## FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPRO	VAL
OMB Number:	3235-0287
Estimated average burd	en
hours per response:	0.5

5. Relationship of Reporting Person(s) to Issuer

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

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

Name and Address of Reporting Person*     FAIRBANK RICHARD D				er Name <b>and</b> Ticke PITAL ONE F					ationship of Reportin call applicable) Director	Owner				
(Last) (Fi	,	(Middle)	Middle)  3. Date of Earliest Transaction (Month/Day/Year) 06/07/2007							X	Officer (give title below) Other (below) Other (below)  Chairman, CEO and Presider		•	
-				4. If Ar	nendment, Date of	Original	Filed	(Month/Day/	/ear)	6. Indi	vidual or Joint/Group	Filing (Check A	Applicable	
(Street) MCLEAN VA	A	22102			,	Ü		,	Line)	Line)				
	(First) (Michael AL ONE DRIVE  VA 221  (State) (Zip)  Table I  rity (Instr. 3)  ck(1)									Form filed by More than One Reporting				
(City) (Si	tate)	(Zip)									Person			
	Т	able I - Noi	1		ecurities Acq		Dis				1			
1. Title of Security (Inst	tr. 3)		2. Transac Date (Month/Da		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)				(A) or 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
						Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock <sup>(1)(2)</sup>			06/07/2007			S		200	D	\$79.84	2,210,856	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		100	D	\$79.85	2,210,756	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.86	2,210,556	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.87	2,210,356	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.88	2,210,156	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		300	D	\$79.89	2,209,856	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		300	D	\$79.9	2,209,556	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.91	2,209,356	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		300	D	\$79.92	2,209,056	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		100	D	\$79.93	2,208,956	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		400	D	\$79.94	2,208,556	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.95	2,208,356	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.96	2,208,156	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.97	2,207,956	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$79.98	2,207,756	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		300	D	\$79.99	2,207,456	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		100	D	\$80	2,207,356	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		300	D	\$80.01	2,207,056	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		100	D	\$80.02	2,206,956	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		300	D	\$80.03	2,206,656	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		200	D	\$80.04	2,206,456	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		100	D	\$80.05	2,206,356	D		
Common Stock <sup>(1)</sup>			06/07/2	2007		S		100	D	\$80.08	2,206,256	D		
Common Stock											107,502	I	By Fairbank Morris	
					urities Acquir Is, warrants, c						wned			

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Ta Date (Month/Day/Year)	Iffe PremBerival Execution Date, if any (e.g., p (Month/Day/Year)	8)		itfesumeruu of Warkants, Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		ifeditesiss Expiration da Ophilolosy/1	Of Beneficiall Amount of Mount of Mesagus ities) Underlying Derivative Security (Instr. 3 and 4)		y <sup>8</sup> Griph et Derivative Security (Instr. 5)	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)	
											Amount				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Eeele ( 8)		5. Nu of Deriv Secu		6. Date Exerc Expiration Da Exertly Day!	texpiration	Amour	or ਕੰਪਿਊmber t <sub>ਉ</sub> f <sup>i</sup> Shares ving	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially	10. Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership
Explanation 1. This transa	Berivesiyens Security action was exec	es: uted pursuant to a tra	ding plan entered into	'	Reporti	Acqu (A) or	ired Seen F	ebruary 1, 200	7, in accordan	Derivat Securit		under the Se	Owned Following Cureborted hange	or Indirect (I) (Instr. 4) Act of 1934, a	(Instr. 4) as amended.
2. Due to SEC rules limiting the number of non-derivative transactions that can be reported by a single Form 4, this Form 4 is a continuation of the Form 4 filed for the saction (s) sted above.  (instr. 4)  (instr. 4)  (instr. 4)  (instr. 4)  (instr. 4)															
			class of securities				irectly ( <b>D</b> )	o <b>Pate</b> irectly. Exercisable				D. Fairba ting Person		<u> </u>	

 $<sup>^{\</sup>star\star} \ Intentional \ misstatements \ or \ omissions \ of facts \ constitute \ Federal \ Criminal \ Violations \ See \ 18 \ U.S.C. \ 1001 \ and \ 15 \ U.S.C. \ 78 \ ff(a).$ 

 $Note: File \ three \ copies \ of \ this \ Form, \ one \ of \ which \ must \ be \ manually \ signed. \ If \ space \ is \ insufficient, \ see \ Instruction \ 6 \ for \ procedure.$ 

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.