FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 s	Section	on 30(h)	of the	nvestmer	it Con	npany Act o	of 1940)					
		Reporting Person*						er or Tra		Symbol					p of Reporting olicable)	Person(s) to Is	suer
CAVAN	INA AIN	IHUNY J											X	Direc	ctor	X 10% C	wner
(Last) (First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 07/07/2004										er (give title w)	Other below)	(specify
160 EXETER DRIVE				4 15	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Gr												nnliaahla
(Street)				_ 4. 11	AIIIe	enument,	Dale	ıı Originai	Fileu	(WOTHIT/Da	ty/ real)	Line)	iviuuai u	ii Joini/Group	Filling (Check A	pplicable
WINCHESTER VA 22603-8605														Form filed by One Reporting Person Form filed by More than One Reporting			
(City)	(St	ate) (Zip)	-										Pers		e triair One Rep	orung
		Tabl	e I - Non-Deriv	ative	Se	curitie	s Ac	quired,	Dis	posed o	f, or	Benef	ficially	Owne	ed		
1. Title of Security (Instr. 3)			Date	2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)					Secur Benef	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
						(WOTHITE)	ay/ I cai	Code	v	Amount	(A (D	() or F	Price	Repor Trans		(i) (iiisti. 4)	(Instr. 4)
Common	Stock		07/07	7/2004	1	07/07/	2004	S		100	\top	D :	\$37.26	1,6	617,168	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		100		D :	\$37.28	1,0	617,068	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		100		D :	\$37.24	1,0	516,968	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		100	\top	D	\$37.3	1,6	516,868	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		300	\top	D :	\$37.09	1,6	516,568	D	
Common	Stock		07/07	7/2004	4	07/07/	2004	S		300		D :	\$37.06	1,6	516,268	D	
Common	Stock		07/03	7/2004	4	07/07/	2004	S		300		D :	\$37.07	1,0	615,968	D	
Common	Stock		07/07	7/2004	4	07/07/	2004	S		100		D :	\$37.08	1,6	615,868	D	
Common	Stock		07/03	7/2004	4	07/07/	2004	S		200		D :	\$37.03	1,6	615,668	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		500		D	\$37	1,6	615,168	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		400		D :	\$37.01	1,0	614,768	D	
Common	Stock		07/07	7/2004	1	07/07/	2004	S		100	\perp	D :	\$37.05	1,0	614,668	D	
Common Stock			07/03	7/2004	/2004 (2004	S		100		D :	\$37.04	1,6	614,568	D	
Common Stock			07/03	7/2004	/2004 (07/07/2004			100		D :	\$37.18	1,0	614,468	D	
Common Stock			07/03	//2004 (07/07/2004		S		587	\perp	D	\$37.1	1,613,881		D	
Common Stock			07/07	7/2004		07/07/2004		S		500	\bot	D :	\$37.11	1,613,381		D	
Common Stock			07/07	7/2004		07/07/2004		S		400	\perp	D \$37.12				D	
Common Stock			07/07	/07/2004		07/07/2004		S		100	\perp	D :	\$37.14	1,6	512,881	D	
			07/07	7/2004	/2004		07/07/2004		s 100			D :	\$37.13	1,612,781		D	
		Та	able II - Derivat (e.g., p							sed of, onvertib				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)		ransaction Code (Instr.		of E		6. Date Exercis Expiration Date (Month/Day/Yea		7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		De Se (In:	Price of rivative curity str. 5)		Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Expiration Date Title Shares									

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).

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.