FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	<b>OF CHANGES</b>	S IN BENEFICIAL	<b>OWNERSHIP</b>

OMB APPROVAL

OMB Number: 3235-0287

Estimated average burden

0.5

hours per response:

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

1. Name and Address of Reporting Person*  WITTENBERG ROGER A			er Name <b>and</b> Ticke X CO INC [			Symbol			theck all ap Dire	plicable) ctor	y Person(s) to Is	)wner
(Last) (First) (Middle 160 EXETER DRIVE	e)	3. Date 09/05/	of Earliest Transa /2003	action (M	lonth/[	Day/Year)			^ belo	,	Other below P, Recycling	(specify
(Street) WINCHESTER VA 22603	3-8605	4. If An	nendment, Date of	Original	Filed	(Month/Da	y/Year)		ne) X Fori	n filed by One	Filing (Check A Reporting Persection One Rep	on
(City) (State) (Zip)									Pers	son		
Table I -	Non-Deriv	ative S	ecurities Acq	uired,	Dis	oosed o	f, or Ben	eficia	ally Own	ed		
1. Title of Security (Instr. 3)	2. Transa Date (Month/E	action Day/Year)	Execution Date,		3. Transaction Code (Instr. 8)		Of (D) (Instr	Acquired (A) or (D) (Instr. 3, 4 and		5. Amount of Securities Beneficially Owned Following 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		action(s) 3 and 4)		
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.62 1,4	95,450 <sup>(1)</sup>	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$34	.64 1,4	95,350 <sup>(1)</sup>	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$34	.7 1,4	95,250 <sup>(1)</sup>	D	
Common Stock	09/05	/2003	09/05/2003	S		250	D	\$35	.45 1,4	95,000(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.41 1,4	94,900(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.51 1,4	94,800(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.57 1,4	94,700(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.36 1,4	94,600(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.34 1,4	94,500(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.17 1,4	94,400(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.13 1,4	94,300(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$34	.67 1,4	94,200(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$34	.64 1,4	94,100(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		150	D	\$35	.43 1,4	93,950(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.41 1,4	93,850(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.45 1,4	93,750(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.57 1,4	93,650(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.58 1,4	93,550(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.37 1,4	93,450(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.35 1,4	93,350(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	.34 1,4	93,250(1)	D	
Common Stock	09/05	/2003	09/05/2003	S		100	D	\$35	5.1 1,4	93,150(1)	D	
Common Stock 09		/2003	09/05/2003	S		100	D	\$35	.11 1,4	93,050(1)	D	
Table			urities Acqui						y Owned			
1. Title of Derivative Security (Instr. 3)  2.		4. Transactio Code (Insi 8)	5. Number of	6. Date Exercisa Expiration Date (Month/Day/Yea		able and	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 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)

		Та	ble II - Deriva (e.g., p					ired, Disp options, o	onvertib		ior i	ſ			
1. Title of	2.	3. Transaction	3A. Deemed	<b>€</b> ode		(5A)Nu	m(150e)r	Expertise Eleter			aSolodares	8. Price of	9. Number of	10. Ownership	11. Nature
ESecularitation	of Bespisas	e <b>6</b> Month/Day/Year)	if any	Transa Code (	Instr.	Deriv	ative	Expiration Do (Month/Day/)	(ear)	Amoui Securi		Derivative Security	Securities	Form:	Beneficial
(Instr. 3) 1. Does not in	Price of	Beneficial Ownershi	(Month/Day/Year) p of 3000 shares by w or purposes of Section	rife. Mr.	Witten	Secul	rities Claums	beneficial own	ership of thes	Underle Deriva	ying es. and this		Beneficially of the deemed an a Owned	Direct (D)	Ownership
person is the	beneficial owners	er of such securities f	or purposes of Sectio	n 16 or a	any oth	er <b>(AY</b> )181	irea ose.			. Securi	tive ty (Instr. 3		. Following	or indirect , (I) (Instr. 4)	(instr. 4)
	1					Dispo	sed				MacDona	ld	Rer 09/08/200		
						of (D) (Instr						ing Person	(Ins <del>t</del> ya4)	Ī	
Reminder: F	eport on a se	parate line for each	class of securities	benefic	cially o	and 5 wned d	) irectly	or indirectly.		Jigriatai	c of repor	ing r croon	Date		
* If the form	is filed by mo	e than one reportir	g person, see Instr	uction 4	4 (b)(v)										
** Intentiona	l misstatemer	ts or omissions of	acts constitute Fed	eral Cri	iminal \	Violatio	ns Se	e 18 U.S.C. 10	001 and 15 U	J.S.C. 7	Bff(a).				
Note: File th	ree copies of	this Form, one of w	hich must be manu	ally sig	ned. If	space	s insu	ficient, see In	struction 6 f	r proce	d/Alffaount				
Persons wh	o respond to	the collection of	information conta	ined in	this fo	rm ar	not r	equired to re	spond unle	s the f	om displa	ys a currer	tly valid OMB I	lumber.	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date		of Shares				