FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average bur	den									

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b)

obligations may Instruction 1(b).	continue. See				t to Section 16(a) o tion 30(h) of the Inv				34	L	hours p	per response:	0.5		
1. Name and Address of Reporting Person* CAVANNA ANTHONY J					er Name and Ticke			Symbol		Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner					
(Last) 160 EXETER D		3. Date 08/04/	of Earliest Transac /2004	ction (M	onth/[Day/Year)			Officer (give below)	title	Othe belov	r (specify v)			
(Street) WINCHESTER VA 22603-86			1. If Am	nendment, Date of	Original Filed (Month/Day/Y			ear)	6. Indi Line) X	Form filed by On Form filed by Mo Person		Reporting Pe	son		
(City)	(State)	(Zip)	. Dorivati	S	ocurities Acq	uirod	Dici	accod of a	or Bon	oficially	Owned				
Date			2. Transactio	on	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr.		4. Securities Disposed Of 5)	Acquired	l (A) or	5. Amount of Securities Beneficially Owned Follow	ving	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
				Code	v	Amount	(A) or (D)	Price	Reported Transaction(s (Instr. 3 and 4)			(Instr. 4)			
Common Stock			08/04/2004		08/04/2004	S		400	D	\$43.65	1,581,07	'2	D		
Common Stock			08/04/2004		08/04/2004	S		200	D	\$43.66	1,580,87	'2	D		
Common Stock 08/04/2		08/04/20	004	08/04/2004	S		200	D	\$43.67	1,580,67	'2	D			
Common Stock 08			08/04/20	004	08/04/2004	S		100	D	\$43.63	1,580,57	2	D		
										1 .					

08/04/2004 \$43.64 Common Stock 08/04/2004 100 D 1,580,472 D Common Stock 08/04/2004 08/04/2004 S 100 D \$43.62 1,580,372 D Common Stock 08/04/2004 08/04/2004 S 100 D \$43.78 1,580,272 D 08/04/2004 08/04/2004 S 400 D \$43.7 1,579,872 Common Stock D Common Stock 08/04/2004 08/04/2004 S 100 D \$43.77 1,579,772 D Common Stock 08/04/2004 08/04/2004 S 200 D \$43.79 1,579,572 D 1,579,472 S 08/04/2004 08/04/2004 100 D \$43.58 D Common Stock Common Stock 08/04/2004 08/04/2004 S 100 D \$43.56 1,579,372 D Common Stock 08/04/2004 08/04/2004 S 200 D \$43.54 1,579,172 D Common Stock 08/04/2004 08/04/2004 S 100 D \$44.07 1,579,072 D 1,578,972 08/04/2004 100 \$44.04 Common Stock 08/04/2004 S D D Common Stock S 08/04/2004 08/04/2004 200 D \$44.01 1,578,772 D Common Stock 08/04/2004 08/04/2004 S 100 D \$44.02 1,578,672 D Common Stock 08/04/2004 08/04/2004 S 200 D \$44.03 1,578,472 D S 08/04/2004 200 D \$43.86 1,578,272 D Common Stock 08/04/2004 Common Stock 08/04/2004 08/04/2004 S 100 D \$43.88 1,578,172 D Common Stock 08/04/2004 08/04/2004 S D \$43.81 1,578,072 D 100 08/04/2004 08/04/2004 S 100 D \$44 1,577,972 D Common Stock Common Stock 08/04/2004 08/04/2004 S 287 D \$43.96 1,577,685 D S Common Stock 08/04/2004 08/04/2004 200 D \$43.99 1,577,485 D 08/04/2004 08/04/2004 1,577,385 Common Stock S 100 D \$43.95 D D Common Stock 08/04/2004 08/04/2004 S 100 \$43.93 1,577,285 D S 08/04/2004 08/04/2004 \$43.92 1,577,185 Common Stock 100 D D Common Stock 08/04/2004 08/04/2004 200 D \$43.94 1,576,985 D

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	3. Transaction Ta Date (Month/Day/Year)	Frengeriva Execution Date, if any (e.g., p (Month/Day/Year)	titye S Transa Uts _{de} (0 8)	ecuri	Secu Acqu	r ities ired	ifethteties Expiration Da Qualinabay/V	is et ଅଟି, d anvertib	Underl Derivat	ying tive	y ⁸ Ovingen Derivative Security (Instr. 5)	Beneficially Owned	10. Ownership Form: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)
1. Title of Derivative Security (Instr. 3)	Security Conversion or Exercise Price of Derivative	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)			ative titles rred	6. Date Exerc Expiration Da (Month/Day/Y	Security (Instr. 3 And 19 Amount of Securities Underlying Derivative		8. Price of Derivative Security (Instr. 5)	Following Helporter of Helporter Defivative Fransaction(s) Helporter Beneficially Owned	Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
	Security			Code	v	(A) or Dispo of (D) (Instr and 5	sed 3, 4	Date Exercisable	Expiration Date	Securit and 4)	y linstr 3 Amount or Number of Shares		Following Reported Transaction(s) (Instr. 4)	(I) (Instr. 4)	
Explanation	of Respons	es:									Amount or	1.1	00/06/200		
				Code	v	(A)	(D)	Date Exercisable	Expiratic <u>y</u> Date ** §	nn E. I Si ğitle tur	eStracepor	ing Person	08/06/200 Date	<u> 4</u> 	

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).