Edgar Filing: LAFOND JAMES F - Form 4

LAFOND JA Form 4										
June 28, 2000	1	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Weshington D.C. 20540								
Check thi if no long subject to Section 10 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	er STATEN 5. Filed pur ¹⁵ Section 17(STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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							January 31, 2005 average irs per 0.5	
(Print or Type R	esponses)									
LAFOND JAMES F Symbol			suer Name and Ticker or Trading ol CORP [V S E C]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (I	Middle) 3. Date o	f Earliest Tra	ansaction			(Cheo	(Check all applicable)		
2550 HUNT	INGTON AVEN	(Month/E NUE 06/27/2	-				X_ Director Officer (give below)		6 Owner er (specify	
			endment, Date Original nth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
(City)	(State)	(Zip) Tab		• .• .			Person			
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)	e 2A. Deemed	3. Transactio Code (Instr. 8)	4. Securi onAcquirec Disposec (Instr. 3,	ties I (A) o I of (D 4 and (A) or	or))	quired, Disposed o 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	f, or Beneficia 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	-	
Common Stock, par value \$.05 per share	06/27/2006		A	300	А	\$0	1,490	D		

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)

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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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and A Underlying S (Instr. 3 and	Securities	8. Price of Derivative Security (Instr. 5)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (right to buy)	<u>(1)</u>					(2)	(3)	Common Stock, par value \$.05 per share	1,750	

Reporting Owners

Reporting Owner Name / Address		Relationships						
	Director	10% Owner	Officer	Other				
LAFOND JAMES F 2550 HUNTINGTON AVENUE ALEXANDRIA, VA 22303	E X							
Signatures								
James F. Lafond 06/2	06/28/2006							

<u>**</u>Signature of Reporting Person Date

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) 750 at \$12.82 a share and 1,000 at \$25.17 a share.
- (2) 750 are exercisable until December 31, 2008, and 1,000 are exercisable until December 31, 2009.
- (3) 750 expire on December 31, 2008, and 1,000 expire on December 31, 2009.

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.