FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

5. Relationship of Reporting Person(s) to Issuer

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

2. Issuer Name **and** Ticker or Trading Symbol

| Name and Address of Reporting Person* CAVANNA ANTHONY J | | | | er Name and Ticke X CO INC | | | symbol | | ationship of Reportin call applicable) Director | Ssuer Owner | | |
|---|------------|---------------------------------|--------------------------------|---|---|-----|--|-------------------------|---|---|---|---|
| (Last) (Fit | (Middle) | 10/19 | e of Earliest Transac /2004 | ` | | | Officer (give title Other (specify below) below) | | | | | |
| (Street) WINCHESTER VA | 22603-8605 | 4. If Ar | nendment, Date of | Original | 6. Indiv Line) X | I ' | | | | | | |
| (City) (St | tate) | (Zip) | | | | | | | | | | |
| | | ble I - Non-Deriva | | | | Dis | | | | | <u> </u> | |
| 1. Title of Security (Instr. 3) | | 2. Transac Date (Month/Da | | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | | | Acquired (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 Indirect Beneficial Ownership (Instr. 4) |
| | | | | | Code | v | Amount | (A) or (D) | Price | Transaction(s) (Instr. 3 and 4) | | (|
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.57 | 1,477,671 | D | |
| Common Stock | | 10/19/2 | 2004 | 10/19/2004 | S | | 100 | D | \$43.58 | 1,477,571 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.6 | 1,477,471 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.67 | 1,477,371 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.68 | 1,477,271 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.73 | 1,477,171 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 200 | D | \$43.82 | 1,476,971 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 300 | D | \$43.84 | 1,476,671 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 200 | D | \$43.86 | 1,476,471 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.89 | 1,476,371 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.9 | 1,476,271 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.91 | 1,476,171 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.93 | 1,476,071 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.94 | 1,475,971 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.95 | 1,475,871 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$43.96 | 1,475,771 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 300 | D | \$43.97 | 1,475,471 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 200 | D | \$43.99 | 1,475,271 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$44 | 1,475,171 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$44.02 | 1,475,071 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$44.03 | 1,474,971 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$44.05 | 1,474,871 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 600 | D | \$44.06 | 1,474,271 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 100 | D | \$44.07 | 1,474,171 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 300 | D | \$44.08 | 1,473,871 | D | |
| Common Stock | | 10/19/2 | 2004 | 10/19/2004 | S | | 200 | D | \$44.09 | 1,473,671 | D | |
| Common Stock | | 10/19/2 | 2004 | 10/19/2004 | S | | 100 | D | \$44.1 | 1,473,571 | D | |
| Common Stock | | 10/19/ | 2004 | 10/19/2004 | S | | 287 | D | \$44.11 | 1,473,284 | 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 | 2. Conversion or Exercise Price of Derivative Security Conversion | 3. Transaction Ta Date (Month/Day/Year) 3. Transaction Date | Iffe Prenty Periva Execution Date, if any (e.g., p (Month/Day/Year) 3A. Deemed Execution Date. | ative Secur Transaction put Sije (Astis, 8) 4. Transaction | | Securities Acquired (A) or Disposed | | if chaps is sale of, Expiration bate operation bate options in the chapter of th | | | | (Instr. 5) 8. Price of | Beneficially Owned | 10. Ownership Form: Direct (D) or Indirect | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--|---|---|---|---|---|---|-------------------------------|--|-----------|----------------------------|---|--------------------------------------|--|---|--|
| Security (Instr. 3) | or Exercise Price of Derivative Security | (Month/Day/Year) | if any (Month/Day/Year) | Code (8) | | Af (D) Defive Light Acqui (A) or Dispo of (D) (Instrand 5 (A) | ative titles red sed | (Month/Day/\) Date Exercisable | | Securi Underl Deriva | ties ying tive y (Instr _e 3 | Derivative Security (Instr. 5) | Following of the Number of Tennistic of Tenni | Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | of Indirect Beneficial Ownership (Instr. 4) |
| Explanation | of Respons | es: | | Code | v | (A) | (D) | Date Exercisable | Expiratic | nn E. I | Amount or MacDona eSharespor | ld ting Person | 10/20/200 Date | <u> </u> <u> </u> | |

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.

^{*} 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).