FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

hours per response:

0.5

Check this box if no longer subje	ect 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* SANDERS KEITH															5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner					
						<u>[C</u> [	BSET ]					, y	04:	give title		Other (s				
(Last) P O BOX	`	irst)	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 01/20/2005									,	Executive Vice I				
(Street) BASSETT VA 24055					4. If	f Ame	endment, I	Date	of Original I	-iled (	(Month/Da	Line)	6. Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person							
(City)	(SI	tate)	(Zip)	,											Form filed by More than One Reporting Person					
		Tal	ole I - Nor	า-Deriv	ativ	e Se	curitie	s A	cquired,	Disp	osed o	of, or	Bene	ficially	Owned					
Date				2. Transa Date (Month/I		ear)	2A. Deem Execution if any (Month/Da	Date	Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4				Beneficia Owned Fo	s Ily	Form	: Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount		A) or D)	Price	Transacti	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)	
Common				01/18	3/200	)5			S		2,00	0	D	\$18.5	2,0	2,000		D		
			Table II -	Derivat (e.g., p	tive uts,	Sec call	urities s, warr	Acc	uired, D s, option	ispo s, c	sed of onverti	, or B ble se	enefi ecuri	cially (	Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution D if any (Month/Day/	Date, Tr	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exe Expiration (Month/Day	Date		7. Title and Amo of Securities Underlying Deriv Security (Instr. 3 4)		erivative	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				C	ode	v	(A)	(D)	Date Exercisabl		epiration	Title		Amount or Number of Shares						
OPTION <sup>(1)</sup>	\$22.5	10/26/1998			A		15,000		10/26/2001	1 10	)/25/2008	COMN	4ON	15,000	\$22.5	15,00	00	D		
OPTION <sup>(1)</sup>	\$22.5625	06/29/1999			A		40,000		06/28/2002	2 06	6/27/2009	COMN	4ON	40,000	\$22.5625	40,00	00	D		
OPTION <sup>(1)</sup>	\$14.7	01/15/2002			A		5,000		01/15/2003	3 01	/14/2012	COMN	ION	5,000	\$14.7	5,000	0	D		
OPTION <sup>(1)</sup>	\$14.7	01/15/2002			A		5,000		01/15/2004	1 01	/14/2012	COMN	4ON	5,000	\$14.7	5,000	0	D		

## Explanation of Responses:

OPTION<sup>(1)</sup>

Option<sup>(1)</sup>

1. Granted under the 1997 Employee Stock Plan.

\$14.7

\$21.12

KEITH SANDERS

COMMON

Common

01/14/2012

02/23/2014

01/15/2005

11/15/2004

01/20/2005

5,000

20,000

\*\* Signature of Reporting Person

5,000

20,000

\$14.7

\$21.12

Date

 $Reminder: \ Report \ on \ a \ separate \ line \ for \ each \ class \ of \ securities \ beneficially \ owned \ directly \ or \ indirectly.$ 

 $^{\star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

01/15/2002

02/24/2004

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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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.

5,000

20,000