FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNE	RSHIP

OMB APPROVAL OMB Number: Estimated average burden

Check this box if no longer subject to

obligati	ons may contir tion 1(b).				File							es Exchanç npany Act o					hours	per response:	0.5				
	d Address of							er Name a				Symbol			(Che	elationshi eck all ap	plicable)	ng Person(s) to	Ssuer				
(Last) (First) (Middle) 160 EXETER DRIVE							3. Date of Earliest Transaction (Month/Day/Year) 11/20/2003									X Officer (give title Other (specify below) Executive Vice President							
(Street) WINCHI	WINCHESTER VA 22603-8605						4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Line) X Form filed by One Reporting Po- Form filed by More than One R			erson				
(City)	(St	ate)	(2	Zip)												Pers	Person						
			Table	e I - Nor			_				Dis	posed o						1	1				
1. Title of S	Da		Date	2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Da if any (Month/Day/Y	n Date,	Code (Instr.			es Acquired (A) o Of (D) (Instr. 3, 4			Secur Benef Owne	5. Amount of Securities Beneficially Dwned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership						
										Code	v	Amount	(/	A) or I	Price		rted action(s) 3 and 4)		(Instr. 4)				
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.6	1,	830,088	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.6	8 1,	829,988	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		200		D	\$36.6	4 1,	829,788	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.6	7 1,	829,688	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$35.7	3 1,	829,588	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		164		D	\$35.7	2 1,	829,424	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$35.7	6 1,	829,324	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.7	2 1,	829,224	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.7	5 1,	829,124	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.4	3 1,	829,024	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		200		D	\$36.4	7 1,	828,824	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.5	2 1,	828,724	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.5	4 1,	828,624	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.5	5 1,	828,524	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.5	1 1,	828,424	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.5	3 1,	828,324	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.5	1,	828,224	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		200		D	\$36.2	7 1,	828,024	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.3	8 1,	827,924	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.3	4 1,	827,824	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.3	2 1,	827,724	D					
Common	Stock				11/20	/200	3	11/20/	2003	S		100		D	\$36.1	. 1,	827,624	D					
			Ta									sed of, o				Owned							
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	cise (Month/Day/Yea		3A. Deem Execution if any (Month/Da	ed Date,	4. Trans Code 8)	actic	5. Number of		6. Date E Expiration (Month/D	xercis	able and	7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		8. D S (I	Price of erivative ecurity nstr. 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	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amou or Numl of Share	oer								

Lynn E. MacDonald

11/21/2003

** Signature of Reporting Person

Date

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.