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FREDRICKS Form 4 March 01, 20	SON STEVEN D										
FORM									OMB AF	PROVAL	
	UNITED S	STATES		RITIES A shington,			NGE C	OMMISSION	OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Section 17(a) of the Public 30(h) of the				GES IN I SECUR 6(a) of the tility Hold	BENEF ITIES e Securit ling Con	January 31 2009 Estimated average burden hours per response 0.9					
(Print or Type R	Responses)										
	ddress of Reporting SON STEVEN I		Symbol PORTF	r Name and OLIO RE HATES IN	COVER	Y	ng	5. Relationship of Issuer (Checl	Reporting Pers		
				Earliest Transaction				X Director 10% Owner X Officer (give title Other (specify			
120 CORPO 100	ORATE BLVD, S	UITE	(Month/D 02/25/20	-				below)	below) t, CEO, Chairn		
NORFOLK,	(Street)			ndment, Dat hth/Day/Year)	-	1		6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M	one Reporting Per	rson	
		$(7;\mathbf{r})$						Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acqu	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any		3. Transactio Code (Instr. 8) Code V	(Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect	
Common Stock	02/25/2005			S <u>(1)</u>	100	D	\$ 36.75	424,285	D		
Common Stock	02/25/2005			S <u>(1)</u>	500	D	\$ 36.76	423,785	D		
Common Stock	02/25/2005			S <u>(1)</u>	500	D	\$ 36.77	423,285	D		
Common Stock	02/25/2005			S <u>(1)</u>	500	D	\$ 36.79	422,785	D		
Common Stock	02/25/2005			S <u>(1)</u>	100	D	\$ 36.8	422,685	D		

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Common Stock	02/25/2005	S <u>(1)</u>	900	D	\$ 36.82 421,785	D
Common Stock	02/25/2005	S <u>(1)</u>	400	D	\$ 36.83 421,385	D
Common Stock	02/25/2005	S <u>(1)</u>	100	D	\$ 36.84 421,285	D
Common Stock	02/25/2005	S <u>(1)</u>	635	D	\$ 36.85 420,650	D
Common Stock	02/25/2005	S <u>(1)</u>	800	D	\$ 36.86 419,850	D
Common Stock	02/25/2005	S <u>(1)</u>	1,165	D	\$ 36.88 418,685	D
Common Stock	02/25/2005	S <u>(1)</u>	400	D	\$ 36.89 418,285	D
Common Stock	02/25/2005	S <u>(1)</u>	200	D	\$ 36.92 418,085	D
Common Stock	02/25/2005	S <u>(1)</u>	800	D	\$ 36.98 417,285	D
Common Stock	02/25/2005	S <u>(1)</u>	1,300	D	\$ 415,985 37.03	D
Common Stock	02/25/2005	S <u>(1)</u>	600	D	\$ 37.04 415,385	D
Common Stock	02/25/2005	S <u>(1)</u>	600	D	\$ 37.06 414,785	D
Common Stock	02/25/2005	S <u>(1)</u>	1,391	D	\$ 37.07 413,394	D
Common Stock	02/25/2005	S <u>(1)</u>	209	D	\$ 37.08 413,185	D
Common Stock	02/25/2005	S <u>(1)</u>	500	D	\$ 37.09 412,685	D
Common Stock	02/25/2005	S <u>(1)</u>	300	D	\$ 37.1 412,385	D
Common Stock	02/25/2005	S <u>(1)</u>	730	D	\$ 37.12 411,655	D
Common Stock	02/25/2005	S <u>(1)</u>	757	D	\$ 37.13 410,898	D
Common Stock	02/25/2005	S <u>(1)</u>	300	D	\$ 37.15 410,598	D
Common Stock	02/25/2005	S <u>(1)</u>	400	D	\$ 410,198 37.16	D
	02/25/2005	S <u>(1)</u>	100	D	\$ 37.2 410,098	D

Common Stock							
Common Stock	02/25/2005	S <u>(1)</u>	1,100	D	\$ 37.21	408,998	D
Common Stock	02/25/2005	S <u>(1)</u>	100	D	\$ 37.22	408,898	D
Common Stock	02/25/2005	S <u>(1)</u>	100	D	\$ 37.23	408,798	D
Common Stock	02/25/2005	S <u>(1)</u>	100	D	\$ 37.24	408,698	D

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

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 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)	4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Securi (Instr.	int of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships								
1 8	Director	10% Owner	Officer	Other					
FREDRICKSON STEVEN D 120 CORPORATE BLVD SUITE 100 NORFOLK, VA 23502	Х		President, CEO, Chairman						

Signatures

/s/ Steven D. Fredrickson

03/01/2005

**Signature of Reporting Person Date

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).

(1) These sales are pursuant to a Rule 10b5-1 plan dated November 22, 2004.

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.