FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES 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

1. Name and Address of Reporting Person* MATHENY ROBERT G					EX CO INC			Symbol	(Cr	X Dire	plicable) ctor	X 10% C	wner	
(Last) (First) (Middle) 160 EXETER DRIVE					e of Earliest Transa /2003	ction (M	lonth/[Day/Year)		X Officer (give title Other (specify below) President and CEO				
(Street) WINCHESTER VA 22603-8605					nendment, Date of	Original	Filed	(Month/Day	Lin	Individual or Joint/Group Filing (Check Applicable Line) Y Form filed by One Reporting Person Form filed by More than One Reporting				
(City)	(St	ate) ((Zip)								Per	son		
		Tab	le I - Non-Deriv	ative S	ecurities Acq	uired,	Dis	posed of	, or Ben	eficial	ly Own	ed		
1. Title of Security (Instr. 3)			2. Trans Date (Month/I	action Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (AD Disposed Of (D) (Instr. 3)			Secui Bene Owne	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	Trans (Instr	action(s) . 3 and 4)		, ,
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.4	1,4	74,750 ⁽¹⁾	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.4	1,4	74,650(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		150	D	\$36 .	5 1,4	74,500(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.5	56 1,4	74,400(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.5	59 1,4	74,300(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.5	51 1,4	74,200(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.3	38 1,4	74,100(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.3	35 1,4	74,000(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.8	31 1,4	73,900(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.9	1,4	73,800(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.	9 1,4	73,700(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.7	73 1,4	73,600(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		100	D	\$36.7	76 1,4	73,500(1)	D	
Common	Stock		08/05	/2003	08/05/2003	S		250	D	\$36.4	1,4	73,250(1)	D	
Common Stock			08/05	/2003	08/05/2003	S		100	D	\$36.	4 1,4	73,150(1)	D	
Common Stock			08/05	/2003	08/05/2003	S		100	D	\$36.5	56 1,4	73,050(1)	D	
Common Stock			08/05	/2003	08/05/2003	S		100	D	\$36.5	53 1,4	72,950(1)	D	
Common Stock			08/05	/2003	08/05/2003	S		100	D	\$36.5	51 1,4	72,850(1)	D	
Common Stock 0			08/05	/2003	08/05/2003	S		100	D	\$36.3	36 1,4	72,750(1)	D	
Common Stock 08/0			08/05	/2003	08/05/2003	S		100	D	\$36.3	32 1,4	72,650(1)	D	
Common Stock 08/05/2				/2003	08/05/2003	S		100	D \$36.82		32 1,4	2 1,472,550 ⁽¹⁾		
Common Stock 08/05/				/2003	08/05/2003	S		100	00 D \$3		9 1,4	72,450(1)	D	
Common Stock 08/05/2					08/05/2003	s 100		D	\$36.73		72,350(1)	D		
		Та	able II - Derivat (e.g., p		urities Acqui						Owned	l		
Derivative Conversion Date Exercise (Month/Day/Year) if		3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Ins 8)	5. Number on of		xercis	able and e ar)	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		3. Price of Derivative Security Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (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,	convertib						
1. Title of	2.	3. Transaction	3A. Deemed	€.ode		6A)Nu	m(De)r	Expertis Elater			aSolodares	8. Price of	9. Number of	10.	11. Nature
Electrication	of Elespisas	e \$ Month/Day/Year)	Execution Date, if any	Transa Code (Instr.	Deriv	ative	Expiration Do (Month/Day/)		Amour Securi		Derivative Security	derivative Securities	Ownership Form:	Beneficial
(Instr. 3) 1. Does not in	Price of	Beneficial Ownership	(Month/Day/Year) p of 1000 shares by w or purposes of Section	rife. Mr.	Mather	Secui	rities aums be	eneficial owner		Underl	ying and this re		Beneficially be deemed an adn	Direct (D)	Ownership
person is the	beneficial owners	er of such securities f	or purposes of Section	n 16 or a	any othe	er (AU) Br	se.		•		y (Instr. 3		, Following	or indirect (i) (instr. 4)	(înstr. 4)
	'					Dispo	sed		Lx		MacDona	ld	Rer 08/06/200	3	
						(Instr			**	T Signatur	e of Repor	ing Person	(Instr _{at)}	Γ	
Reminder: F	eport on a se	parate line for each	class of securities	benefic	ially ov	and 5 wned d) irectly	or indirectly.		I			54.0		
* If the form	is filed by mo	e than one reportir	g person, see Instr	uction 4	1 (b)(v)										
** Intentiona	misstatemer	ts or omissions of	acts constitute Fed	eral Cri	minal \	√iolatio	ns See	e 18 U.S.C. 10	001 and 15 l	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	is insu	ficient, see In	struction 6 f	r proce	Minount				
Persons wh	o respond to	the collection of	information conta	ined in	this fo	rm ar	not r	equired to re	spond unle	ss the f	offin displa	ys a currer	tly valid OMB I	umber.	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date		of Shares				