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GRAVEN T Form 4	TMOTHY M										
	8 2005										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB AF	OMB APPROVAL	
Washington, D.C. 20549								OMB Number:	3235-0287		
Check th if no long subject to Section 1 Form 4 c Form 5 obligation may com <i>See</i> Instr 1(b).	ger o 16. or Filed pu ons tinue.	rsuant to S (a) of the I	Section 1 Public Ut	SECUR 6(a) of the	ITIES e Securit ling Con	ies E 1pany	xchang y Act of	NERSHIP OF e Act of 1934, f 1935 or Section 0	Expires: Estimated a burden hou response		
(Print or Type	Responses)										
	Address of Reporting ΓΙΜΟΤΗΥ Μ	g Person <u>*</u>	Symbol	⁻ Name and RMANCI GC]				5. Relationship of Issuer (Chec	Reporting Pers k all applicable		
(Last) 12500 WES	(First)	(Middle) KWAY	3. Date of (Month/D 11/23/29	-	ansaction			X Director Officer (give below)		Owner er (specify	
	(Street)			ndment, Da hth/Day/Year		l		6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M	One Reporting Pe	rson	
RICHMON	D, VA 23238							Person		porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year) Executio any		3. Transactic Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	spose 4 and (A)	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common	11/23/2005			Code V M	Amount 5,000	or (D) A	Price \$	(Instr. 3 and 4) 20,000	D		
stock	1112312003			111	5,000	11	12.97	20,000	2		
Common stock	11/23/2005			S	5,000	D	\$ 28.74	15,000	D		

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

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number onof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercis Expiration Dat (Month/Day/Y	e	7. Title and A Underlying S (Instr. 3 and	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock options	\$ 12.97	11/23/2005		М	5,000	05/05/2000	05/05/2009	Common stock	5,000

Reporting Owners

Reporting Owner Name / Address		Relationsh	ips	
1	Director	10% Owner	Officer	Other
GRAVEN TIMOTHY M 12500 WEST CREEK PARKWAY RICHMOND, VA 23238	Х			
Signatures				
J. Keith Middleton, by power of attorney		11/28/2005		
**Signature of Reporting Person		Date		
Explanation of Resp	onses	S:		

lation of nesponse

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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.