## FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

STATEMENT	OF	CHANG	36

## **ES IN BENEFICIAL OWNERSHIP**

**OMB APPROVAL** OMB Number: Estimated average burden hours per response: 0.5

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 Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*     CAVANNA ANTHONY J														ck all ap Dire	plicable)	g Person(s) to Is	Owner				
(Last) 160 EXE	(Last) (First) (Middle) 160 EXETER DRIVE							3. Date of Earliest Transaction (Month/Day/Year) 11/17/2003										Other (specify below)  ce President			
(Street) WINCHESTER VA 22603-8605							4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting					
(City)	(St	tate)	(	(Zip)											Person						
			Tabl	le I - Nor	า-Deriv	ative S	ecuritie	es Ac	quired,	Dis	posed o	f, or E	3ene	ficially	Own	ed					
1. Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)			5)		8, 4 and	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)								
								Code	V	Amount	(D)	<u>'   '</u>	Price	(Instr.	3 and 4)						
	Common Stock					7/2003	11/17		S		200			\$33.67	1 1		D				
Common	Stock					7/2003	11/17		S		100	]	-	\$33.64	+	832,452	D				
Common						7/2003	11/17		S		100	1	-	\$33.69	+ -	832,352	D				
Common						7/2003	11/17		S		100	]	-	\$33.68	+	832,252	D				
Common					11/17	7/2003	11/17	/2003	S		100	1	-	\$33.61	+	832,152	D				
Common Stock				11/17	7/2003	11/17	/2003	S		100	]	D	\$33.63	1,	832,052	D					
Common	Stock				11/17	7/2003	11/17	/2003	S		100		-	\$33.73		831,952	D				
Common	Stock				11/17	7/2003	11/17	/2003	S		100	1	-	\$34.76	+	831,852	D				
Common	Stock				11/17	7/2003	11/17	/2003	S		100	]	D	\$34.49	1,	831,752	D				
Common	Stock				11/17	7/2003	11/17	/2003	S		100	]	D	\$33.59	1,	831,652	D				
Common	Stock				11/17	7/2003	11/17	/2003	S		164	1	D	\$34.28	1,	831,488	D				
Common	Stock				11/17	7/2003	11/17	/2003	S		100		D	\$34.35	1,	831,388	D				
Common	Stock				11/17	7/2003	11/17	/2003	S		200		D	\$34.01	1,	831,188	D				
Common Stock			11/17	7/2003	11/17	/2003	S		100		D	\$33.87	1,	831,088	D						
Common Stock			11/17	7/2003	11/17	/2003	S		100	1	D	\$33.8	1,	830,988	D						
Common Stock			11/17	7/2003	11/17	/2003	S		100	1	D	\$33.86	1,	830,888	D						
Common Stock			11/17	7/2003	11/17	/2003	S		100	]	D	\$33.88	1,	830,788	D						
Common Stock			11/17/2003		11/17	/2003	S		100	]	\$34.08		1,830,688		D						
Common Stock			11/17/2003		11/17	/2003	S		100	100 D \$		\$34.06	4.06 1,830,5		D						
Common Stock			11/17/2003		11/17	/2003	S		100	D \$3		\$34.88	.88 1,830,488		D						
Common Stock			11/17/2003		11/17/2003		S		200	]	D	\$33.96	1,830,288		D						
Common Stock				11/17/2003		11/17/2003		S	S			D \$33		1,	830,188	D					
			Ta								sed of,				wned						
1. Title of Derivative Security (Instr. 3)  2. Conversion or Exercise Price of Derivative Security  3. Transact Date (Month/Day)			3A. Deeme Execution if any	A. Deemed xecution Date,		5. Nu of Deriv Secu Acqu (A) o Disp of (D	umber vative urities uired osed ) r. 3, 4	6. Date E	Options, convertib			7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		Price of rivative curity str. 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)				
						Code	(0)	(D)	Date	blo	Expiration	Title	Amor or Numl of								

Lynn E. MacDonald

11/18/2003

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  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.