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BENNETT Form 4 July 23, 200 FORM Check to if no los subject Section Form 4 Form 5 obligati may co <i>See</i> Inst 1(b).	VI 4 this box nger to 16. or sons ntinue. truction STATEN STATEN STATEN Section 170	MENT OF rsuant to S (a) of the 1	Wa F CHA Section Public U	nshing NGES SEC 16(a) o Utility	ton IN UI of the	h, D.C. 2 [BENE] RITIES he Secur	FICI FICI	AL OW Exchan	COMMISSIO /NERSHIP OI ge Act of 1934 of 1935 or Secti 940	N OMB Numbe Expire Estima burder respor	er: s: ited av	•	0287
BENNETT ROBERT R Symbol				er Name and Ticker or Trading very Communications, Inc.					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
				te of Earliest Transaction th/Day/Year)					XDirector10% Owner Officer (give titleOther (specify below) below)				
				mendment, Date Original Month/Day/Year)					 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 				
(City)	(State)	(Zip)	Tał	ole I - N	lon-	Derivativ	e Seci	urities Ac	quired, Disposed	of. or Bene	ficiall	v Owne	đ
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ansaction Date 2A. Deemed				4. Securi on(A) or D (Instr. 3,	ties A ispose 4 and (A) or	cquired d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	t of 6. 7. Nature Ownership Indirect Ily Form: Beneficia Direct (D) Ownershi g or Indirect (Instr. 4) (I) on(s) (Instr. 4)			
Series A Common Stock	07/21/2009			M	V	Amount 2,700	(D) A	Price \$ 14.68	14,381	D			
Series A Common Stock	07/21/2009			S		2,700	D	\$ 24	11,681	D			
Series A Common Stock									54,913	I	-	r Hillto vestme C	^
Series A Common									1,355	Ι		rough 1(k) pl	an

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

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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 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. Transactic Code (Instr. 8)	5. Number onf Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to purchase)	\$ 14.68	07/21/2009		М	2,700	<u>(1)</u>	02/28/2011	Series A Common Stock	896,099

Reporting Owners

Reporting Owner Name / Address	Relationships							
1 8	Director	10% Owner	Officer	Other				
BENNETT ROBERT R ONE DISCOVERY PLACE SILVER SPRING, MD 20910	Х							
Signatures								
/s/ Joseph A. LaSala, Jr., by po attorney	wer of		07/23/20	09				

**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 option is fully vested and exercisable

Remarks:

The trading symbols for the Issuer's Series A, Series B and Series C common stock are, respectively, DISCA, DISCB and DIS

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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.