Edgar Filing: ROSS JIMMY D - Form 4

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Form 4 June 28, 2000											
							OMB A	OMB APPROVAL			
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMB Number:	3235-0287			
Check thi if no long subject to Section 10 Form 4 or	er STATEN 6.										
Form 5 obligatior may conti <i>See</i> Instru 1(b).	inue. Section 17(a	suant to Section a) of the Public 30(h) of the	Utility Hold	ling Con	ipany	Act o	of 1935 or Section				
(Print or Type R	(esponses)										
			2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer				
					ek all applicable)						
(Mont			3. Date of Earliest Transaction (Month/Day/Year) 06/27/2006				_X_Director10% Owner Officer (give titleOther (specify below)below)				
				endment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
ALEXAND	RIA, VA 22303						Form filed by I Person	More than One R	eporting		
(City)	(State)	(Zip) Ta	able I - Non-D	erivative s	Securi	ties Ac	quired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed	3. if Transacti Code	FransactionAcquired (A) orCodeDisposed of (D)			Securities Energically Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)				
Stock, par value \$.05 per share	06/27/2006		А	300	А	\$0	8,134	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. 6. Date Exercisable an Number Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	7. Title and <i>A</i> Underlying S (Instr. 3 and	Securities	8. Price of Derivative Security (Instr. 5)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (right to buy)	<u>(1)</u>					(2)	(3)	Common Stock, par value \$.05 per share	2,500	

Reporting Owners

Reporting Owner Name / Address		Relationships						
I O	Director	10% Owner	Officer	Other				
ROSS JIMMY D 2550 HUNTINGTON AVENUE ALEXANDRIA, VA 22303	X							
Signatures								
Jimmy D. Ross 06/2	28/2006							

<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).
- (1) 750 at \$10.74 a share, 750 at \$12.82 a share, and 1,000 at \$25.17 a share.
- (2) 750 are exercisable until December 31, 2007; 750 are exercisable until December 31, 2008; and 1,000 are exercisable until December 31, 2009.
- (3) 750 expire on December 31, 2007; 750 expite on December 31, 2008; and 1,000 expire on December 31, 2009.

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.