SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

	ROVAL
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hours per response:	0.5

1. Name and Address of Reporting Person*				er Name and Ticke		ymbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
PORTER A ALEXANDER JR			<u> </u>		- 1		X	Director	10% C	Dwner		
(Last) 11600 SALLIE	(First) MAE DRIVE	(Middle)	3. Date 03/19/	e of Earliest Transac /2004	ction (Month/D	ay/Year)		Officer (give title below)	Other below	(specify)		
			4. If An	nendment, Date of (Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable					
(Street)							Line)	Form filed by On	Doporting Dors	on l		
RESTON	VA	20193					X	-				
								Form filed by Mo Person	re than One Rep	orting		
(City)	(State)	(Zip)										
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Security (Instr. 3) 2. Trans				2A. Deemed	3. Transaction	4. Securities Acquired (A) Disposed Of (D) (Instr. 3)		5. Amount of Securities	6. Ownership	7. Nature		

. Title of Security (Instr. 3)	Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)				6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(insu. 4)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

			(= 57	,		,		, optione,							
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)		5. Num of Deriva Securi Acquir (A) or Dispos of (D) (Instr. and 5)	tive ties red sed 3, 4	Expiration Da	5. Date Exercisable and Expiration Date Month/Day/Year) Derivative Securi (Instr. 3 and 4)		Amount of Derivativ Securities Security Underlying (Instr. 5) Derivative Security		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				
Phantom Stock Units	\$0 ⁽¹⁾	03/19/2004		A		12.57		(2)	(2)	Common Stock	12.57	\$40.86	3,033.47	D	

Explanation of Responses:

1. Conversion or Exercise Price of Derivative Security is 1 to 1.

2. Phantom Stock Units accrued under the Director Deferred Compensation Plan are to be settled in the Company's common stock upon the reporting person's separation from service.

03/22/2004 Mary F. Eure (POA) Date

** Signature of Reporting Person

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.

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 Number.