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

					01 300	30(11) or the h	ivestinei	it Coii	ilpully Act	01 13-	+0					
	d Address of	Reporting Persor	*			er Name X CO				Symbol			(Che	ck all app	olicable)		
(Last) (First) (Middle) 828 ARMISTEAD STREET					3. Date of Earliest Transaction (Month/Day/Year) 12/12/2003								Offic	er (give title	Other (specify below)		
(Street) WINCHI	ESTER VA	A	22601		4. If Ar	mendmen	t, Date o	f Original	Filed	(Month/Da	ay/Ye	ar)	Line)	Forn	n filed by One	Reporting Pers	on
(City)	(St	ate)	(Zip)									reisuii					
		Tal	ole I - No	n-Deriva	ative S	ecuriti	es Acc	uired,	Dis	posed o	f, o	r Bene	ficially	/ Own	ed		
1. Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Dispos		Disposed	isposed Of (D) (Instr. 3, 4			4 and Securities Beneficially Owned Follow 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	Transa (Instr.	action(s) 3 and 4)		
Common	Stock			12/12	/2003	12/12	2/2003	S		100		D	\$39.33	1,1	98,437(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		100		D	\$39.12	1,1	98,337(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		100		D	\$39.1	1,1	98,237(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		100		D	\$39.34	1,1	98,137(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		100		D	\$39.08	1,1	98,037(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		150		D	\$39.57	1,1	97,887 ⁽¹⁾	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		600		D	\$38.98	1,1	97,287 ⁽¹⁾	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		300		D	\$39.37	1,1	96,987(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		300		D	\$39.38	1,1	96,687(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		200		D	\$39.39	1,1	96,487(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		200		D	\$39.4	1,1	96,287(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		200		D	\$39.41	1,1	96,087(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		400		D	\$39.44	1,1	95,687(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		300		D	\$39.56	1,1	95,387(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		300		D	\$39.76	1,1	95,087(1)	D	
Common	Stock			12/12	/2003	12/12	2/2003	S		300		D	\$39.95	1,1	94,787(1)	D	
		7								Securities Sec							
Title of Derivative Security Security Title of Derivative Security Title of Conversion or Exercise (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year)		ed 4. Transact Code (In		5. Number 6		6. Date E Expiratio	DELIONS, COI Date Exercisal Expiration Date Month/Day/Year		7. Title and Amount of Securities Underlying Derivative Security (Instr.		8. De Se (In	rivative curity	derivative Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership		
					Code V	(A)	(D)	Date Exercisa			Title	or Num of	ber				
xplanation	n of Respons	ses:															

1. Does not include Indirect Beneficial Ownership of 850 shares by wife. Mr. Ferrari 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

12/16/2003

** 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.