FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

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

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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 Officer (give title) Other (generity)						
(Last) 160 EXE	(Fi TER DRIV	(First) (Middle) DRIVE					Earlies	t Transa	action (M	onth/[Day/Year)		X Officer (give title below) Other (specify below) Executive VP, Recycling							
(Street) WINCHI	ESTER VA	VA 22603-8605			4. If Amendment, Date of Original Filed (Month/Day/Year)									ne)	<i>'</i>					
(City)	(St	ate) (Zip)												Person					
		Tabl	le I - No	n-Deriva	ative \$	Secu	ıritie	s Acq	uired,	Dis	posed o	f, o	r Ben	eficia	ally O	wned				
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) Disposed Of (D) (Instr. 3, 4 5)				nd S B C	Amount of ecurities eneficially wned Following	6. Owner Form: Dir (D) or Ind (I) (Instr.	ect irect	7. Nature of Indirect Beneficial Ownership				
							Code	v	Amount	(A) or (D)		Price	т	eported ransaction(s) nstr. 3 and 4)			(Instr. 4)			
Common	Stock			10/08	10	10/08/2003		S		100		D	\$32.65		1,472,950(1)	D				
Common	Stock			10/08	/2003	10	0/08/	2003	S		150		D	\$32	.49	1,472,800(1)	D			
Common	ommon Stock 1			10/08	3/2003		10/08/2003		S		100		D	\$32.47		1,472,700(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S		100		D	\$32	.46	1,472,600(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S		200		D	\$32	.41	1,472,400(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S		100		D	\$32	2.5	1,472,300(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S		100		D	\$32	.53	1,472,200(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S		100		D	\$32	.55	1,472,100(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S	V	100		D	\$32	.38	1,472,000(1)	D			
Common	Stock			10/08	/2003	10	0/08/	2003	S		100		D	\$32	.36	1,471,900(1)	D			
Common Stock 10/0				10/08	/2003 10		10/08/2003		S		100		D	\$32.05		1,471,800(1)	D			
		Та	able II - I								sed of, onvertib				y Owi	ned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem	ed n Date,	4. Transaci Code (In 8)	tion str.	5. Number 6		6. Date Exercis Expiration Date (Month/Day/Ye		able and	7. Title and Amount of Securities Underlying Derivative Security (Instr and 4)					Owne Form Direct or Ind (I) (In:	(D) irect	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code \	v			Date Exercisal		Expiration Date	Amour or Number of Title Shares		nber						

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

10/09/2003

** Signature of Reporting Person

Date

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

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.

^{*} 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).