FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

2. Issuer Name **and** Ticker or Trading Symbol

OMB APPROVAL
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5. Relationship of Reporting Person(s) to Issuer

OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*  FAIRBANK RICHARD D  (Last) (First) (Middle)					uer Name <b>and</b> Tick PITAL ONE					heck all a	hip of Reportin pplicable) ector icer (give title		10% Owner Other (specify		
	(Fi PITAL ON	,	(Middle)		3. Date of Earliest Transaction (Month/Day/Year)  08/10/2007  4. If Amendment, Date of Original Filed (Month/Day/Year)  6. Individual or Joint/Group Filing (Check Applicable										
(Street) MCLEA	N VA	A	22102	4. If A	mendment, Date o	f Origina	l Filed	(Month/Day	y/Year)		ne) X Fo Fo	rm filed by One	Filing (Check A Reporting Pers te than One Rep	son	
(City)	(St	tate)	(Zip)								P6	15011			
		Tab	le I - Non-D	Derivative S	Securities Acc	uired,	Dis	posed of	, or Ben	eficia	lly Ow	ned			
1. Title of Security (Instr. 3)				Transaction ate Ionth/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securitie Disposed ( 5)	(A) or (D) Price		d Sec Ben Owr Rep	nount of rities ficially ed Following orted saction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
-	C 1 (1)(2)			00/10/2007		-	ľ				<del>-  `</del>	r. 3 and 4)	Б		
Common				08/10/2007		S		100	D	\$68.		2,205,570	D		
Common				08/10/2007		S		100	D D	\$68.	_	2,205,470	D D		
Common				08/10/2007		S		100	D	\$68. \$68.	_	2,205,370			
Common				08/10/2007		S		100	D	\$68	_	2,205,170	D D		
Common				08/10/2007		S		100	D	\$68.		2,205,070	D		
Common				08/10/2007		S		100	D	\$68.	_	2,204,970	D		
Common				08/10/2007		S		100	D	\$68.	_	2,204,870	D		
Common				08/10/2007		S		100	D	\$68.	_	2,204,770	D		
Common				08/10/2007		S		100	D	\$68.	_	2,204,670	D		
Common				08/10/2007		S		200	D	\$68.	_	2,204,470	D		
Common				08/10/2007		S		100	D	\$68.	63 2	,204,370	D		
Common	Stock <sup>(1)</sup>			08/10/2007		S		100	D	\$68.	65 2	,204,270	D		
Common	Stock <sup>(1)</sup>			08/10/2007		S		100	D	\$68.	69 2	,204,170	D		
Common Stock <sup>(1)</sup>			(	08/10/2007		S		100	D	\$68.	75 2	,204,070	D		
Common Stock <sup>(1)</sup>				08/10/2007		S		200	D	\$68.	77 2	,203,870	D		
Common Stock <sup>(1)</sup>			(	08/10/2007		S		100	D	\$68.	95 2	,203,770	D		
Common Stock <sup>(1)</sup>				08/10/2007		S		100	D	\$68.	98 2	,203,670	D		
Common Stock <sup>(1)</sup>			(	08/10/2007		S		100	D	D \$68.		,203,570	D		
Common Stock <sup>(1)</sup>				08/10/2007		S		100	D	\$69.	04 2	,203,470	D		
Common Stock <sup>(1)</sup>				08/10/2007		S		339 D		\$69.	08 2	,203,131	D		
Common Stock												107,502	I	By Fairbank Morris	
		Ta			curities Acqui						/ Owne	d			
Derivative Conversion Date		3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Da if any (Month/Day/Y	4. Transact Code (In	5. Number ion of	6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price o Derivative Security (Instr. 5)		Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	

		Та							ired, Disp options,	convertib		ı or ı	r			
1. Title of	2. Conversion	3. Transaction	3A. Deei	med	<b>4</b> ode		6A)Nu	m(150e)r	Date 6xDetisEblero Expiration D		7itīētle Amour	aSolodares	8. Price of	9. Number of derivative	10. Ownership	11. Nature
ESeptiantation	of Elespisas	e <b>(Month/Day/Year)</b> uted pursuant to a tra	if any	·	Code (	Instr.		ative rities	(Month/Day/	Year)	Securi	ties	Security	Securities	Form:	Beneficial Ownership (Instr. 4)
2. Due to SEC	C <b>Seleu dity</b> iting	the number of non-d	lerivative t	ransactions	that can	be rep	oɪ(tA)l o   Dispo   of (D)   (Instr   and 5	n a sing osed ) : 3, 4	le Form 4, this	Form 4 is a c  /S/ OT	or <b>Securi</b> Tand 4)  Tange  file fo	tyn(tristre 3°0 la S. Rich r Richard	rm 4 filed for hter (POA) D. Fairba	the blowing ate list Reported Transaction (2) 1 Transaction (2) 2	e <b>(l)</b> a <b>(lostr. 4)</b>	,
** Signature of Report  Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.													ting Person	Date		
** Intentiona	l misstatemer	e than one reportir ts or omissions of	acts con	stitute Fed	eral Cri	minal \	/iolatic									
Note: File th Persons wh	ree copies of o respond to	this Form, one of w	hich mus informat	t be manu i <b>on conta</b>	ally sigi i <b>ncedi</b> en	hed. If:	space r(m)ar	is insu e( <b>no</b> t r	fficient, see Ir Date egxireriables	nstruction 6 f Expiration espaged unle	or proce ssitte f	panwakajeble popowakajeble popowakajeble	ys a currer	tly valid OMB I	lumber.	