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CAPE OLWEN B Form 4 February 07, 2003

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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL

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 Name and Addre Cape Olwen B. 			me and Tic		Per	6. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
(Last) (First) (Middle) 4800 Cox Road								4. Statement for Month/Day/Year 1/29/03		Director 10% Owner X Officer (give title below) Other (specify below) Vice President			
Glen Allen, VA 23					Date (Mor	5. If Amendment, Date of Original (Month/Day/Year)		7. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	T	able	e I Non-E)erivat	isposed of, or Beneficially Owned								
Security action (Instr. 3) Date (M	etion ate Month/ Day/	Execution a Date, f any	action Code (Instr. 8)		4. Securities or Dispose (Instr. 3, 4	d of (Ê	D)	5. Amount of Securities Beneficially Owned Follow-		ship Form:			
Ye	ear)	(Month/Day/ Year)	Code	V	Amount	(A) or (D)	Price	ing Reported Transactions(s) (Instr. 3 & 4)		(Instr. 4)	(Instr. 4)		
Common Stock	01/30/02		A	V	504	A	\$0		6,915	D			
Common Stock	01/30/02		A	v	460	A	\$0)	7,375	D			
Common Stock	02/01/02		F	V	236	D	\$18.99		7,139	D			
Common Stock	2/01/02	(1)	J	V	347	D			6792	D			
Common Stock	1/29/03		A		575	D	\$0		7367	D			
Common Stock	1/29/03		A		711	D	\$0		8078	D			
Common Stock									2,000	I	By Spouse		
Common Stock									3,133	I	ESPP		

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Common Stock				1,122	I	401(k)

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

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FORM 4 (continued) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

Stock	\$14.90	08/08/02		A	8,000		01/30/03	01/30/09	Common	of Shares 8,000	\$14.90	42,000	D	
				Code V	(A)		Exer-cisable	Expira- tion Date	Title	Amount or Number			(Instr. 4)	
					(Instr. 3, 4 & 5)			ī		1			Indirect (I)	
					of (D)							(Instr. 4)	(D) or	
			Year)	-,	Dispo							*	Direct	
		Day/ Year)	(Month/ Day/	(Instr. 8)	Acqui (A) or							Following Reported	ative Security:	
` ,			if any	(T.)	Secur		Year)		(Instr. 3 &	z 4)			of Deriv-	(Instr. 4)
-	Price of	Date	Date,	Code			(Month/Day/		Securities	_	-		_	Ownershi
Derivative Security		action Date		Trans- action	Numb of		and Expiratio Date	n			Derivative Security	Derivative Securities	Owner- ship	of Indirect Beneficia
1. Title of				4.			6. Date Exercisable						10.	11. Natur

Explanation of Responses:

(1) Vested Restricted Stock Transferred to ESPP Account

By: /s/ Olwen B. Cape

1/29/03 Date

**Signature of Reporting Person

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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^{*} 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).