## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person <sup>*</sup> Barpoulis John C						2. Issuer Name and Ticker or Trading Symbol									5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) (Middle) 6903 ROCKLEDGE DRIVE						3. Date of Earliest Transaction (Month/Day/Year) 03/01/2014									A belo	er (give title w) & Chief F		below	·
(Street) BETHESDA MD 20817 (City) (State) (Zip)				4. If Ai	4. If Amendment, Date of Original Filed (Month/Day/Year)								Line	e) <mark>X</mark> Form Form	al or Joint/Group Filing (Check Applicable orm filed by One Reporting Person orm filed by More than One Reporting erson				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3) 2. Transacti Date (Month/Day				y/Year)	Execution Date,			3. Transaction Code (Instr. 8) 4. Securities Acquired Disposed Of (D) (Instr. and 5)					Secur	icially d	6. Owner Form: Di (D) or Indirect (Instr. 4)	irect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	(A (D	) or )	Price		ted action(s) 3 and 4)			
Common Stock 03/01/20					2014	)14			F		242		D	\$5.51 2		<b>),888</b> <sup>(1)</sup>	D		
	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)	if any	ion Date,		ransaction ode (Instr.		mber ative rities ired . 3, 4 .) (D)	6. Date E Expiratio (Month/D Date Exercisat	ay/Year) Expiration		7. Title and Amount of Securities Underlying Derivative Security (Instr 3 and 4) Amoun or Numbo of Title Shares		unt ber	i. Price 9. Number of derivative Security Beneficial Instr. 5) Owned Following Reported Transactic (Instr. 4)		Owne Form Direc or In (I) (In 4)	t (D) direct	11. Nature of Indirect Beneficial Ownership (Instr. 4)

Explanation of Responses:

1. includes 7,370 restricted shares issued pursuant to the Company's equity incentive plan.

Remarks:

/s/John C. Barpoulis, SVP & **Chief Financial Officer** 

03/04/2014

\*\* Signature of Reporting Person Date

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.