FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

<b>STATEMENT</b>	<b>OF CHANGES</b>	IN BENEFICIAL	<b>OWNERSHIP</b>

l	OMB APPRO	VAL
	OMB Number:	3235-0287
	Estimated average burd	en
	hours per response:	0.5

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

1. Name and Address of Reporting Person*  CHESTON SHEILA C.					<u>N</u> (											ionship of Reporting all applicable) Director Officer (give title		10% Ov Other (s	/ner
(Last) 2980 FA	•	rst) ARK DRIVE	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 11/14/2013									below)  Corp. VP & General			below) al Counsel		
(Street) FALLS CHURC	H VA	A	22042		4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)								Indiv ne) X	ividual or Joint/Group Filing (Check Applica Form filed by One Reporting Person Form filed by More than One Reporting Person				1
(City)	(SI	ate)	(Zip)																
		Tab	le I - No	n-Deriv	vativ	e Se	curit	ies Ac	quired,	Dis	posed o	f, or Be	nefici	ally	Owned	l			
Date			2. Trans Date (Month/		Exe		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)		4 and Secu Ben Own		ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount	(A) or (D) Pri			Reported Transact (Instr. 3	orted isaction(s) tr. 3 and 4)			(Instr. 4)	
Common Stock 1			11/14	4/2013	/2013		М		29,15	29,158 A \$		.58	60,	60,713		D			
Common Stock 11/1			4/2013	/2013			S		25,76	4 D	\$1	10	34,	,949		D			
		٦	Гable II -								osed of, onvertil				wned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Da	Date, Transact Code (In			on of		6. Date Exercisabl Expiration Date (Month/Day/Year)		of Securities		ties ig e Securit	D	Price of erivative ecurity nstr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	e S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisal		Expiration Date	Title	Amour or Number of Shares	mber					
Stock Option (Right-to-	\$58.58	11/14/2013			M			29,158	(1)	1	11/11/2017	Common Stock	29,15	8	\$0.0000	0.0000	0	D	

## Explanation of Responses:

1. The option is fully exercisable

/s/ Jennifer C. McGarey, Attorney-in-Fact 11/18/2013

\*\* Signature of Reporting Person Date

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

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.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).