FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

OMB APPRO)VAL
OMB Number:	3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* WITTENBERG ROGER A														Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner				
(Last) (First) (Middle) 160 EXETER DRIVE			11/0	3. Date of Earliest Transaction (Month/Day/Year) 11/04/2003									Officer (give title Other (specify below) below)					
(Street) WINCHESTER VA 22603-8605			605	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Application) X Form filed by One Reporting Person Form filed by More than One Reportin										son				
(City)	(St		(Zip)													erson		
			le I - No	1		_			_	Dis	posed o							l
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		r) E	2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)				d Sed Ber Ow	mount of urities leficially ned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
							Code	v	Amount (A) or (D)		Price	Trai	orted nsaction(s) tr. 3 and 4)		(Instr. 4)			
Common	Stock			11/04	/2003		11/04/	2003	S		100		D	\$37	.2 1	,457,850 ⁽¹⁾	D	
Common	Stock			11/04	/2003		11/04/	2003	S		350		D	\$37.	16 1	,457,500(1)	D	
Common	Stock			11/04	/2003		11/04/	2003	S		100		D	\$37.	17 1	,457,400(1)	D	
Common	Stock			11/04	/2003		11/04/	2003	S		600		D	\$37.	15 1	,456,800(1)	D	
Common	Stock			11/04	/2003		11/04/	2003	S		100		D	\$37.	18 1	,456,700(1)	D	
Common	Stock			11/04	/2003		11/04/	2003	S		100		D	\$37	.2 1	,456,600(1)	D	
Common	Stock			11/04	/2003		11/04/	2003	S		550		D	\$37.	16 1	,456,050 ⁽¹⁾	D	
Common	Stock			11/04	/2003		11/04/	2003	S		100		D	\$37.	17 1	,455,950 ⁽¹⁾	D	
Common	Stock			11/04	/2003		11/04/	2003	S		400		D	\$37.	15 1	,455,550(1)	D	
Common	Stock			11/04	/2003		11/04/	2003	S		100		D	\$37.	19 1	,455,450(1)	D	
		Та						-	-		sed of, onvertib			-	Owne	d		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	Date	3A. Deeme Execution if any (Month/Da	ned n Date,	4. Transa Code (I 8)	ction	5. Number 6		5. Date Exercis Expiration Date Month/Day/Yea		able and	7. Title and Amount of Securities Underlying Derivative Security (Instr and 4)			8. Price of Derivative Security (Instr. 5)		Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Explanation					Code	v	(A)		Date Exercisal		Expiration Date	Title	or Nur of	ount nber res				

Explanation of Responses:

1. Does not include Indirect Beneficial Ownership of 3000 shares by wife. Mr. Wittenberg disclaims beneficial ownership of these securities, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or any other purpose.

Lynn E. MacDonald

11/06/2003

** Signature of Reporting 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.