Edgar Filing: ASTHEIMER KENNETH - Form 4

ASTHEIME	R KENNETH										
Form 4											
December 20), 2005										
FORM		статр	SECUD	TTIES A	ND EV		NCEC	OMMISSION		PPROVAL	
Washington, D.C. 20549								OMB Number:	3235-0287		
Check the if no long	one nu					Expires:	January 31, 2005				
subject to Section 16. Form 4 or				GES IN I SECUR		ICIA		NERSHIP OF	Estimated a burden hou	average urs per	
Form 5 obligation may cont See Instru 1(b).	Filed pur ns inue. Section 17(a) of the	Public Ut		ling Con	npan	y Act of	e Act of 1934, 1935 or Section 0	response	0.5	
(Print or Type I	Responses)										
ASTHEIMER KENNETH Symbol			Symbol	Name and			-	5. Relationship of Reporting Person(s) to Issuer			
				P INC [LF		NCIA	AL.	(Check all applicable)			
(Month/D				-				Director X_Officer (give below)		Owner er (specify	
209 KINLO	CH KOAD		12/16/20	16/2005				Executive Vice President			
				ndment, Da h/Day/Year	-	1		 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
MANAKIN	-SABOT, VA 23	103						Form filed by M Person	lore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
~				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock (1)	12/16/2005			М	315	А	\$0	14,137	D		
Common Stock	12/16/2005			D	315	D	\$ 62.65	13,822	D		
Common Stock								6,314.87	Ι	By 401(k) plan	
Common Stock								450	Ι	by Spouse	

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

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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)	4. Transacti Code (Instr. 8)	ionof Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. F Der Sec (Ins
			Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (1)	\$ 0	12/16/2005	М		315	08/08/1988	08/08/1988	Common Stock	315	

Reporting Owners

Reporting Owner Name / Address			Relationships		
	Director	10% Owner	Officer	Other	
ASTHEIMER KENNETH 209 KINLOCH ROAD MANAKIN-SABOT, VA 23103			Executive Vice President		
Signatures					
By: Wm. Chadwick Perrine For: Astheimer	Kenneth		12/20/2005		
**Signature of Reporting Perso	on		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 phantom stock units disposed were cash units that vested on the anniversary date of the grant. The units were hypothetically (1) converted to common stock and hypothetically sold at the closing price on December 16, 2005, with the insider receiving cash for the

value of the units.

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.