Paul Ray M Jr Form 4 November 14, 2011

FORM 4

Check this box

if no longer

subject to

Section 16.

Form 4 or

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue. See Instruction

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

1(b).

Common

Common

Stock

Stock

11/11/2011

11/11/2011

(Print or Type Responses)

1. Name and A Paul Ray M	Symbol		Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	Middle) 3. Date of	f Earliest Ti	ransaction	(Chee	к ин иррнецые	,
9201 FORE	*	Day/Year) 2011		Director 10% Owner Officer (give titleX Other (specify below) Subsidiary Officer			
	4. If Am	endment, Da	ate Original	6. Individual or Joint/Group Filing(Check			
RICHMON	Filed(Mo	nth/Day/Year	r)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip) Tab	le I - Non-I	Derivative Securities Acq	uired, Disposed of	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		3. Transaction Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)

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

M

D

11/11/2011

11/11/2011

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SEC 1474

(9-02)

Reported

\$ 35.3 48,945 (1)

Transaction(s)

(Instr. 3 and 4)

39,907 (1)

(A)

or

(D)

A

D

Price

Amount

10,532

9,038

(Instr. 4)

D

D

of

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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. Transacti 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 Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
Stock Appreciation Rights (2)	\$ 35.3	11/11/2011	11/11/2011	M	10,532	05/27/2009	05/27/2019	Common Stock	10,5

Reporting Owners

Relationships Reporting Owner Name / Address

> Director 10% Owner Officer Other

Paul Ray M Jr

9201 FOREST HILL AVENUE **Subsidiary Officer**

RICHMOND, VA 23235

Signatures

Ray M. Paul, Jr., by Terri L. Marks, Power of 11/14/2011 Attorney

> **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).
 - Includes 13,600 restricted stock units and 1,238 dividend units on the restricted stock units. The restricted stock units and the dividend
- (1) units vest on the fifth anniversary of the award date, however, payment will be delayed until termination of service if individual is a covered employee under code section 162(m) on the date of vesting.
- (2) after a 12 month period of the grant date, 1/3 of total shares are exercisable for each anniversary date after that for 3 such periods. Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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Reporting Owners 2