## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPR	OVAL
OMB Number:	3235-0287
Estimated average but	rden
hours ner resnonse.	0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

1. Title of Security (Instr. 3)  2. Transac Date (Month/Date)					2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acq Disposed Of (D) ( 5)			5. Amount of Securities Beneficially Owned Followi Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Table I - Nor	n-Deriva	tive S	ecurities Acqı	uired, Disp	oosed of, or E	Bene	ficially	Owned			
(City)	(State)	(Zip)											
									Form filed by More than One Reporting Person			oorting	
(Street) WINCHESTER	VA	22603-860	05						X	•		Reporting Per	
160 EXETER DRIVE					nendment, Date of	Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applica Line)					
					2001								
CAVANNA ANTHONY J  (Last) (First) (Middle)					of Earliest Transact/2004	ction (Month/E	Day/Year)	7	Officer (give below)	title	Other below	(specify )	
					X CO INC [	TWP ]			(Check	c all applicable) Director		X 10% (	Owner
1. Name and Addres	ss of Reporting Pe	rson*			er Name <b>and</b> Ticke		Symbol			ationship of Rep		g Person(s) to I	ssuer
Instruction 1(b).	onunde. See		Filed		nt to Section 16(a) of ction 30(h) of the Inv				4	<u>[L"</u>	iours p	Jei response.	0.5
obligations may of								h	nurs r	per response:	0.5		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)			s Acquired f (D) (Instr	(A) or . 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirec Beneficia Ownershi (Instr. 4)			
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(			
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.23	1,486,845	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.25	1,486,745	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.26	1,486,645	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.28	1,486,545	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.33	1,486,445	D				
Common Stock	10/13/2004	10/13/2004	S		187	D	\$44.34	1,486,258	D				
Common Stock	10/13/2004	10/13/2004	S		300	D	\$44.35	1,485,958	D				
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.36	1,485,758	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.37	1,485,658	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.38	1,485,558	D				
Common Stock	10/13/2004	10/13/2004	S		500	D	\$44.4	1,485,058	D				
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.41	1,484,858	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.42	1,484,758	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.43	1,484,658	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.46	1,484,558	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.52	1,484,458	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.53	1,484,358	D				
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.54	1,484,158	D				
Common Stock	10/13/2004	10/13/2004	S		400	D	\$44.55	1,483,758	D				
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.56	1,483,558	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.57	1,483,458	D				
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.58	1,483,258	D				
Common Stock	10/13/2004	10/13/2004	S		200	D	\$44.7	1,483,058	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.72	1,482,958	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.73	1,482,858	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.74	1,482,758	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.76	1,482,658	D				
Common Stock	10/13/2004	10/13/2004	S		100	D	\$44.84	1,482,558	D				

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)  1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security Conversion or Exercise Price of	3. Transaction Ta Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)	Iffe Premodrival Execution Date, if any (e.g., p (Month/Day/Year)  3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction of transaction of transaction of transaction code (Instr. 8)  Transaction Code (Instr. 8)  Transaction code (Instr. 8)		rities ired mber osed	if Cate Exerc Expiration Da QUIT (III) Day/1 6. Date Exerc Expiration Da (Month/Day/1	Underlying Derivative Security (Instr. 3 And 49 and Amount of		8 Price of Derivative Security (Instr. 5)  8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following of Helphylic Following (Fig. 1) and the policy of	10. Ownership Form: Direct (D) or Indirect (1) (Instr. 4) Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4) 11. Nature of Indirect Beneficial Ownership		
	Derivative Security			Code	v	ACQU (A) or Dispo of (D) (Instr and 5	sed 3, 4	Date Exercisable	Expiration Date	Derivation Securities and 4)	y (Instr. 3	, ,	Owned Following Reported Transaction(s) (Instr. 4)	or Indirect (I) (Instr. 4)	(Instr. 4)
Explanation	of Respons	es:		Code	v	(A)	(D)	Date Exercisable	Expiratic::V	nn E. I	Amount or MacDona eSharespor	ld ting Person	<u>10/14/200</u> Date	4	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).