FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

C. 20549	OMB APPROVAL

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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* <u>CAVANNA ANTHONY J</u>														k all ap	plicable)	g Person(s) to Is X 10% (wner
(Last) (First) (Middle) 160 EXETER DRIVE (Street) WINCHESTER VA 22603-8605					3. Date of Earliest Transaction (Month/Day/Year) 09/01/2004 4. If Amendment, Date of Original Filed (Month/Day/Year)									Officer (give title below)		Other (specify below)	
														Forr Forr	or Joint/Group Filing (Check Applicable In filed by One Reporting Person In filed by More than One Reporting		
(City) (State) (Zip)												Person					
		Tab	le I - Non-	Deriva	tive S	ecuritie	s Ac	quired,	Dis	posed o	f, or B	enef	icially	Own	ed		
1. Title of Security (Instr. 3)		D	2. Transaction Date (Month/Day/Year)		Execution Date, if any (Month/Day/Year)	 		5) (A) or		nstr. 3,	str. 3, 4 and		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
							Code	V	Amount	(D)	P	rice	(Instr.	(Instr. 3 and 4)			
Common				09/01/2		09/01/		S		100		-	43.63	-	540,989	D	
Common				09/01/2004		09/01/		S		200					540,789	D	
Common				09/01/2		09/01/		S		200		-	43.64	-	540,589	D	
Common				09/01/2		09/01/		S		200		_	\$43.6 43.66	 	540,389 540,289	D D	
Common				09/01/2		09/01/		S		100			43.62	 	540,269	D	
Common				09/01/2		09/01/		S		100		_	43.73	<u> </u>	540,089	D D	
Common				09/01/2		09/01/		S		200		_	43.71	-	539,889	D	
Common				09/01/2		09/01/		S		300			\$43.7	 '	539,589	D	
Common				09/01/2		09/01/		S		100		_	43.74	-	539,489	D	
Common				09/01/2		09/01/		S		100			43.75	-	539,389	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		100	I) \$	43.72	<u> </u>	539,289	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		587	Г	5 \$	43.51	1,	538,702	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		400	I	5 \$	43.58	1,	538,302	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		400	I) \$	43.59	1,	537,902	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		100	Г) \$	43.57	1,	537,802	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		200	I	9	43.56	1,	537,602	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		600	I) \$	43.55	1,	537,002	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		100	Ι	9	43.53	1,	536,902	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		100	I) ;	\$43.5	1,	536,802	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		100	Г	9	43.39	1,	536,702	D	
Common	Stock			09/01/2	2004	09/01/	/2004	S		100	П) \$	43.34	1,	536,602	D	
		Ta	able II - De											wned			
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)		ransactio	5. Nu of Deriv Secu Acqu (A) of Dispo of (D) (Instr	5. Number of		Options, conve 6. Date Exercisable a Expiration Date (Month/Day/Year)		7. Title Amoun Securit Underly Derivat	Title and mount of ecurities nderlying erivative ecurity (Instr. 3		Price of rivative curity str. 5)		Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code		(A)	(D)	Date Exercisal		Expiration Date	Amour or Numbe of Title Shares		er				

Lynn E. MacDonald

09/02/2004

** 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.