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## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response: 0.5

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1. Name and Address of Reporting Person* <u>SPILMAN ROBERT H JR</u>					r Name <b>and</b> Ticker <u>SETT FURNI</u> Γ]				tionship of Reporting all applicable) Director		erson(s) to Issuer 10% Owner		
(Last) 3525 FAIRYST P O BOX 626	(First) ONE PARK HWY	(Middle)		3. Date o 11/28/2	of Earliest Transact	ion (Month/	Day/Year)	X	X Officer (give title Other (spec below) below) Pres & Chief Executive Officer				
(Street) BASSETT (City)	VA (State)	24055 (Zip)		4. If Ame	endment, Date of O	riginal Filec	(Month/Day/Yea	ar)	6. Indiv Line) X	ridual or Joint/Group Form filed by One Form filed by Mor Person	Reporting Perso	on	
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
Date			2. Transa Date (Month/D		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Inst 8)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	

		(Month/Day/Year) 8)						Owned Following Reported		Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common	11/23/2011		М		5,000	A	\$4.38	90,775.62 <sup>(2)</sup>	D	
Common								17,217	I	wife
Common								6,515	Ι	Trust

 
 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)		5. Number of Derivative Securities Acquired (A) of (D) (Instr. 3 4 and 5)		ve es d (A) osed nstr. 3,	6. Date Exerc Expiration Da (Month/Day/\	ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)		
Option <sup>(1)</sup>	\$14.7	01/15/2002		A		10,000		01/15/2003	01/14/2012	Common	10,000	\$14.7	10,000	D	
Option <sup>(1)</sup>	\$14.7	01/15/2002		A		10,000		01/15/2004	02/14/2012	Common	10,000	\$14.7	10,000	D	
Option <sup>(1)</sup>	\$14.7	01/15/2002		A		10,000		01/15/2005	01/14/2012	Common	10,000	\$14.7	10,000	D	
Option <sup>(1)</sup>	\$21.12	02/24/2004		A		50,000		11/15/2004	02/23/2014	Common	50,000	\$21.12	50,000	D	
OPTION <sup>(1)</sup>	\$10.6	10/17/2007		A		7,334		10/17/2008	10/16/2017	COMMON	7,334	\$10.6	7,334	D	
OPTION <sup>(1)</sup>	\$10.6	10/17/2007		A		7,333		10/17/2009	10/16/2017	COMMON	7,333	\$10.6	7,333	D	
OPTION <sup>(1)</sup>	\$10.6	10/17/2007		A		7,333		10/17/2010	10/16/2017	COMMON	7,333	\$10.6	7,333	D	
Option <sup>(3)</sup>	\$4.38	07/14/2010		A		6,000		07/14/2011	07/13/2020	Common	6,000	\$4.38	6,000	D	
Option <sup>(3)</sup>	\$4.38	07/14/2010		A		6,000		07/14/2012	07/13/2020	Common	6,000	\$4.38	6,000	D	
Option <sup>(3)</sup>	\$4.38	07/14/2010		A		6,000		07/14/2013	07/13/2020	Common	6,000	\$4.38	6,000	D	
Option <sup>(3)</sup>	\$4.38	07/14/2010		A		6,000		07/14/2014	07/13/2020	Common	6,000	\$4.38	6,000	D	
OPTION <sup>(3)</sup>	\$8.02	07/13/2011		A		4,000		07/13/2012	07/12/2021	COMMON	4,000	\$8.02	4,000	D	
OPTION <sup>(3)</sup>	\$8.02	07/13/2011		A		4,000		07/13/2013	07/12/2021	COMMON	4,000	\$8.02	4,000	D	
OPTION <sup>(3)</sup>	\$8.02	07/13/2011		A		4,000		07/13/2014	07/12/2021	COMMON	4,000	\$8.02	4,000	D	
OPTION <sup>(3)</sup>	\$8.02	07/13/2011		A		4,000		07/13/2016	07/12/2021	COMMON	4,000	\$8.02	4,000	D	
Option <sup>(3)</sup>	\$4.38	11/23/2011		М			5,000	07/14/2011	07/13/2020	Common	5,000	\$4.38	1,000	D	

#### Explanation of Responses:

1. Granted under the 1997 Employee Stock Plan which is a Rule 16b-3 Plan.

2. INCLUDES SHARES ACQUIRED UNDER THE 2000 EMPLOYEE STOCK PURCHASE PLAN IN TRANSACTIONS EXEMPT UNDER RULE 16B-3(A)

3. GRANTED UNDER THE 2010 STOCK INCENTIVE PLAN WHICH IS A RULE 16B-3 PLAN.

### <u>Robert H Spilman Jr</u>

\*\* Signature of Reporting Person

Person Date

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

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.