## Edgar Filing: FLETCHER PAUL D - Form 4

FLETCHER	PAUL D										
Form 4 November 15	5 2004										
FORM Check thi	<b>I 4</b> UNITED S	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB APPROVAL OMB 3235-0287 Number: January 31, Expires: 2005	
if no long subject to Section 1 Form 4 or Form 5 obligation may cont <i>See</i> Instru 1(b).	6. r Filed purs inue. Section 17(a	ection 1 Public Ut	ANGES IN BENEFICIAL OWNERSHIP OF SECURITIES on 16(a) of the Securities Exchange Act of 1934, c Utility Holding Company Act of 1935 or Section e Investment Company Act of 1940					Estimated average burden hours per response 0.5			
(Print or Type F	Responses)										
1. Name and Address of Reporting Person <u>*</u> FLETCHER PAUL D			2. Issuer Name <b>and</b> Ticker or Trading Symbol				0	5. Relationship of Reporting Person(s) to Issuer			
				CO INC [	-			(Check	c all applicable	)	
(Last) 160 EXETE			3. Date of (Month/D 11/12/20	-	ansaction			Director X Officer (give below) Senio		Owner r (specify	
				endment, Date Original nth/Day/Year)			<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> </ul>				
WINCHEST	TER, VA 22603-8	8605						_X_ Form filed by O Form filed by M Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securi	ties Acqu	iired, Disposed of,	, or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	4. Securiti r(A) or Dis (Instr. 3, 4) Amount	sposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	11/12/2004	11/12/20	004	М	15,000	А	\$ 17.54	55,000	D		

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

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 control number.

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

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exerci Expiration Dat (Month/Day/Y	te	7. Title and J Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to buy)	\$ 17.54	11/12/2004	11/12/2004	М	15,000	10/16/2002	10/16/2011	Common Stock	15,000

## **Reporting Owners**

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
FLETCHER PAUL D						
160 EXETER DRIVE			Senior VP and CFO			
WINCHESTER, VA 22603-8605						
Signatures						

Lynn E.	
MacDonald	11/15/2004
<u>**</u> Signature of Reporting Person	Date

## **Explanation of Responses:**

\* 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.