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									PPROVAL 3235-0287 January 31, 2005 verage rs per 0.5	
(Print or Type I	Responses)									
HACKETT ANN F Symbol			er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 3. Date of (Month/D) 1680 CAPITAL ONE DRIVE 12/18/20			-				X_ Director10% Owner Officer (give titleOther (specify below) below)			
			nendment, Da onth/Day/Year	ndment, Date Original th/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person			
MCLEAN, VA 22102				Form filed by More than Person				fore than One Re	One Reporting	
(City)	(State) (A	Zip) Ta	ble I - Non-I	Derivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, in any (Month/Day/Year	Code) (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	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)		
Common Stock (1)	12/18/2017		М	7,000	A	\$ 16.93	65,011	D		
Common Stock (1)	12/18/2017		S	7,000	D	\$ 98	58,011	D		
Common Stock							5,006	Ι	By Spouse	

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

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number.

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. Transactio Code (Instr. 8)	5. Number prof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date7. Title and Ar Underlying Sec (Instr. 3 and 4)(Month/Day/Year)(Instr. 3 and 4)		Securities	8. D S (I	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options	\$ 16.93	12/18/2017		М	7,000	04/23/2010	04/22/2019	Common Stock	7,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
HACKETT ANN F 1680 CAPITAL ONE DRIVE MCLEAN, VA 22102	Х						
Signatures							
Cleo Belmonte (POA on file)	12/20/2017						
**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).
- This transaction was executed pursuant to a trading plan entered into by the reporting person on July 28, 2017, in accordance with Rule (1) 10b5-1 of the Securities Exchange Act of 1934, as amended.

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.