LAFOND JAMES F

Form 5 October 01, 2010

# FORM 5

#### **OMB APPROVAL**

LINITED STATES SECTIFITIES AND EXCHANGE COMMISSION							Number:	3235-0362			
Check this no longer s	shington, D.C. 20549					Expires:	January 31, 2005				
Form 4 or 5 obligation may continuous	to Section 16. Form 4 or Form 5 obligations may continue.  ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES					Estimated average burden hours per response 1.					
See Instruction 1(b). Form 3 Hore Reported Form 4 Transaction Reported	Filed purs	suant to Section 1 a) of the Public Ut 30(h) of the In	tility Holding	g Compa	ny Act	of	1935 or Section	n			
LAFOND JAMES F Syr							5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M	(Month/D	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)X			_X_ Director Officer (give	ck all applicable) 10% Owner e titleOther (specify				
101 CONST NW	TITUTION AVEN	IUE,				l	below)	below)			
	nendment, Date Original onth/Day/Year)			(	6. Individual or Joint/Group Reporting  (check applicable line)						
WASHING	ΓON, DC 200	80				-	_X_ Form Filed by M Form Filed by M Person				
(City)	(State)	Zip) Tabl	e I - Non-Deri	vative Sec	urities A	Acqu	ired, Disposed of	f, or Beneficial	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	Acquired Disposed (Instr. 3,	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  (A) or		5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common Stock	Â	Â	Â	Amount	(D) F		8,680.078 (1)	D	Â		
	ort on a separate line icially owned directly						llection of infor equired to resp		SEC 2270 (9-02)		

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

the form displays a currently valid OMB control number.

#### Edgar Filing: LAFOND JAMES F - Form 5

	1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	isable and	7. Titl	e and	8. Price of
	Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	Number	Expiration Da	ate	Amou	int of	Derivative
	Security	or Exercise	•	any	Code	of	(Month/Day/	Year)	Under	lying	Security
	(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)
		Derivative				Securities			(Instr.	3 and 4)	
		Security				Acquired					
						(A) or					
						Disposed					
						of (D)					
						(Instr. 3,					
						4, and 5)					
										Amount	
							Date	Expiration	Title	or Number	
							Exercisable 1	Date		of	
					(A) (D)				Shares		
						(A) $(D)$				Shares	

## **Reporting Owners**

Reporting Owner Name / Address	Relationships					
coporaing of the common contraction	Director	10% Owner	Officer	Other		
LAFOND JAMES F 101 CONSTITUTION AVENUE, NW WASHINGTON, DC 20080	ÂΧ	Â	Â	Â		

### **Signatures**

James F. Lafond By Arden T. Phillips, pursuant to written authorization filed with the Commission

10/01/2010

of D

Fi (I

\*\*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) This total includes shares acquired through reinvestment of dividends under a dividend reinvestment program.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

Reporting Owners 2