UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL							
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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 OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)													
				ame and Ticker or 'NTERS INC [Bl		Syml	bol		:	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner			
7501 Wisconsin Avenue,	(First) 15th Floor	(Middle)		3. Date of E 12/07/200	arliest Transaction (4	Month/D	ay/Y	(ear)				(specify below)	
(Street)				4. If Amendment, Date of Original Filed (Month/Day/Year)							Individual or Joint/Group Filing (Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
Bethesda, MD 20814 (City)	(State)	(Zip)											
, •,	(State)	(Eip)		Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership Form: Direct (D)	of Indirect Beneficial Ownership	
						Code	v	Amount	(A) or (D)	Price		(I) (Instr. 4)	7. Nature of Indirect Beneficial
Common Shares											307.782 ⁽²⁾	I	
Common Shares			12/07	//2004		M		7,500	A	\$24.91	7,500	D	
Common Shares			12/07	7/2004		S		1,000	D	\$38.905	6,500	D	
Common Shares			12/07	7/2004		S		300	D	\$38.68	6,200	D	
Common Shares			12/07	7/2004		S		200	D	\$38.56	6,000	D	
Common Shares			12/07	7/2004		S		200	D	\$38.42	5,800	D	
Common Shares			12/07	7/2004		S		400	D	\$38.26	5,400	D	
Common Shares			12/08	3/2004		S		2,000	D	\$37.51	3,400	D	
Common Shares			12/08	3/2004		S		1,000	D	\$37.56	2,400	D	
Common Shares			12/09	/2004		S		500	D	\$37.01	1,900	D	
Common Shares			12/09	/2004		S		100	D	\$37	1,800	D	
Common Shares			12/09	/2004		S		300	D	\$36.99	1,500	D	
Common Shares			12/09	/2004		S		200	D	\$37	1,300	D	
Common Shares			12/09	/2004		S		300	D	\$37.06	1,000	D	
Common Shares			12/09	/2004		S		500	D	\$37.21	500	D	
Common Shares			12/09)/2004		S		500	D	\$37.41	0	D	

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

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 control number.

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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 3. Transaction 7. Title and Amount of 8. Price of 9. Number 11. Nature 3A. Deemed 6. Date Exercisable and 10 Number Conversion Execution Date, if Transaction Underlying Securities of Indirect Security Date of Expiration Date Derivative of Ownership or Exercise Derivative Derivative Form of Beneficial Code Security (Instr. 3) (Month/Day/Year) anv (Month/Day/Year) (Instr. 3 and 4) Securities Derivative Ownership Price of Securities (Month/Day/Year) (Instr. 8) (Instr. 5) Derivative Acquired Beneficially Security: (Instr. 4) (A) or Owned Direct (D) Security Following Disposed or Indirect of (D) Reported (Instr. 3, 4, Transaction (Instr. 4) and 5) (s) (Instr. 4) Amount or Date Expiration Number of Title Exercisable V (A) Code (D) Shares 04/26/2005 Employee Common \$25.78 04/26/2014 15,000 15,000 D (1) Common Stock Stock 05/23/2004 Employee Common 7,500 05/23/2013 22,500 \$24.91 12/07/2004 M 7,500 \$24.91 D (1) Common Stock Stock

Reporting Owners

P. (1 0 N (4))	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
MILLSPAUGH M LAURENCE III 7501 Wisconsin Avenue 15th Floor Bethesda, MD 20814			Vice President-Acquis. & Dev.					

Signatures

Scott V. Schneider, by Power of Attorney

**Signature of Reporting Person

12/09/2004

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) The option will vest 25% per year over four years from the date of the grant.
- (2) Balance increased by July 31, 2004 and October 31, 2004 Dividend Reinvestment Plan awards of 4.021 shares and 3.761 shares, respectively.

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.