

MCMILLION RANDY L  
Form 4  
August 04, 2009

# FORM 4

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

OMB APPROVAL  
OMB Number: 3235-0287  
Expires: January 31, 2005  
Estimated average burden hours per response... 0.5

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 OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person * MCMILLION RANDY L  (Last) (First) (Middle)			2. Issuer Name and Ticker or Trading Symbol Alpha Natural Resources, Inc./Old [ANR]		5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)  ____ Director      ____ 10% Owner <input checked="" type="checkbox"/> Officer (give title below)      ____ Other (specify below) Executive VP and COO	
ONE ALPHA PLACE, P.O. BOX 2345  (Street)			3. Date of Earliest Transaction (Month/Day/Year) 07/31/2009		6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	
ABINGDON, VA 24212  (City) (State) (Zip)			4. If Amendment, Date Original Filed(Month/Day/Year)			

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	07/31/2009		D	(A) or (D) Price 109,015 <u>(1)</u>	(2) 0	D	

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

**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 control number.**

SEC 1474  
(9-02)

Edgar Filing: MCMILLION RANDY L - Form 4

**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. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
Employee Stock Option (right to buy)	\$ 25.29	07/31/2009		D	60,000	<sup>(3)</sup> 05/11/2015	Common Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MCMILLION RANDY L ONE ALPHA PLACE P.O. BOX 2345 ABINGDON, VA 24212			Executive VP and COO	

## Signatures

M. Robert Morrill, Attorney-in-Fact for Randy L. McMillion  
08/04/2009

\_\_\_\_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) This includes 75,573 shares of restricted stock.  
 Disposed of pursuant to the Agreement and Plan of Merger between Alpha Natural Resources, Inc. ("Alpha") and Foundation Coal Holdings, Inc. (which was renamed Alpha Natural Resources, Inc. in connection with the merger, "New Alpha"), dated May 11, 2009, in exchange for 33,442 shares of New Alpha common stock and 75,573 shares of New Alpha restricted stock, which restricted stock awards are subject to the same terms and conditions as their predecessor awards. On the effective date of the merger, the closing price of Alpha common stock was \$33.31 per share, and the closing price of Foundation Coal Holdings, Inc. common stock was \$35.93 per share.
- (2) This option, which provided for vesting in five equal annual installments beginning May 12, 2006, was assumed by New Alpha in the merger and replaced with an option to purchase 60,000 shares of New Alpha common stock with an exercise price of \$25.29 per share.
- (3) This option, which provided for vesting in five equal annual installments beginning May 12, 2006, was assumed by New Alpha in the merger and replaced with an option to purchase 60,000 shares of New Alpha common stock with an exercise price of \$25.29 per share.

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.