CAPE OLWEN B Form 4 April 24, 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

OMB Number: 3235-0287 Expires: January 31, 2005 Estimated average burden hours per response. . .0.5

OMB APPROVAL

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

a) of	Filed By
nt	Romeo and Dye's
	Section 16 Filer
	www.section16.net

 Name and Ado Cape Olwen B. 			ne and Tic inor, Inc. (Per to 1	6. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
(Last) (First) (Middle)			of Repo	rting	ntification N Person, voluntary)	Jumber		atement for th/Day/Year /03	104 X (Oth Vie	Director 10% Owner X Officer (give title below) Other (specify below) Vice			
Glen Allen, VA	(Street) 23060						Date	Amendment, e of Original nth/Day/Year)	7.] (Cl <u>X</u> I Per]	neck Applicab Form filed by (rson	One Reporting More than One		
(City)	(State) (Zip)	Т	able	I Non-D	erivati	ve Seci	urities Acquired, I	Dispose	d of, or Benef	icially Owned		
1. Title of Security (Instr. 3)	Title of2. Trans-2A. DeemedcurityactionExecution			Code)	4. Securitie (A) or Disp (Instr. 3, 4	osed o		5. Amount of Securities Beneficially		6. Owner- ship Form: Direct (D)	7. Nature of Indirect Beneficial		
		if any (Month/Day/ Year)	Code	V	Amount	(A) or (D)	Price	Owned Follow- ing Reported Transactions(s) (Instr. 3 & 4)		or Indirect (I) (Instr. 4)	Ownership (Instr. 4)		
Common Stock									7472	D			
Common Stock									2000	I	By Spouse		
Common Stock									1052	Ι	401(k)		
Common Stock									3218	I	ESPP		

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).

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

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Stock Option	\$18.48	04/23/03		Α	5500		04/23/04	04/23/10	Common Stock	Shares 5500		47500	D	
								Date		Number of				
				Code V	(A)			Expira- tion	Title	Amount or			(Instr. 4)	
					(Instr 4 & 5	,							Indirect (I)	
					of (D)						(Instr. 4)	(D) or	
			Year)	0)	Disp							*	Direct	
		Day/ Year)		(Instr. 8)	Acqu (A) o							Following Reported	ative Security:	
` /	Derivative		if any	(T (Year)		(Instr. 3 &	2 4)		Owned	of Deriv-	(Instr. 4)
2	Price of			Code			Date (Month/Day/		Securities	e	(Instr. 5)	Beneficially	Form	Ownershi
			Deemed Execution		Num of		and Expiration				Derivative Security	Derivative Securities	Owner- ship	of Indirec Beneficial
	2. Conver-			4.	5.		6. Date Exerc		7. Title an				10.	11. Nature

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

Explanation of Responses:

By: /s/ Olwen B. Cape

<u>4/24/03</u> Date

**Signature of Reporting Person

**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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