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

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	d Address of	Reporting Person* BERT G							er or Tra		Symbol						p of Reporting blicable) ctor	. ,	o Issuer 6 Owner
(Last) 160 EXE	(Fi	,	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 01/28/2004									X	Officer (give title below) Chairman and CEO		er (specify ow)	
(Street) WINCHI	ESTER VA	A	22603-86	05	4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting				erson				
(City)	(St	ate)	(Zip)													Pers	on		
		Tab	le I - Noi	n-Deriv	ative	Secu	ıritie	s Acc	uired,	Dis	posed o	f, o	r Ben	efici	ally	Owne	ed		
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		Exe) if a	2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Transaction Code (Instr.		5)			4 and S		5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect		
									Code	v	Amount		(A) or (D)	Price	•		action(s) 3 and 4)		
Common	Stock			01/28	/2004	0	1/28/	/2004	S		100		D	\$39	.84	1,38	30,450 ⁽¹⁾	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		100		D	\$39	.83	1,38	30,350(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		100		D	\$40	0.01	1,38	30,250 ⁽¹⁾	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		150		D	\$39).92	1,38	30,100(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		100		D	\$40).12	1,38	30,000(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		100		D	\$40).13	1,3	79,900(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$39).97	1,3	79,700(1)	D	
Common	Stock			01/28	3/2004	0	1/28/	/2004	S		150		D	\$39	.87	1,3	79,550(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		100		D	\$39	0.86	1,3	79,450(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$39	.89	1,3	79,250 ⁽¹⁾	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$3	9.9	1,3	79,050(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$39).94	1,3	78,850 ⁽¹⁾	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		1,450)	D	\$40	0.02	1,3	77,400(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$40	0.06	1,3	77,200(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$40).11	1,3	77,000(1)	D	
Common	Stock			01/28	/2004	0	1/28/	/2004	S		200		D	\$40).15	1,3	76,800(1)	D	
		Ta	able II - I													vned			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Execution if any (Month/Da	ed n Date,	4. Transac Code (In 8)	tion	5. Num of Deriv. Secur Acqu (A) or Dispo of (D) (Instr. and 5	mber ative rities ired osed	6. Date E Expiratio (Month/D	xercis	e Amount of			8. Pi		9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownersh Form: Direct (D or Indirec (I) (Instr.	Beneficial Ownership ct (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	or Nur of	mber ares					
xplanation	of Respons	ses:																	

1. Does not include Indirect Beneficial Ownership of 1000 shares by wife. Mr. Matheny disclaims beneficial ownership of these securities, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or any other purpose.

Lynn E. MacDonald

01/30/2004

** Signature of Reporting Person

Date

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).