FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

Washington, D.C. 20549

IN BENEFICIAL OWNERSHIP

STATEMENT	OF	CHANGE	S
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OMB APPROVAL

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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* <u>CAVANNA ANTHONY J</u>					er Name <b>and</b> Ticke X CO INC [			Symbol		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director X 10% Owner							
(Last) (First) (Middle) 160 EXETER DRIVE					e of Earliest Transa /2003	action (M	lonth/[	Day/Year)		X Officer (give title Other (specify below) below)  Executive Vice President							
(Street) WINCHESTER VA 22603-8605					nendment, Date of	Original	l Filed	(Month/Day		Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person							
(City)	City) (State) (Zip)										Form filed by More than One Reporting Person						
		Tabl	e I - Non-Deri	vative S	ecurities Acq	uired,	Dis	posed of	, or Ben	eficia	lly Own	ed					
1. Title of Security (Instr. 3)		Date	saction /Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)				s Acquired (A) or f (D) (Instr. 3, 4 and		ount of ities icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership				
						Code	v	Amount (A) or (D)		Price	Trans	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)			
Common Stock			07/2	9/2003	07/29/2003	S		100	D	\$38.	77 1,9	914,700	D				
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$37.	41 1,9	914,600	D				
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$36.	48 1,9	914,500	D				
Common Stock			07/2	9/2003	07/29/2003	S		100	D	\$36	.4 1,9	914,400	D				
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$36.	64 1,9	914,300	D				
Common Stock			07/2	9/2003	07/29/2003	S		200	D	D \$37		914,100	D				
Common Stock			07/2	9/2003	07/29/2003	S		100	D \$3		36 1,9	914,000	D				
Common Stock 07.			07/2	9/2003	07/29/2003	S		100	D	\$38.	33 1,9	913,900	D				
Common Stock 07/29		9/2003	07/29/2003	S		100	D	\$38.	34 1,9	913,800	D						
Common Stock 07		07/2	9/2003	07/29/2003	S		100	D	\$38.38		913,700	D					
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$37	.3 1,9	913,600	D				
Common Stock		07/2	9/2003	07/29/2003	S		100	D	\$38.	83 1,9	913,500	D					
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$38.	04 1,9	913,400	D				
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$36.	02 1,9	913,300	D				
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$37	7 1,9	913,200	D				
Common	Stock		07/2	9/2003	07/29/2003	S		164	D	\$39.	17 1,9	913,036	D				
Common Stock		07/2	9/2003	07/29/2003	S		100	D	\$39.11		912,936	D					
Common	Stock		07/2	9/2003	07/29/2003	S		100	D	\$36.	96 1,9	912,836	D				
Common Stock		07/2	9/2003	07/29/2003	S		100	D	\$36.	14 1,9	912,736	D					
Common Stock			07/2	9/2003	07/29/2003	S		100	D	\$36.	15 1,9	912,636	D				
Common Stock			07/2	9/2003	07/29/2003	S		100	D	\$36.58 1,		912,536	D				
Common Stock			07/2	9/2003	07/29/2003	S		100	D	\$38.	28 1,9	912,436	D				
Common Stock 0		07/2	9/2003	07/29/2003	S		200	D	\$36.	22 1,9	912,236	D					
		Та			urities Acqui ls, warrants, o						Owned						
1. Title of Derivative Security (Instr. 3)	de of Conversion Date Sexecution Date Execution Date if any or Exercise (Month/Day/Year)		3A. Deemed Execution Date,	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)		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,							
1. Title of  Derivative	2. Conversion	3. Transaction  Date  e(Month/Day/Year)	3A. Deemed Execution Date,	Code Code (	etion	6A)Nu of Deriv		Expiration Do (Month/Day/)	isDaddle and	7itītitle Amour Securi		8. Price of Derivative	9. Number of derivative Securities	10. Ownership Form:	11. Nature of Indirect Beneficial
(Instr. 3)	Price of Derivative Security	epaonin/Day/Year)	if any (Month/Day/Year)	8)	unsu.	Secu Acqu (A) or Dispo	rities ired	(MONIN/Day/		nn E.	wing MacDona	Security (nstr. 5) ld ting Person	Beneficially Ow <u>07/31/200</u> Following Reported	Direct (D)	Ownership (Instr. 4)
* If the form	is filed by mo	e than one reportir	class of securities g person, see Insti	uction 4	4 (b)(v)	and 5	)						Transaction(s) (Instr. 4)		
Note: File th	ree copies of	this Form, one of w	acts constitute Fed hich must be manu	ally sig	ned. If	space	is insu	fficient, see In	struction 6 fo	or proce	dure.				
Persons wh	io respond to	the collection of	information conta	ined in	this fo	orm ar	e not i	Date Exercisable	Expiration Date	ss the f	Amount or Number of Shares	iys a currer	Itly valid OMB I	lumber.	