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MEDIA GENER	AL INC									
Form 4										
June 17, 2009										
FORM 4				~					PPROVAL	
CONIVI 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							N OMB Number:	3235-0287		
Check this box								Expires:	January 31,	
if no longer subject to Section 16. Form 4 or	AENT OF	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES					Estimated burden hou	urs per		
Form 5 obligations may continue. <i>See</i> Instruction 1(b).	Section 17((a) of the F	Public U	Itility Hol	ding Cor		nge Act of 1934, of 1935 or Secti 940		. 0.5	
(Print or Type Respon	nses)									
1. Name and Address of Reporting Person <u>*</u> NABHAN LOU ANNE J			2. Issuer Name and Ticker or Trading Symbol MEDIA GENERAL INC [MEG]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	Middle)	3 Date o	of Earliest T	ransaction		(Check all applicable)			
333 EAST FRANKLIN ST			(Month/Day/Year) 06/15/2009			Director 10% Owner X Officer (give title Other (specify below) below) Vice President				
(Street)		4. If Amendment, Date Original			ıl	6. Individual or Joint/Group Filing(Check			
RICHMOND, V	A 23219		Filed(Mo	onth/Day/Yea	r)		Applicable Line) _X_ Form filed by Form filed by	y One Reporting Po More than One R	erson	
		(T)					Person			
(City) (State)	(Zip)	Tab	ole I - Non-l	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned	
	unsaction Date th/Day/Year)	2A. Deeme Execution I any (Month/Da	Date, if	Code (Instr. 8)	4. Securit mAcquired Disposed (Instr. 3, 4	(A) or of (D) 4 and 5) (A) or	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)	
				Code V	Amount	(D) Price	. ,			
Reminder: Report on	a separate line	e for each cla	uss of sec	urities bene	ficially own	ned directly	or indirectly.			
					Perso inforn requir	ns who res nation cont red to resp nys a curre	spond to the colle tained in this forn ond unless the fo ntly valid OMB co	n are not orm	SEC 1474 (9-02)	

 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>	06/15/2009	A	9	(2)	(2)	Class A Common Stock	9	<u>(1)</u>

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
NABHAN LOU ANNE J 333 EAST FRANKLIN ST RICHMOND, VA 23219			Vice President	
Signatures				
/s/ Lou Anne J. Nabhan, by Ge	orge L. N	Iahoney,		

Attorney-in-fact

**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 Class A common stock.
- (2) 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.
- (3) Additionally, 5,700 non-derivative Class A common shares are held directly.

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.

06/17/2009

Date