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CAPITAL OF Form 4 May 02, 200	ЛЛ						NGE C	OMMISSION	OMB	PROVAL 3235-0287	
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	ger o 16. or Filed purst tinue. Section 17(a)	Washington, D.C. 20549Number:32.F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESExpires:JantSection 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section 0 of the Investment Company Act of 1940Distribution Distribution									
(Print or Type	Responses)										
	Address of Reporting Po K RICHARD D	erson <u>*</u>	Symbol	Name and			-	5. Relationship of Issuer (Check	Reporting Pers		
(Last) (First) (Middle) 3. Date o (Month/I			3. Date of	e of Earliest Transaction h/Day/Year)				X Director 10% Owner X Officer (give title Other (specify below) below) Chairman, CEO and President			
MCLEAN,	(Street) VA 22102			ndment, Da hth/Day/Year	-			6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M Person	one Reporting Per	rson	
(City)	(State) (Z	Zip)	Tabl	e I - Non-D	Derivative S	Securi	ties Acqu	uired, Disposed of	, or Beneficial	ly Owned	
(City) 1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem	ned 1 Date, if	3. Transactio	erivative S 4. Securit or(A) or Dis (Instr. 3, 4	ies Ac sposed 4 and 5 (A)	quired of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any	ned 1 Date, if	3. Transactic Code	4. Securit on(A) or Dis	ies Ac sposed 4 and 5	quired of (D)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership	
1.Title of Security	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any	ned 1 Date, if	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4	ies Ac sposed and 5 (A) or	quired of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any	ned 1 Date, if	3. Transactic Code (Instr. 8) Code V	4. Securit m(A) or Dis (Instr. 3, 4)	(A) (D)	quired of (D) j) Price \$	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
1.Title of Security (Instr. 3) Common Stock (1) Common	2. Transaction Date (Month/Day/Year) 05/01/2008	2A. Deem Execution any	ned 1 Date, if	3. Transactic Code (Instr. 8) Code V M	4. Securit or(A) or Dis (Instr. 3, 4 Amount 14,634	(A) (A) (D) (A)	quired of (D))) Price \$ 33.77 \$	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) 2,465,703	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) D	7. Nature of Indirect Beneficial Ownership	
1.Title of Security (Instr. 3) Common Stock (1) Common Stock (1) Common	 2. Transaction Date (Month/Day/Year) 05/01/2008 05/01/2008 	2A. Deem Execution any	ned 1 Date, if	3. Transactic Code (Instr. 8) Code V M S	4. Securit or(A) or Dis (Instr. 3, 4 Amount 14,634 100	(A) (A) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C	quired of (D) 5) Price \$ 33.77 \$ 52.59	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) 2,465,703 2,465,603	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) D	7. Nature of Indirect Beneficial Ownership	

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Common Stock (1)	05/01/2008	S	100	D	\$ 52.86 2,464,903	D
Common Stock (1)	05/01/2008	S	100	D	\$ 52.89 2,464,803	D
Common Stock (1)	05/01/2008	S	300	D	\$ 52.9 2,464,503	D
Common Stock (1)	05/01/2008	S	100	D	\$ 52.97 2,464,403	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.06 2,464,303	D
Common Stock (1)	05/01/2008	S	300	D	\$ 53.08 2,464,003	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.1 2,463,903	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.13 2,463,803	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.15 2,463,703	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.25 2,463,603	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.36 2,463,503	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.37 2,463,403	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.38 2,463,303	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.39 2,463,203	D
Common Stock (1)	05/01/2008	S	200	D	\$ 53.42 2,463,003	D
Common Stock (1)	05/01/2008	S	200	D	\$ 53.45 2,462,803	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.47 2,462,703	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.51 2,462,603	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.58 2,462,503	D
Common Stock (1)	05/01/2008	S	100	D	\$ 53.61 2,462,403	D
	05/01/2008	S	100	D	2,462,303	D

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Common Stock (1)					\$ 53.72			
Common Stock (1)	05/01/2008	S	200	D	\$ 53.82	2,462,103	D	
Common Stock (1)	05/01/2008	S	100	D	\$ 53.87	2,462,003	D	
Common Stock						107,502	Ι	By Fairbank Morris

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

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 control number.

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 of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	erivative Expiration Date ecurities (Month/Day/Year) cquired (A) Disposed of D) nstr. 3, 4,		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Pr Deriv Secu (Inst
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (Right to Buy)	\$ 33.77	05/01/2008		М	14,634	(2)	06/10/2008	COF	14,634	9

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
FAIRBANK RICHARD D 1680 CAPITAL ONE DRIVE	Х		Chairman, CEO and					
MCLEAN, VA 22102	21		President					

Signatures

/s/ Tangela S. Richter (POA) on file for Richard D. Fairbank

05/02/2008

Date

<u>**</u>Signature of Reporting Person Explanation of Responses:

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).
- (1) This transaction was executed pursuant to a trading plan entered into by the Reporting Person on February 1, 2007, in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.
- (2) This option was subject to and received stockholder approval on April 29, 1999, and the performance-based vesting criteria of the option was satisfied on September 11, 2000, the date on which the fair market value of the common stock reached and remained at or above \$58.33 for at least ten trading days in any 30 calendar-day period. This requirement had to be satisfied on or before June 11, 2001.

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.