OMB Number:	3235-0287	
Check thi if no long			F CHANGES IN BENEFICIAL OWN					Expires:	January 31, 2005		
subject to Section 10 Form 4 or	r Chan	SECUR		ICIA		NEKSHIP OF	Estimated average burden hours per response				
Form 5 obligatior may conti <i>See</i> Instru 1(b).	inue. Section 17	(a) of the	Public U		ling Con	npan	y Act of	e Act of 1934, E 1935 or Section O			
(Print or Type R	Responses)										
FREDRICKSON STEVEN D Symbol PORTF				er Name <b>and</b> Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
				IATES IN				(Check all applicable)			
(Last) (First) (Middle) 3. Date of (Month/D) 120 CORPORATE BLVD, SUITE 12/15/20				-				X Director 10% Owner X Officer (give title Other (specify below) below) President, CEO, Chairman			
100								Tresiden	t, CEO, Chairi	nan	
NODEOLW	(Street)			ndment, Da nth/Day/Year)	-	1		6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M	One Reporting Pe	rson	
NORFOLK,	VA 23502							Person		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 Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 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)			
9				Code V	Amount	(D)	Price \$	(IIIsti. 5 and 4)			
Common Stock	12/15/2010			S <u>(1)</u>	4,013	D	73.05 (2)	144,849	D		
Common Stock	12/16/2010			S <u>(1)</u>	1,987	D	\$ 73.02 (3)	142,862	D		
Common Stock	12/17/2010			S <u>(1)</u>	6,000	D	\$ 75.29 (4)	136,862	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)	4. Transactio Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Securi (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

# **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships							
	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	12/17/2010							
<u>**</u> Signature of Reporting	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).
- (1) These sales are pursuant to a Rule 10b5-1 plan dated May 19, 2010.
- The sale prices for this transaction ranged from \$73.00 to \$73.25. The filer hereby agrees to provide, upon request by the Commission (2)staff, the issuer or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- The sale prices for this transaction ranged from \$73.00 to \$73.07. The filer hereby agrees to provide, upon request by the Commission (3) staff, the issuer or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- The sale prices for this transaction ranged from \$75.00 to \$75.60. The filer hereby agrees to provide, upon request by the Commission (4) staff, the issuer or a security holder of the issuer, full information regarding the number of shares sold at each separate price.

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

#### **Reporting Owners**

Person

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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.