MENDEZ JOHN M Form 4

May 30, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

Check this box if no longer

1. Name and Address of Reporting Person *

if no longer subject to Section 16. Form 4 or Form 5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

2. Issuer Name and Ticker or Trading

Washington, D.C. 20549

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).

(Print or Type Responses)

MENDEZ JOHN M			2. Issuer I Symbol	2. Issuer Name and Ticker or Trading Symbol				Issuer			
				OMMUN HARES II		[FC]	BC]	(Ch	eck all applica	ble)	
(Last)	(First)	(Middle)	(Month/Da	•	nsaction			X Director X Officer (gibelow)		0% Owner other (specify	
P. O. BOX 989			05/28/20	05/28/2013				President & CEO			
	(Street)		4. If Amen	dment, Date	Original			6. Individual or	Joint/Group Fi	lling(Check	
			Filed(Month	Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person			
BLUEFIELD	, VA 24605-						Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table	I - Non-De	rivative S	ecurit	ies Acq	quired, Disposed	of, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	any		Deemed ation Date, if th/Day/Year)	on Date, if TransactionAcquired (A) or Code Disposed of (D)))	Securities Ownership Indirect Beneficially Form: Benefic Owned Direct (D) Owners Following or Indirect (Instr. 4 Reported (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	05/28/2013	3		A	7,741	A	\$0	8,641	D		
COMMON STOCK								22,299.192	I	By Employee Stock Ownership & Savings Plan	
COMMON STOCK								4,024	I	By 401(K) Wrap Plan	

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

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(9-02)

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. Transaction Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and An Underlying Sec (Instr. 3 and 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title
SERIES A NONCUMULATIVE CONVERTIBLE PREFERRED STOCK	<u>(1)</u>					05/20/2011	<u>(1)</u>	COMMON STOCK
STOCK OPTION	\$ 19.8					12/31/1999(2)	(3)	COMMON STOCK
STOCK OPTION	\$ 13.94					12/31/2001(2)	(3)	COMMON STOCK
STOCK OPTION	\$ 24.65					12/31/2002(2)	(3)	COMMON STOCK
STOCK OPTION	\$ 29.15					12/31/2003(2)	(3)	COMMON STOCK

Reporting Owners

Reporting Owner Name / Address	Relationships						
. 0	Director	10% Owner	Officer	Other			
MENDEZ JOHN M							
P. O. BOX 989	X		President & CEO				
BLUEFIELD, VA 24605-0989							

Reporting Owners 2

Signatures

John M. Mendez by: Robert L. Schumacher (His Attorney-in-Fact)

05/30/2013

**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) Each share of preferred stock is convertible into 69 shares of common stock at any time at the option of the holder. If not converted sooner, the preferred stock is mandatorily convertible on May 20, 2016 and has no expiration date.
- (2) Stock options vest and become exercisable in seven equal annual installments beginning with the date listed.
 - Stock options are exercisable until 5 years after retirement at or after age 62, disability or death. If employment is terminated other than
- (3) by retirement at or after 62, disability or death vested options must be exercised within 90 days after the effective date of termination. Any option not exercised within such period shall be deemed cancelled.

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.

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