GOTTWALI Form 4													
December 23										OMB	APPROVAL		
FORM	<b>4</b> UNITED	STATES				ND EX( D.C. 20		NGE	COMMISSIO		3235-028		
Check thi if no long subject to Section 1 Form 4 o Form 5 obligation may cont See Instru 1(b).	6. Filed pu inue.		F CHAN Section 1	GES SEC 6(a) of tility F	Expires: Estimate burden h response	Expires:January 31Expires:200Estimated averageburden hours perresponse0.							
(Print or Type F	Responses)												
1. Name and A GOTTWAL	ddress of Reporting	g Person <u>*</u>	2. Issuer Symbol ALBEN			Ticker or		ıg	5. Relationship Issuer				
(Last)	(First)	(Middle)	3. Date of (Month/D	Earlies	st Tra	-	-		(Ch X Director	eck all applica	K all applicable)		
1100 BOUL	DERS PARKW	ΆΥ	02/16/2	-	1)				Officer (gi below)		Other (specify		
RICHMON	(Street) D, VA 23225		4. If Ame Filed(Mor			e Original	l		6. Individual or Applicable Line) _X_ Form filed by Form filed by Person		g Person		
(City)	(State)	(Zip)	Tabl	e I - No	on-De	erivative	Securi	ities Ac	equired, Disposed	of. or Benefic	cially Owned		
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)	Executio any		3. Transa Code (Instr.	action 8)	4. Securi nAcquired Disposed (Instr. 3, Amount	ties (A) o of (D	r )	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		
Common Stock	02/16/2005			G	V	2,460	D	\$0	478,831	D			
Common Stock									913,605	I	Held by Westham Partners, L.P., reporting person is a limited partner & general partner.*		

Common Stock						500,000	I	Held as co-trustee fbo reporting person's family (among others) u/w Floyd D. Gottwald.*
Common Stock	05/18/2005	G	V 286	A	\$ 0	22,843	Ι	Held by WM Gottwald, trustee Samuel S. Gottwald's Crummey Trust u/a dtd 1/3/89* ( <u>1)</u>
Common Stock	09/14/2005	G	V 305	A	\$ 0	23,148	I	Held by WM Gottwald, trustee Samuel S. Gottwald's Crummey Trust u/a dtd 1/3/89* (1)
Common Stock						7,936	Ι	Held by Samuel S. Gottwald (5)
Common Stock						799	I	Held as custodian for son, James Christian Gottwald*
Common Stock						3,226	Ι	Held by WM Gottwald as trustee fbo James Christian Gottwald u/a dtd 10/20/87*
Common Stock	02/16/2005	G	V 615	А	\$ 0	5,374	Ι	Held by WM Gottwald as

									trustee fbo James Christian Gottwald u/a dtd 12/21/87*
Common Stock	05/18/2005	G	v	286	А	\$ 0	22,843	Ι	Held by WM Gottwald, trustee James Christian Gottwald Crummey Trust u/a dtd 1/3/89* (1)
Common Stock	09/14/2005	G	V	305	A	\$0	23,148	Ι	Held by WM Gottwald, trustee James Christian Gottwald Crummey Trust u/a dtd 1/3/89* (1)
Common Stock							9,147	Ι	Held by WM Gottwald, trustee of James Christian Gottwald's Gallo Trust u/a dtd 1/3/89*
Common Stock							13,225	Ι	Held by WM Gottwald trustee of Charles Houston Gottwald Gallo Trust u/a dtd 9/5/89*
Common Stock	05/18/2005	G	V	286	А	\$0	22,755	Ι	Held by WM

