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HOWELL LI	LOYD JR											
Form 4												
July 06, 2011												
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									r	OMB APPROVAL		
Washington, D.C. 20549									OMB Number:	3235-0287 January 31,		
Check thi if no long subject to Section 10 Form 4 or Form 5 obligatior may conti	6. Filed pur Section 17	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 30(h) of the Investment Company Act of 1940										
<i>See</i> Instru 1(b).	iction	30(h)	of the Inv	vestment	Company	v Act	of 194	10				
(Print or Type R	Responses)											
1. Name and A HOWELL L	Symbol	Name and len Hami		-	-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
(Last) 8283 GREE	(First) (1) NSBORO DRIV		-	ansaction			Director 10% Owner X Officer (give titleX Other (specify below) below) Executive Vice President / Member of 13D					
MCLEAN, V		ndment, Dat th/Day/Year)	-			Group 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting						
								Person				
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	ecurit	ies Acq	uired, Disposed of	f, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)	ransaction Date 2A. Deemed onth/Day/Year) Execution Date, if any (Month/Day/Year)			on(A) or Dis (D) (Instr. 3, 4	sposed	of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Class A Common Stock	07/01/2011			Code V A	14,018			14,018 <u>(1)</u>	D			
Class A Common Stock								36,990	I	By Trust		

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

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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. 3. Transacti Conversion or Exercise Price of Derivative Security			3A. Deemed Execution Date, i any (Month/Day/Year	Code	TransactionNumber Code of		6. Date Exercisable and Expiration Date (Month/Day/Year)		le and unt of rlying rities : 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
					Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Reporting Owners												
Reporting	Owner Name	e / Address	Relationships									
			Directo	r 10% Owner	Officer		0	ther				
8283 GRI	L LLOYD JI EENSBORC J, VA 22102	D DRIVE	Executive Vice President Member of 13D Group									
<u><u></u>.</u>	-											

07/06/2011

Date

Signatures

By: /s/ Terence E. Kaden, Attorney-in-Fact for Lloyd Howell, Jr.

**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) Includes 14,018 shares of Class A restricted common stock, one-third of which vests on each of June 30, 2012, 2013 and 2014.
- (2) Shares held by the Lloyd W. Howell, Jr. Trust.

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.