## LARSON GREGORY J

Form 4

Deferred Bonus

Stock Award

December 02	2, 2005									
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB APPROVAL		
	Washington, D.C. 20549							3235-0287		
Check thi if no long	er									
subject to Section 1 Form 4 or	6.		Expires: Estimated a burden hour response							
Form 5 obligations may continue.  See Instruction 1(b).  Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940										
(Print or Type R	Responses)									
1. Name and A LARSON G	2. Issuer Name and Symbol			5	5. Relationship of Reporting Person(s) to Issuer					
		HOST MARRIO		7 [П	IVI I J	(Check	all applicable	)		
(Last)	(First) (Middle)	3. Date of Earliest Tr (Month/Day/Year)	ansaction			Director	10%	Owner		
6903 ROCK 1500						X_ Officer (give title Other (specify below)				
	(Street)	4. If Amendment, Da	te Original			6. Individual or Joi	int/Group Filin	g(Check		
BETHESDA	A, MD 20817	Filed(Month/Day/Year	)			Applicable Line) _X_ Form filed by O Form filed by M Person				
(City)	(State) (Zip)	Table I - Non-D	erivative S	ecurit		ired, Disposed of,	or Reneficiall	v Owned		
1.Title of Security (Instr. 3)	any	emed 3.	4. Securition(A) or Dis (Instr. 3, 4	ies Ac sposed and 5	quired of (D)	5. Amount of Securities Beneficially Owned Following Reported	6. 7. Nati Ownership Indirect Form: Direct Benefi (D) or Owner	7. Nature of Indirect		
		Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				
Common Stock	11/30/2005	M	10,000	A	\$ 7.095	35,087	D			
Common Stock	11/30/2005	M	2,500	A	\$ 11.25	37,587	D			
Common Stock	12/01/2005	M	14,300	A	\$ 8.24	51,887	D			

3,355

21,307

D

D

Restricted Stock

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

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 control number.

SEC 1474

(9-02)

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

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. Transaction Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Secur (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Am or Num of S
Non-Qualified Stock Option (right to buy)	\$ 7.095	11/30/2005		M	10,000	11/02/2001	11/02/2016	Common Stock	10
Non-Qualified Stock Option (right to buy)	\$ 8.24	12/01/2005		M	14,300	11/01/2002	11/01/2017	Common Stock	14
Non-Qualified Stock Option (right to buy)	\$ 11.25	11/30/2005		M	2,500	02/02/1999	02/02/2014	Common Stock	2,
Non-Qualified Stock Option (right to buy)	\$ 8.9688					11/02/1999	11/02/2014	Common Stock	11
Non-Qualified Stock Option (right to buy)	\$ 10.3125					11/08/2000	11/08/2015	Common Stock	32

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
LARSON GREGORY J			Sr. Vice President & Treasurer				
6903 ROCKLEDGE DRIVE							
SUITE 1500							

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BETHESDA, MD 20817

## **Signatures**

By: Elizabeth A. Abdoo For: Gregory J. Larson 12/02/2005

\*\*Signature of Reporting Person

## **Explanation of Responses:**

- \* 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Date

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