FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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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  CAVANNA ANTHONY J					EX CO INC [			унноог		(Check all applicable)  X Director X 10% Owner				
(Last) (First) (Middle) 160 EXETER DRIVE				3. Date of Earliest Transaction (Month/Day/Year)  03/26/2004  Officer (give title below)  Other (specify below)										
(Street) WINCHI	ESTER VA	A :	22603-8605	4. If Ar	mendment, Date of	Original	Filed	(Month/Day/		Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person				
(City)	(St	ate) (												
		Tab	le I - Non-Deriv	ative S	Securities Acq		Dis	posed of,	or Ben	eficia	lly Own	ed		
1. Title of Security (Instr. 3)			2. Trans Date (Month	saction 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, 5)			d Secu Bene Owne	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
						Code	v	Amount	(A) or (D)	Price	Trans	action(s) . 3 and 4)		,
Common	Stock		03/2	6/2004	03/26/2004	S		400	D	\$32.	48 1,	747,091	D	
Common	Stock		03/2	6/2004	03/26/2004	S		200	D	\$32.	45 1,	746,891	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	47 1,	746,791	D	
Common	Stock		03/2	6/2004	03/26/2004	S		200	D	\$32.	46 1,	746,591	D	
Common	Stock		03/2	6/2004	03/26/2004	S		300	D	\$32.	43 1,	746,291	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	52 1,	746,191	D	
Common	Stock		03/2	6/2004	03/26/2004	S		200	D	\$32.	51 1,	745,991	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	57 1,	745,891	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32	.5 1,	745,791	D	
Common	Stock		03/2	6/2004	03/26/2004	S		300	D	\$32.	28 1,	745,491	D	
Common	Stock		03/2	6/2004	03/26/2004	S		300	D	\$32.	27 1,	745,191	D	
Common	Stock		03/2	6/2004	03/26/2004	S		400	D	\$32.	25 1,	744,791	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	23 1,	744,691	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	21 1,	744,591	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	24 1,	744,491	D	
Common	Stock		03/2	6/2004	03/26/2004	S		287	D	\$32.	31 1,	744,204	D	
Common	Stock		03/2	6/2004	03/26/2004	S		200	D	\$32.	36 1,	744,004	D	
Common	Stock		03/2	6/2004	03/26/2004	S		200	D	\$32.	38 1,	743,804	D	
Common	Stock		03/2	6/2004	03/26/2004	S		100	D	\$32.	37 1,	743,704	D	
Common	Stock		03/2	6/2004	03/26/2004	S		200	D	\$32.	35 1,	743,504	D	
Common Stock			03/2	6/2004	03/26/2004	S		300	D	\$32	.3 1,	743,204	D	
Common Stock 03/26/				6/2004	03/26/2004	S		100	D	\$32.	33 1,	743,104	D	
Common Stock			03/2	6/2004	03/26/2004	S		100	D	D \$32.32		2 1,743,004		
		Ta	able II - Deriva		curities Acqui						Owned	I		
1. Title of Derivative Security (Instr. 3)  2. Conversi or Exerci Price of Derivativ Security		3. Transaction Sion Date Execution Date (Month/Day/Year) if any (Month/Day/		4. Transacti Code (Ins 8)	5. Number of		xercis	able and 7	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)

		Та	ble II - Deriva (e.g., p					ired, Disp options, o		le sec	ı or	r			
1. Title of	2.	3. Transaction	3A. Deemed	<b>⊈</b> .ode	V	€A)Nu	m <b>(150e)</b> r	6xDectesEbatero	istadotke and	7itTetle	aSolodares	8. Price of	9. Number of	10.	11. Nature
Derivative Eseplaritation (Instr. 3)		e <b>(M</b> onth/Day/Year)	Execution Date, if any (Month/Day/Year)	Transa Code ( 8)		Deriv Secu Acqu (A) or Dispo	rities ired	Expiration Do (Month/Day/Y	ear)		ties MacDona	Derivative Security Instr. 5)  Id ting Person	Securities Beneficially Ow03/30/200 Following Reported	Ownership Form: Direct (D) 4or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
	l ·	r e	class of securities g person, see Instr	I		(Instr	. 3, 4 🐪	or indirectly.					Transaction(s) (Instr. 4)		
	,		acts constitute Fed	l .	. , . ,	l and o	,	 = 18 U.S.C. 10	001 and 15 t	J.S.C. 7	8ff(a).				
Note: File th	ree copies of	this Form, one of w	hich must be manu	ally sig	ned. If	space	is insu	fficient, see In	struction 6 fo	or proce	dure.				
Persons wh	o respond to	the collection of	information conta	ined in	this fo	rm ar	e not r	equired to re	spond unle	ss the f	orm displa	ys a currer	tly valid OMB I	lumber.	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				