FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average b	ourden									

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

hours per response: 0.5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 5. Relationship of Reporting Person(s) to Issuer

1. Name and Address of Reporting Person* LARSON GREGORY J				er Name and Ticke ST MARRIO		-	,	(Checl	ationship of Reportin all applicable) Director Officer (give title	10% (
(Last) (First) (Middle) 6903 ROCKLEDGE DRIVE SUITE 1500			3. Date 11/30	e of Earliest Transa /2005	ction (M	onth/[Day/Year)	X	below) Sr. Vice President	below)` '	
(Street) BETHESDA	MD	4. If Ar	mendment, Date of	Original	Filed	(Month/Day/Y	6. Indi Line) X	· /				
(City)	(City) (State) (Zip)											
		Table I - Noi	n-Derivative S	Securities Acq	uired,	Dis	posed of,	or Ben	eficially	Owned		
Da			2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
				Code V		Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock	11/30/2005		M		10,000	A	\$7.095	35,087	D			
Common Stock			11/30/2005		M 2,500 A \$11.25 37,587 D							
Common Stock		12/01/2005		M		14,300	A	\$8.24	51,887	D		
Deferred Bonus	Stock Award								3,355	D		
Restricted Stock										21,307	D	

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. Transa Code (8)	action Instr.	5. Number of r. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non- Qualified Stock Option (right to buy)	\$7.095	11/30/2005		M			10,000	11/02/2001	11/02/2016	Common Stock	10,000	\$0	0	D	
Non- Qualified Stock Option (right to buy)	\$8.24	12/01/2005		M			14,300	11/01/2002	11/01/2017	Common Stock	14,300	\$0	32,500	D	
Non- Qualified Stock Option (right to buy)	\$11.25	11/30/2005		M			2,500	02/02/1999	02/02/2014	Common Stock	2,500	\$0	0	D	
Non- Qualified Stock Option (right to buy)	\$8.9688							11/02/1999	11/02/2014	Common Stock	11,250		11,250	D	
Non- Qualified Stock Option (right to buy)	\$10.3125							11/08/2000	11/08/2015	Common Stock	32,500		32,500	D	

** Signature of Reporting Person

Date

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).
- ** 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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