								Gottwald trustee Charles Houston Gottwald Crummey Trust u/a dtd 9/5/89* (1)
Common Stock	09/14/2005	G	V 305	A	\$ 0	23,060	I	Held by WM Gottwald trustee Charles Houston Gottwald Crummey Trust u/a dtd 9/5/89* (1)
Common Stock	02/16/2005	G	V 615	А	\$ 0	4,424	Ι	Held by WM Gottwald trustee fbo Charles Houston Gottwald u/a dtd 10/18/89*
Common Stock	02/16/2005	G	V 615	А	\$ 0	25,100	I	Held by WM Gottwald trustee Margaret Addison Gottwald Crummey Trust u/a dtd 3/9/92* (1)
Common Stock	05/18/2005	G	V 286	A	\$ 0	25,386	Ι	Held by WM Gottwald trustee Margaret Addison Gottwald Crummey Trust u/a dtd 3/9/92* (1)
	09/14/2005	G	V 305	А	\$0	25,691	Ι	

Common Stock										Held by WM Gottwald trustee Margaret Addison Gottwald Crummey Trust u/a dtd 3/9/92* (1)
Common Stock								85,855	I	Held as co-trustee fbo (among others) reporting person's family u/a dtd 12/16/91* (4)
Common Stock								88,725	I	Held by me and James T. Gottwald, trustees fbo reporting person's children* (4)
Common Stock								37,170	I	Held by me and James T. Gottwald as co-trustees WM Gottwald Jr's Crummey Trust u/a dtd 10/13/83* (4)
Common Stock	05/18/2005	G	v	286	А	\$ (	)	26,760	I	Held as trustee WM Gottwald Jr.'s Crummey Trust u/a dtd 1/3/89* (2)
Common Stock	09/14/2005	G	V	305	Α	\$ (	)	27,065	Ι	Held as trustee WM Gottwald Jr.'s Crummey

									t u/a dtd 39* (2)		
Common Stock	05/18/2	005	GV	7 286	A \$(	) 26,760	Ι	Gott Crui Trus			
Common Stock	09/14/2	005	GΝ	7 305	A \$(	) 27,065	Ι	Gott Crui Trus			
Common Stock	02/16/2	005	GΝ	615	A \$(	) 5,374	I	Gott trust Sam Gott	l by iam M. wald as ee fbo uel S. wald u/a 12/21/87		
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) 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 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. Transac Code (Instr. 8	5. tioiNumber of ) Derivativ Securitie Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Month/Day /e s l	Date	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr	
				Code V	V (A) (D)	Date Exercisable	Expiration Date	Amoun or Title Number of Shares			

Other

# **Reporting Owners**

**Reporting Owner Name / Address** 

Relationships

	Director	10% Owner	Officer
GOTTWALD JOHN D 1100 BOULDERS PARKWAY RICHMOND, VA 23225	Х		
Signatures			

Nicole C. Daniel, attorney in fact

12/23/2005

\*\*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) 16,975 shares held of record by Westham Partners, L.P.\*
- (2) 18,900 held of record by Westham Partners, L.P.\*

Additional Indirect Holdings: 16,660 Held as co-trustee of Elizabeth I. Gottwald's Crummey Trust u/a dtd 3/28/85.\* All shares held of record by Westham Partners, L.P.\* 27,845 Held by me and James T. Gottwald as trustee for the William M. Gottwald Trust dtd 8/18/90.\*

- (3) 9,526 Held by me and William M. Gottwald as trustees fbo James Matthew Gottwald u/a dtd 12/1/81.\* 5,486 Held by me and William M. Gottwald as trustees fbo Sarah Wren Gottwald u/a dtd 3/1/83.\* 5,236 Held by me as custodian for son, Samuel S. Gottwald.\* ; 17,508 shares held by spouse. \*Portion of shares held of record by Westham Partners, L.P. \* Reporting person disclaims beneficial ownership.
- (4) All shares held of record by Westham Partners, L.P.

NOTE: The following trusts that previously were included in this report due to Filer's status as a Trustee were terminated in 2005: Samuel
(5) S. Gottwald u/a dated 1/3/89; William M. Gottwald u/a dated 1/3/89; Elizabeth I. Gottwald u/a dated 10/20/87; and Elizabeth I. Gottwald u/a dated 1/3/89.

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.