Edgar Filing: REDDING PETER S - Form 4

REDDING	PETER S										
Form 4											
July 22, 20	11										
FORM	14								PPROVAL		
	UNITED	STATES		RITIES A			COMMISSION	OMB Number:	3235-0287		
Check t											
if no lo subject		MENT OI	F CHAI		Expires: Estimated	2005 average					
Section	16.			SECUI	RITIES		burden hou	•			
Form 4 Form 5							response	. 0.5			
obligati							nge Act of 1934,				
may con	ntinue. Section 17			•	•	npany Act	of 1935 or Section	on			
<i>See</i> Inst 1(b).	truction	50(II)	of the f	livesuiien	Compa	IY ACT OF I	.940				
1(0).											
(Print or Type	Responses)										
1. Name and	Address of Reporting	Person *	2. Issu	er Name an	d Ticker or	Trading	5. Relationship of	of Reporting Per	rson(s) to		
REDDING PETER S			Symbol			6	Issuer				
	OWEN	IS & MIN	OR INC	/VA/ [OM	[I] (Check all applicable)						
(Last) (First) (Middle)			3. Date of	of Earliest T	ransaction		(Check an applicable)				
			(Month/	Day/Year)			_X_ Director 10% Owner				
9120 LOCKWOOD BLVD.			07/21/2	2011			Officer (give titleOther (specify below)				
(Street)			4. If Am	endment, D	ate Origina	al	6. Individual or Joint/Group Filing(Check				
			Filed(Mo	onth/Day/Yea	r)		Applicable Line)	0 0 1 0			
MECHAN		2116					_X_ Form filed by Form filed by	One Reporting Po More than One R			
MECHAN	ICSVILLE, VA 2	3110					Person		1 0		
(City)	(State)	(Zip)	Tał	ole I - Non-l	Derivative	Securities A	Acquired, Disposed of	of, or Beneficia	lly Owned		
1.Title of	2. Transaction Date			3.	4. Securit			6. Ownership	7. Nature of		
Security (Instr. 3)	(Month/Day/Year)	Execution any	Date, if	Transactio Code	nAcquired Disposed			Form: Direct (D) or Indirect	Indirect Beneficial		
(11501.5)		(Month/Da	ay/Year)	(Instr. 8)	(Instr. 3,		•	(I)	Ownership		
							Following	(Instr. 4)	(Instr. 4)		
						(A)	Reported Transaction(s)				
				Code V	Amount	or (D) Price	(Instr. 3 and 4)				
				Coue v	Amount	(D) The					
Reminder: Re	eport on a separate line	e for each cl	ass of sec	urities bene	ficially ow	ned directly	or indirectly.				
							spond to the colle		SEC 1474		
							tained in this form ond unless the for		(9-02)		
					•	-	ntly valid OMB co				
					numb	er.					

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	9		(Instr. 5)

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	Derivative Security				Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)							
			C	ode	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(1)</u>	07/21/2011		A		58		<u>(1)</u>	(1)	Common Stock	58	\$ 34.88

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	07/22	/2011					
**Signature of Reporting Person		Da	te					

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 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 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 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 convertible on a 1-for-1 basis and become payable, in cash or common stock, at the election of the (1) reporting person (1) -
- (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.