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FREDRICK	SON STEVEN	D									
Form 4 March 13, 2	013										
									OMB AF	PROVAL	
FORM	4 UNITEI) STATES		RITIES A shington			NGE CO	OMMISSION	OMB Number:	3235-0287	
Check th				8	/				Expires:	January 31,	
if no longer subject to Section 16. Form 4 or Form 5 Eiled pursuant to S				SECU		Expires: 200 Estimated average burden hours per response 0					
obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17	7(a) of the	Public U		ding Con	npany	y Act of	Act of 1934, 1935 or Section)			
(Print or Type	Responses)										
								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			ASSOC	CIATES I	NC [PRA	A]		(Check	an applicable	;)	
(Month/D			of Earliest Transaction Day/Year)				_X_ Director10% Owner _X_ Officer (give titleOther (specify below)below)				
120 CORPO 100	ORATE BLVD,	SUITE	03/07/2	013				· · · · · · · · · · · · · · · · · · ·	, CEO, Chairn	nan	
			onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line)				
NORFOLK	, VA 23502							_X_ Form filed by O Form filed by Mo Person			
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Secur	ities Acqu	ired, Disposed of,	or Beneficial	ly Owned	
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) 3. 4. Securities Acc Transactiomr Disposed of (Code (Instr. 3, 4 and 5 (Month/Day/Year)		5) Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)						
				Code V	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)		
Common Stock	03/07/2013			S	4,000	D	\$ 122.28 (1)	87,528	D		
Common Stock	03/13/2013			A <u>(2)</u>	10,508	А	\$ 0	98,036	D		
Common Stock	03/13/2013			F <u>(3)</u>	4,576	D	\$0	93,460	D		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not

(9-02)

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required to respond unless the form displays a currently valid OMB control 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. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. of Number of Derivative Securities Acquired (A) or Disposed of (D) (tracto 2		ate	7. Titl Amou Under Securi (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
FREDRICKSON STEVEN D 120 CORPORATE BLVD SUITE 100 NORFOLK, VA 23502	Х		President, CEO, Chairman				
Cianoturoo							

Signatures

/s/ Steven D. Fredrickson	03/13/2013			
**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).
- (1) The sale prices for this transaction ranged from \$122.00 to \$122.87. The filer hereby agrees to provide, upon request by the Commission staff, the issuer or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- (2) These shares were awarded pursuant to the Company's 2010 Long Term Equity Incentive Plan ("LTI Plan"). The shares reported on this form represent the shares earned under the Return on Shareholders' Equity and Total Shareholder Return performance categories.
- (3) The disposal of these shares are related to the vesting of an award originally granted pursuant to the Company's 2010 LTI Plan.

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.