FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
OMB Number:	3235-0287									
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0.5

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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

		Reporting Person* $\overline{\Gamma HONY\ J}$						cker or Tradi	ing S	Symbol			neck all app	icable) or	ng Per	son(s) to Iss 10% Ov	vner
(Last) 160 EXE	(Fi	,	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 07/21/2005								Officer (give title below)			specify	
(Street) WINCHI	ESTER VA		22603-8605 (Zip)	4	4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Lin	e) X Form Form	dual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)				ate	Execution Date,		Code (II					Benefic	es For ially (D) Following (I) (ownership m: Direct or Indirect Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
								Code	v	Amount	(A) o	Price	Transa (Instr. 3	ction(s)			(111341. 4)
	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)	2. Conversion or Exercise Price of Derivative Security		3A. Deemed Execution Date if any (Month/Day/Ye	Cod	saction e (Instr	n of E		6. Date Exercisable an Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)	i S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Cod	e V	(A)	(D)	Date Exercisable		xpiration ate	Title	Amount or Number of Shares					
Stock Options (Right to buy)	\$25.44	07/21/2005	07/21/2005	A		2,000		07/21/2006	0	7/21/2015	Common Stock	2,000	\$0	2,000		D	

Explanation of Responses:

Lynn E. MacDonald

07/25/2005

** Signature of Reporting Person

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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