FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL	
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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

1. Name and Address of Reporting Person* Warden Kathy J						NOC]									k all appli Directo	cable) or (give title	g Pers	10% Ov Other (s below)	vner	
(Last) 2980 FA	(Fi IRVIEW PA		3. Date of Earliest Transaction (Month/Day/Year) 02/13/2015									, ,	rp VP & l	Pres 1	,					
(Street) FALLS CHURC			22042 (Zip)		4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indi Line)	-/					
		Tab	le I - No	n-Deriv	vative	e Sec	uriti	ies Ac	quired	, Dis	sposed (of, or Be	nefic	ially	Owned	t k				
Date			Date	Date			2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4				es ially Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	(A) or (D)	Price			ed ction(s) 3 and 4)			(Instr. 4)	
Common Stock 02/13/20					2015 ⁽²	015 ⁽¹⁾			М		2,867	2) A	\$0.0	0000	17,922			D		
Common Stock 02/13/20					2015 ⁽²	015 ⁽¹⁾			F		949(3)	D	\$16	67.14 16		16,973		D		
		Т	able II -								osed of converti				wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Execution if any (Month/D	n Date,		ransaction ode (Instr.		n of l		6. Date Exercis Expiration Date (Month/Day/Yea		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)		9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	y Owner Form Director Inc (I) (In	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amour or Number of Shares	er						
Restricted Stock Rights	(4)	02/13/2015 ⁽¹⁾			M			2,867	(4)		(4)	Common Stock	2,86	7 9	0.000	36,544 ⁽⁵	5)	D		

Explanation of Responses:

- 1. In light of the RSR vesting date, Sunday, February 15, 2015, occurring on a weekend, and in accordance with the terms of the 2011 Long-Term Incentive Stock Plan ("LTISP"), RSR award shares were valued based on the Company's closing stock price on Friday, February 13, 2015, the immediately preceding business day. The shares were distributed into the participant's account on this date.
- $2. \ Shares \ issued \ upon \ vesting \ of \ Restricted \ Stock \ Rights \ ("RSRs") \ granted \ under \ the \ LTISP \ on \ 2/15/12 \ that \ vested \ on \ 2/15/15.$
- 3. Shares surrendered to issuer in payment of tax liability in connection with vesting of RSRs in accordance with Rule 16b-3(e).
- 4. Each Restricted Stock Right ("RSR") represents a contingent right to receive an equivalent number of shares of Issuer common stock, or, at the election of the Issuer's Compensation Committee, cash or a combination of cash and Issuer common stock.
- 5. Total amount includes 7,560 RSRs granted under the LTISP on 2/19/14 that will vest on 2/19/14 that will vest on 2/20/15; and 15,356 RSRs granted under the LTISP on 2/20/13 that will vest on 2/20/16; and 15,356 RSRs granted under the LTISP on 7/19/12 that will vest on 7/19/15.

/s/ Jennifer C. McGarey, 02/17/2015 Attorney-in-Fact

** 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.

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