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 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	on 30(h)	of the I	nvestmer	nt Con	npany Act	of 1940	0					
1. Name and Address of Reporting Person* FAIRBANK RICHARD D									er or Tra		Symbol AL CO	(Ch	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE						3. Date of Earliest Transaction (Month/Day/Year) 05/27/2008									X Officer (give title Other (specify below) Chairman, CEO and President			
(Street) MCLEAN VA 22102					4. If	Line									X Form filed by One Reporting Person Form filed by More than One Reporting			
(City) (State) (Zip)													Person					
		Tal	ole I - No	n-Deriv	/ative	Sec	curitie	s Ac	quired,	Dis	posed o	f, or	Bene	ficiall	y Own	ed ———		
1. Title of Security (Instr. 3) 2. Transac Date (Month/D:							2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)						Secur Benef Owne	mount of urities eficially ned Following orted	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
									Code	v	Amount	(A (E	A) or F	Price	Trans	action(s) 3 and 4)		(Instr. 4)
Common Stock ⁽¹⁾⁽²⁾					7/2008	3			S		100		D :	\$48.6	2 2,4	440,461	D	
Common Stock ⁽¹⁾					05/27/2008				S		100		D :	\$48.6	3 2,4	440,361	D	
Common Stock ⁽¹⁾ 05/2					05/27/2008				S		100 D \$48.		\$48.6	5 2,4	440,261	D		
Common Stock ⁽¹⁾ 05/2'					7/2008	3			S	s 100 D		D :	\$48.6	6 2,4	440,161	D		
Common Stock ⁽¹⁾ 05/2						3			S		100		D :	\$48.6	7 2,4	440,061	D	
Common Stock ⁽¹⁾ 05					7/2008	3			S	S			D \$48.6		8 2,4	439,861	D	
Common Stock ⁽¹⁾					7/2008	3			S		100		D :	\$48.6	9 2,4	439,761	D	
Common Stock ⁽¹⁾ 05					7/2008	3			S	200			D	\$48.7	2,4	439,561	D	
Common Stock ⁽¹⁾					05/27/2008						200		D :	\$48.7	1 2,4	439,361	D	
Common Stock ⁽¹⁾ 05					7/2008	3			S		100		D :	\$48.7	2 2,4	439,261	D	
Common Stock ⁽¹⁾ 05/2					7/2008	3			S		100		D :	\$48.7	3 2,4	439,161	D	
Common Stock ⁽¹⁾ 05/.					7/2008	3			S	100			D :	\$48.74 2,4		439,061	D	
Common Stock ⁽¹⁾				05/27	05/27/2008				S		200	00 D		\$48.7	5 2,4	438,861	D	
Common Stock ⁽¹⁾					05/27/2008				S		200		D	\$48.7	7 2,4	438,661	D	
Common Stock ⁽¹⁾				05/27	05/27/2008						200		D :	\$48.78 2,		438,461	D	
Common Stock ⁽¹⁾ 05/2				05/27	7/2008	3			S		100		D :	\$48.7	2,438,361		D	
Common Stock ⁽¹⁾ 05/2				05/27	5/27/2008				S		200		D :	\$48.8	2 2,438,161		D	
Common Stock ⁽¹⁾															1	07,502	I	By Fairbank Morris
		7	able II -								sed of, onvertib				Owned			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year	3A. Deem	ned n Date,	4. Transa	ransaction		5. Number 6			able and	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8 D S (I	Price of erivative ecurity nstr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	(A)	, (D)	Date Exercisa		Expiration Date	Title	Amou or Numb of Share	oer						

Explanation of Responses:

- 1. This transaction was executed pursuant to a trading plan entered into by the Reporting Person on February 1, 2007, in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.
- 2. Due to SEC rules limiting the number of non-derivative transactions that can be reported on a single Form 4, this Form 4 is a continuation of the Form 4 filed for the same date listed above.

on file for Richard D. Fairbank

** 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.