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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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Estimated average burden	
OMB Number:	3235-0287
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hours per response:	0.5

Estimated average burden hours per response:	0.5
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1. Name and Address of Reporting Person [*] CAVANNA ANTHONY J				er Name and Ticke X CO INC [[^]		ymbol		tionship of Reportin all applicable) Director	g Persor X	n(s) to Is 10% O		
(Last) 160 EXETER DI	(First) RIVE	(Middle)	3. Date 02/09/	of Earliest Transac /2004	ction (Month/E	Day/Year)		Officer (give title below)		Other (below)	(specify	
,			4. If Am	nendment, Date of	Original Filed	(Month/Day/Year)	6. Indiv Line)	idual or Joint/Group	Filing (C	Check A	pplicable	
(Street) WINCHESTER	VA	22603-8605	5				X	Form filed by One Form filed by Mon Person		•		
(City)	(State)	(Zip)										
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da				2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)			5. Amount of Securities Beneficially Owned Following	6. Owne Form: D (D) or Ir (I) (Insti	Direct ndirect	7. Nature of Indirect Beneficial Ownership	

	(Month/Day/Year)	(Month/Day/Year)	8)	insu.	5)			Owned Following Reported	(I) (Instr. 4)	Ownership	
			Code	v	Amount	(A) or (D) Price		Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock	02/09/2004	02/09/2004	S		100	D	\$39.06	1,771,116	D		
Common Stock	02/09/2004	02/09/2004	S		300	D	\$39.02	1,770,816	D		
Common Stock	02/09/2004	02/09/2004	S		100	D	\$39	1,770,716	D		
Common Stock	02/09/2004	02/09/2004	S		100	D	\$39.04	1,770,616	D		
Common Stock	02/09/2004	02/09/2004	S		100	D	\$39.03	1,770,516	D		
Common Stock	02/09/2004	02/09/2004	S		100	D	\$39.09	1,770,416	D		
Common Stock	02/09/2004	02/09/2004	S		264	D	\$39.1	1,770,152	D		
Common Stock	02/09/2004	02/09/2004	S		200	D	\$38.9	1,769,952	D		
Common Stock	02/09/2004	02/09/2004	S		100	D	\$38.94	1,769,852	D		
Common Stock	02/09/2004	02/09/2004	S		100	D	\$38.91	1,769,752	D		
Common Stock	02/09/2004	02/09/2004	S		300	D	\$38.97	1,769,452	D		
Common Stock	02/09/2004	02/09/2004	S		300	D	\$38.99	1,769,152	D		
Common Stock	02/09/2004	02/09/2004	S		300	D	\$38.98	1,768,852	D		
Common Stock	02/09/2004	02/09/2004	S		200	D	\$38.96	1,768,652	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 Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerc Expiration Da (Month/Day/Y	Amount of Securities		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

<u>Lynn E. MacDonald</u>

02/10/2004

Date

** Signature of Reporting Person

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.