## 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

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

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burde	en								
hours per response:	0.5								

1. Name and Addres <u>HOWARD J</u>	s of Reporting Person <u> <b> FIMOTHY</b></u>	*			tionship of Reporting Persor all applicable) Director Officer (give title	n(s) to Issuer 10% Owner Other (specify	
(Last) (First) (Middle) 3900 WISCONSIN AVENUE, NW		,		X	below) Vice Chairman &	below) CFO	
(Street) WASHINGTON (City)	DC (State)	20016 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line) X	vidual or Joint/Group Filing (C Form filed by One Reporti Form filed by More than C Person	ng Person	

### 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. Transa Code ( 8)		4. Securities Disposed Of	Acquired (D) (Instr	(A) or . 3, 4 and 5)	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)		(Instr. 4)
Common Stock	06/24/2004		М		3,500	A	\$18.625	27,800	D	
Common Stock	06/24/2004		S		300	D	\$71.02	27,500	D	
Common Stock	06/24/2004		S		300	D	\$71.06	27,200	D	
Common Stock	06/24/2004		S		500	D	\$71.03	26,700	D	
Common Stock	06/24/2004		S		300	D	\$71	26,400	D	
Common Stock	06/24/2004		S		100	D	\$71.05	26,300	D	
Common Stock	06/24/2004		S		300	D	\$71.07	26,000	D	
Common Stock	06/24/2004		S		100	D	\$71.08	25,900	D	
Common Stock	06/24/2004		S		100	D	\$71.04	25,800	D	
Common Stock	06/24/2004		S		100	D	\$71.17	25,700	D	
Common Stock	06/24/2004		S		100	D	\$71.14	25,600	D	
Common Stock	06/24/2004		S		400	D	\$70.98	25,200	D	
Common Stock	06/24/2004		S		100	D	\$71.1	25,100	D	
Common Stock	06/24/2004		S		100	D	\$70.97	25,000	D	
Common Stock	06/24/2004		S		300	D	\$70.95	24,700	D	
Common Stock	06/24/2004		S		100	D	\$71.01	24,600	D	
Common Stock	06/24/2004		S		300	D	\$71.12	24,300	D	
Common Stock								191,771	I	Timothy Howard Revocable Trust
Common Stock								24,000	Ι	Debra Howard Revocable Trust

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

Derivative Security     Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)     Derivative Security (Instr. 3 and 4)     Owned Followin Reporte Transac (Instr. 4)	llowing (I) (Instr. 4) ported insaction(s)	Beneficial Ownership (Instr. 4)
---	--	---------------------------------------

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction	Code V (5A)Nu(100)er Transaction of					CONVERTI Expiration Statute and Ite	tible secunities)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$18.625	06/24/2004	М			3,500	11/15/1995	11/15/2004	Common Stock	3,500	\$0	43,800	D	

## Explanation of Responses:

## Remarks:

All of the foregoing transactions were effected by the Reporting Person's broker pursuant to a written 10b5-1 trading plan established on February 27, 2004.

<u>/s/ J. Timothy Howard</u>

06/24/2004

\*\* Signature of Reporting Person

Date

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

 $^{\ast}$  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.

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.