Common Stock

FORM 4

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

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## 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: 3235-028										
	Estimated average burden										
	hours per response: 0										

Timothy Howard

Revocable Trust

Ι

191,771

1. Name and Address of Reporting Person*		suer Name <b>and</b> Tick					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
HOWARD J TIMOTHY		SOCIATION				) )	X Director 10% Owner							
(Last) (First) (Middle	rirst) (Middle)			action (	Month	n/Day/Year)		Officer (give title below)		Other (specify below)				
3900 WISCONSIN AVENUE, NW			08/2004	action (	ivioria	"Day reary		Vice Chairman & CFO						
(Street)		4. If a	Amendment, Date of	of Origin	al File	ed (Month/Day	6. In	6. Individual or Joint/Group Filing (Check Applicable						
WASHINGTON DC 20016							'		ne Reporting Pe	erson				
(City) (State) (Zip)								Form filed by More than One Reporting Person						
	Non-Deriva	tive	Securities Ac	nuire	l Die	enosed of	or Re	neficiall	v Owned					
1. Title of Security (Instr. 3)	2. Transacti		2A. Deemed	3.		4. Securities	Acquired	I (A) or	5. Amount of	6. Ownership	7. Nature of			
	Date (Month/Day	/Year)	Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)		Disposed Of	(D) (Instr	. 3, 4 and 5)	Securities Beneficially Owned Following	Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial Ownership (Instr. 4)			
				Code V		Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)					
Common Stock	07/08/2	004		М		3,500	A	\$18.625	27,800	D				
Common Stock	07/08/2	004		S		100	D	\$71.65	27,700	D				
Common Stock	07/08/2	004		S		200	D	\$71.45	27,500	D				
Common Stock	07/08/2	004		S		200	D	\$71.46	27,300	D				
Common Stock	07/08/2	004		S		100	D	\$71.48	27,200	D				
Common Stock	07/08/2	004		S		100	D	\$71.44	27,100	D				
Common Stock	07/08/2	004		S		100	D	\$71.49	27,000	D				
Common Stock	07/08/2	004		S		100	D	\$71.47	26,900	D				
Common Stock	07/08/2	004		S		100	D	\$71.42	26,800	D				
Common Stock	07/08/2	004		S		100	D	\$71.5	26,700	D				
Common Stock	07/08/2	004		S		200	D	\$71.52	26,500	D				
Common Stock	07/08/2	004		S		100	D	\$71.56	26,400	D				
Common Stock	07/08/2	004		S		200	D	\$71.53	26,200	D				
Common Stock	07/08/2	004		S		400	D	\$71.29	25,800	D				
Common Stock	07/08/2	004		S		100	D	\$71.27	25,700	D				
Common Stock	07/08/2	004		S		100	D	\$71.25	25,600	D				
Common Stock	07/08/2	004		S		200	D	\$71.23	25,400	D				
Common Stock	07/08/2	004		S		100	D	\$71.35	25,300	D				
Common Stock	07/08/2	004		S		300	D	\$71.34	25,000	D				
Common Stock	07/08/2	004		S		100	D	\$71.31	24,900	D				
Common Stock	07/08/2	004		S		100	D	\$71.36	24,800	D				
Common Stock	07/08/2	004		S		100	D	\$71.32	24,700	D				
Common Stock	07/08/2	004		S		100	D	\$71.3	24,600	D				
Common Stock	07/08/2	004		S		100	D	\$71.38	24,500	D				
Common Stock	07/08/2	004		S		100	D	\$71.16	24,400	D				
Common Stock	07/08/2	004		S		100	D	\$71.12	24,300	D				

		Tab	le I - No	on-Deri	vative	Sec	urit	ies Ac	quired	l, Di	sposed o	of, or Be	neficiall	y Owned	t			
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		Exe ) if a	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)				Acquired (A) or f (D) (Instr. 3, 4 and 5)		Beneficially Owned Following		nership Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership		
							Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common Stock			- Deriva	ative \$	ve Securities Acq		wired. Dis		posed of	or Ben	eficially	24,	000	I		Debra Howard Revocable Trust		
											converti							
1. Title of Derivative Security (Instr. 3)  2. Conversion or Exercise Price of Derivative Security  Output  3. Transaction Date (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)			on Date, Transacti Code (Ins			tion of		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)		10. Ownersh Form: Direct (D or Indirec (I) (Instr.	Beneficial Ownership tt (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisa	ıble	Expiration Date	Title	Amount or Number of Shares					
Employee Stock Option (right to buy)	\$18.625	07/08/2004			M			3,500	11/15/19	995	11/15/2004	Common Stock	3,500	\$0.00	36,8	00	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> <u>07/08/2004</u>

\*\* Signature of Reporting Person Date

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.

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.