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O'Shea Kev Form 4	in P.										
March 06, 2	2013										
FORM	Λ4		GEOU							PROVAL	
	UNITED	STATES		shington				OMMISSION	OMB Number:	3235-0287	
Check the check	nger								Expires:	January 31, 2005	
subject Section Form 4	to SIAIEN 16. or	STATEMENT OF CHANGES IN BENEFICIAL OWNERSH SECURITIES							Estimated a burden hour response	verage	
Form 5 obligation may cor <i>See</i> Inst 1(b).	ons Section 170	(a) of the l	Public U	tility Ho	lding Co	mpar	U	e Act of 1934, 1935 or Section 0			
(Print or Type	Responses)										
			8				-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
		INC [AVB]									
			3. Date of Earliest Transaction(Month/Day/Year)03/05/2013					Director 10% Owner X Officer (give title Other (specify below) below) Executive Vice President			
	(Street)		4 If Am	endment D)ate Origir	nal		6. Individual or Joi			
Fil				Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
ARLINGT	ON, VA 22203							Person		8	
(City)	(State)	(Zip)	Tab	le I - Non-	Derivativ	e Secu	irities Acqu	uired, Disposed of,	or Beneficial	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	1			(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)	Beneficial Ownership		
C				Code V	Amount	(D)	Price	(1150. 5 and 4)			
Common Stock, par value \$.01 per share	03/05/2013			S	100	D	\$ 127.2	3,184 <u>(1)</u>	D		
Common Stock, par value \$.01 per share	03/05/2013			S	808	D	\$ 127.206	$2^{2,376} \frac{(1)}{(1)}$	D		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form displays a currently valid OMB control 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)	4. Transacti Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D)		ate	7. Titl Amou Under Securi (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(msu

Reporting Owners

Reporting Owner Name / Address			Relationships				
	Director	10% Owner	Officer	Other			
O'Shea Kevin P. 671 N. GLEBE ROAD SUITE 800 ARLINGTON, VA 22203			Executive Vice President				
Signaturas							

Signatures

Catherine T. White, as attorney-in-fact under Power of Attorney dated December 13, 03/06/2013

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

**Signature of Reporting Person

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.

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