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MEDIA GE	ENERAL INC										
Form 4											
August 16,	2013										
FORM	Л 4	~ ~ ~								PPROVAL	
	UNITED	STATES S		RITIES A shington,			NGE	COMMISSIO	N OMB Number:	3235-0287	7
Check t if no lor	laer								Expires:	January 31	
subject		STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF							Estimated	2005 average	С
Section		SECURITIES							burden hou	urs per	
Form 4 Form 5		report to Se	ction 1	6(a) of th	o Socuri	tion F	Tychar	nge Act of 1934,	response	. 0.5	ō
obligati	ons Section 170							of 1935 or Secti			
may con See Inst	nunue.			vestment	•	· ·	•		on		
1(b).	ruetion				1	2					
(Print or Type	Responses)										
1. Name and Carington	Address of Reporting Andrew C.		2. Issue Symbol	r Name and	I Ticker or	Tradi	ng	5. Relationship o Issuer	of Reporting Per	son(s) to	
C			•	GENER	AL INC	[ME	[G]				
(Last)	(First) (f Earliest Ti		L	-	(Che	eck all applicabl	e)	
				Day/Year)	unsuetion			Director	109	% Owner	
			08/15/2013				X Officer (give below)	ve title Oth below)	ner (specify		
								· · · · · · · · · · · · · · · · · · ·	nd General Cour	isel	
	(Street)	4.	. If Ame	endment, Da	ate Origina	ıl		6. Individual or	Joint/Group Fili	ng(Check	
		F	Filed(Mo	nth/Day/Yea	.)			Applicable Line)	_		
	ID MA 22210							_X_ Form filed by Form filed by	One Reporting P More than One R		
RICHMON	ND, VA 23219							Person		1 0	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secur	rities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of	2. Transaction Date			3.	4. Securit				6. Ownership	7. Nature of	
Security (Instr. 3)	(Month/Day/Year)	Execution Da	ate, if	Transaction Code	nAcquired Disposed				Form: Direct (D) or Indirect	Indirect Beneficial	
(1130.3)		(Month/Day/	/Year)	(Instr. 8)	-			-	(I) or maneet	Ownership	
								Following	(Instr. 4)	(Instr. 4)	
						(A)		Reported Transaction(s)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
				Coue v	mount	(D)	ince				
Reminder: Re	port on a separate line	e for each class	s of secu	urities benef	icially ow	ned di	rectly o	or indirectly.			
					Perso	ns w	ho res	pond to the colle	ection of	SEC 1474	

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exercisable and	7. Title and Amount of	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration Date	Underlying Securities	Derivative
Security	or Exercise		any	Code	of	(Month/Day/Year)	(Instr. 3 and 4)	Security

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(Instr. 3)	Price of Derivative Security	(Month/Day/Year) (Instr. 8)	Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					(Instr. 5)
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	<u>(1)</u>	08/15/2013	А	26	(2)	(2)	Class A Common Stock	26	<u>(1)</u>

Reporting Owners

Reporting Owner Name / Address	Relationships						
FB	Director	10% Owner	Officer	Other			
Carington Andrew C. 333 EAST FRANKLIN STREET RICHMOND, VA 23219			VP and General Counsel				

Signatures

/s/ Andrew C.	08/16/2013		
Carington			
**Signature of Reporting	Date		

_Signature of Reporting Person

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) Units acquired under the Company's Supplemental 401(k) deferred compensation plan. Each unit is the economic equivalent of one share of common stock.
- (2) Units are payable in cash following the 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.
- (3) Additionally, 8,300 non-derivative Class A common shares are held indirectly.

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.