Edgar Filing: REDDING PETER S - Form 4

REDDING Form 4										
February 25	ЛЛ								PPROVAL	
	UNITED	STATES		RITIES A shington			COMMISSION	OMB Number:	3235-0287	
Check t if no lot subject Section Form 4 Form 5 obligati may con <i>See</i> Inst 1(b).	nger to 16. or Filed put ons ntinue.	· /	ection Public U	SECUI 16(a) of th	RITIES ne Securit ding Con	Estimated a burden hou response	urs per			
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> REDDING PETER S			Symbol	er Name an IS & MIN		Trading 'VA/ [OM	Issuer			
(Last) (First) (Middle) 9120 LOCKWOOD BLVD.			3. Date of Earliest Transaction (Month/Day/Year) 02/24/2011				Officer (give title below) 10% Owner Officer (give title below) Other (specify below)			
MECHAN	3116	4. If Amendment, Date Original Filed(Month/Day/Year)				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)	Tab	ole I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution 1 any (Month/Da	Date, if	3. Transactic Code (Instr. 8) Code V	4. Securiti onAcquired Disposed (Instr. 3, 4 Amount	(A) or of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Re	port on a separate line	e for each cla	ass of sec	urities bene	Perso inform requir	ns who rest nation cont ed to resp ys a curre	or indirectly. spond to the colle tained in this form ond unless the for ntly valid OMB co	are not rm	SEC 1474 (9-02)	

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 Exercisable and	7. Title and Amount of	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration Date	Underlying Securities	Derivative
Security	or Exercise		any	Code	of	(Month/Day/Year)	(Instr. 3 and 4)	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	;		(Instr. 5)

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	Derivative Security				Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)						
			Code	e V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(1)</u>	02/24/2011	А		20		<u>(1)</u>	(1)	Common Stock	20	\$ 30.43

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
REDDING PETER S 9120 LOCKWOOD BLVD. MECHANICSVILLE, VA 23116	Х							
Signatures								
Peter S. Redding by Rosemarie Fr POA	ance	02/25	/2011					
**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).
- The shares of phantom stock are convertible on a 1-for-1 basis and become payable, in cash or common stock, at the election of the (1) reporting person upon the occurrence of one of the following (as elected in advance by the reporting person); (a) death (b) disability (c)
- (1) reporting person, upon the occurrence of one of the following (as elected in advance by the reporting person): (a) death, (b) disability, (c) termination of service as director, (d) specified future delivery date, or (e) the earliest to occur of (a), (b), (c) or (d).

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.