DICKINSON STEPHEN Y

Form 4

February 01, 2011

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

3235-0287 Number: January 31, Expires:

2005

OMB APPROVAL

Section 16. Form 4 or Form 5

SECURITIES

Estimated average burden hours per

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

response... 0.5

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * DICKINSON STEPHEN Y			2. Issuer Name ar Symbol	nd Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer				
				RAL INC [MEG]		(Check all applicabl	e)		
(Last)	(First)	(Middle)	3. Date of Earliest	Transaction					
333 EAST FRANKLIN ST (Street)			(Month/Day/Year) 01/30/2011		Director 10% OwX Officer (give title Other (s below) below) Vice President and CAO				
			4. If Amendment, I	Date Original	6. Individual or Joint/Group Filing(Check				
RICHMON	ID, VA 23219		Filed(Month/Day/Ye	ar)		Line) Iled by One Reporting P Iled by More than One R			
(City)	(State)	(Zip)	Table I - Non-	-Derivative Securities Acq	quired, Dispo	osed of, or Beneficia	lly Owne		
1.Title of	2. Transaction	Date 2A. Deen	ned 3.	4. Securities Acquired	5. Amount	of 6. Ownership	7. Natur		
1.1111111111111111111111111111111111111	Z. Transaction	Date ZA. Deen	ied 5.	4. Securities Acquired	5. Amount	o. Ownership	7. Natur		

(City)	(State)	Zip) Table	e I - Non-D	erivative (Securi	ties Acc	quired, Disposed	of, or Beneficial	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any	3. 4. Securities Acquired Transaction(A) or Disposed of Code (D)				5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or	7. Nature of Indirect Beneficial
(instr. 3)		(Month/Day/Year)	(Instr. 8)	(Instr. 3,	4 and (A) or (D)	5) Price	Owned Following Reported Transaction(s) (Instr. 3 and 4)	Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Class A Common Stock	01/30/2011		F	1,165 (1)	D	\$ 4.88	28,530	D	
Class A Common Stock							12,401	I	401(k) Plan

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. Transactic Code (Instr. 8)	TransactionNumber Code of		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Disposed of (D) (Instr. 3, 4, and 5)					
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(2)</u>	01/31/2011	A	29	(3)	<u>(3)</u>	Class A Common Stock	29	(2)

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

DICKINSON STEPHEN Y 333 EAST FRANKLIN ST RICHMOND, VA 23219

Vice President and CAO

Signatures

/s/ Stephen Y. Dickinson, by George L. Mahoney, Attorney-in-fact

02/01/2011

**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).
- (1) Restrictions were released on the 2001 Performance Accelerated Restricted Stock grant. Amount represents the Class A common shares withheld to satisfy the employee's tax obligation pursuant to the 1997 Employee Restricted Stock Plan.
- (2) Units acquired under the Company's Supplemental 401(k) deferred compensation plan. Each unit is the economic equivalent of one share of common stock.
- (3) Units are payable in cash following termination of the reporting person's employment. Upon attaining age 55, the reporting person may transfer the units into an alternative investment account at any time.

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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