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LARSON DC Form 4 March 18, 200	OUGLAS CLOW	ÆR										
Check this box if no longer subject to Section 16. Washington, D.C. 20549 Number: Lexpires: January 3: 200 Estimated average burden hours per									3235-0287 January 31, 2005 average rs per			
(Print or Type Ro	esponses)											
LARSON DOUGLAS CLOWER Symbol				Name and Ticker or Trading					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 3. Date of 1 (Month/Da 10 COURTHOUSE SQUARE 03/17/20			-					X_ Director 10% Owner Officer (give title Other (specify below)				
Filed(Mont				ndment, 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 			
	ON, VA 20186								Person		Porting	
(City)	(State)	(Zip)	Table	e I - Noi	n-De	erivative S	Securi	ties Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	med on Date, if Day/Year)	Code (Instr.	8)	n(A) or Di (D)	spose	d of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	03/17/2009			М		2,240	A	\$ 9.75	13,848	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. Transactio Code (Instr. 8)	5. Number on f 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 Underlying Securities (Instr. 3 and 4)		8. D S (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock options (right to buy stock)	\$ 9.75	03/17/2009		М	2,240	10/01/1999	04/01/2009	Common Stock	2,240	

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Reporting Owners

Reporting Owner Name / Address		Relationsh		
	Director	10% Owner	Officer	Other
LARSON DOUGLAS CLOWER 10 COURTHOUSE SQUARE WARRENTON, VA 20186	Х			
Signatures				
Valerie Barlowe, as Attorney-in-F Larson	03/18/2009			
<u>**</u> Signature of Reporting		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).

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.