Edgar Filing: BROCK MACON F JR - Form 4

BROCK M Form 4	IACON F JR										
January 30	, 2009										
FOR	$\mathbf{M4}_{\text{UNITED}}$	STATES	SECU	DITIES	AND EX	сч	ANCEC	OMMISSION		APPROVAL	
UNITED STATES SECU			ashingto					OMB Number:	3235-0287		
Check this box if no longer									Expires:	January 31, 2005	
subject to STATEMENT OF CHANGES					N BENEI IRITIES		AL OW	NERSHIP OF	Estimated	l average	
Section 16. Form 4 or				Shee	, MITILO				burden ho response.	•	
Form 5 obligations may continue. See Instruction 1(b). 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	e Responses)										
BROCK MACON F JR Symbol						C	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First)			LAR TRE	_		k]	(Check all applicable)			
			/Day/Year)		11		_X_ Director 10% Owner				
500 VOLVO PARKWAY 01/29			01/29/	/2009				_X_ Officer (give title Other (specify below) below) Chairman of the Board			
	(Street)			nendment,	-	nal		6. Individual or Jo	int/Group Fi	ling(Check	
Filed(Mont CHESAPEAKE, VA 23320					ear)			Form filed by M	X_ Form filed by One Reporting Person Form filed by More than One Reporting		
(City)	(State)	(Zip)	Та	ble I - Non	-Derivativ	e Secu	ırities Acq	Person uired, Disposed of	, or Benefici	ally Owned	
1.Title of	2. Transaction Date	2A. Deemed		3.			quired (A)	5. Amount of	6.	7. Nature of	
Security (Instr. 3)	(Month/Day/Year)	nth/Day/Year) Execution Date, if any (Month/Day/Year)			otor Dispos (Instr. 3, 4	ed of ((D)	Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership (Instr. 4)	
						(A) or		Transaction(s)	(Instr. 4)		
Common				Code V	Amount	(D)	Price	(Instr. 3 and 4)		Transfer	
Common Stock	01/29/2009			S <u>(1)</u>	5,000	D	\$ 44 <u>(1)</u>	197,930	Ι	Trusts (Descendants')	
Common Stock	01/29/2009			S <u>(1)</u>	28,178	D	\$ 44 <u>(1)</u>	795,367	D		
Common Stock	01/29/2009			S <u>(1)</u>	18,287	D	\$ 44.0018 (1) (2)	457,384	I	Spouse	
Common Stock								0	Ι	2002 GRAT	
Common Stock								100,000	Ι	2008 GRAT	

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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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration D	ate	Amount of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underlying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securities	(Instr. 5)	Bene
	Derivative				Securities			(Instr. 3 and	4)	Owne
	Security				Acquired					Follo
	•				(A) or					Repo
					Disposed					Trans
					of (D)					(Instr
					(Instr. 3,					
					4, and 5)					
								A		
								Amou	int	
						Date	Expiration	or		
						Exercisable	Date	Title Numb	ber	
								of		
				Code V	(A) (D)			Share	S	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
BROCK MACON F JR 500 VOLVO PARKWAY CHESAPEAKE, VA 23320	Х		Chairman of the Board				
Signatures							
/s/ Shawnta Totten attorney-ir	-fact for	Mr					

Brock	01/30/2009		
	**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).
- (1) 10b5-1: Transactions pursuant to preplanned trading arrangements established under SEC Rule 10b5-1(c)(1).
- (2) Represents the weighted average price for shares sold at a range between \$44.00 and \$44.02.

Remarks:

Disclaimer: Reporting person disclaims beneficial ownership of all indirectly held securities and this report shall not be deeme

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.