	TMENTS CO									
Form 4	2 2004									
November 1 FORN	ЛЛ) STATES		RITIES A			NGE (COMMISSION		APPROVAL 3235-0287
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	ger o 16. or Filed pu ons tinue.	F CHAN Section 1 Public U	NGES IN SECUI	Expires:January 31 200Estimated average burden hours per response0.						
(Print or Type	Responses)									
1. Name and A WEST ALI	Address of Reportin FRED P JR	g Person <u>*</u>	Symbol	er Name an			-	5. Relationship o Issuer	of Reporting P	erson(s) to
(Last)	(First)	(Middle)		VESTME		[SEI	Cj	(Che	ck all applical	ole)
ONE FREE	EDOM VALLEY	(DRIVE		Day/Year)				_X_ Director _X_ Officer (giv below) Chairman		0% Owner ther (specify xecutive
OAKS, PA	(Street) 19456			endment, D onth/Day/Yea	-	1		6. Individual or J Applicable Line) _X_ Form filed by Form filed by Person		Person
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securi	ities Acc	uired, Disposed o	of, or Benefici	ially Owned
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)		ied Date, if	3.	4. Securiti on(A) or Dis (Instr. 3, 4	es Acq posed	uired 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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock				Coue	7 tinount	(D)	Thee	11,367,528	D	
Common Stock								24,000	Ι	By Wife
Common Stock								4,537,500 <u>(1)</u>	I	By AP West Associates, L.P.
Common Stock								246,298 <u>(2)</u>	Ι	By 1980 Minority Trust - Alfred P.

								West, III
Common Stock	11/09/2004	S	1,500	D	\$ 38.35	147,938 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	4,500	D	\$ 38.36	143,438 <u>(2)</u>	I	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	6,000	D	\$ 38.38	137,438 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	6,000	D	\$ 38.4	131,438 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	6,000	D	\$ 38.41	125,438 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	3,000	D	\$ 38.42	122,438 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	6,000	D	\$ 38.43	116,438 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	6,000	D	\$ 38.45	110,438 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew

								Palmer West
Common Stock	11/09/2004	S	3,000	D	\$ 38.47	107,438 <u>(2)</u>	I	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	6,000	D	\$ 38.48	101,438 <u>(2)</u>	I	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	19,350	D	\$ 38.5	82,088 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	1,500	D	\$ 38.52	80,588 <u>(2)</u>	I	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	1,500	D	\$ 38.56	79,088 <u>(2)</u>	I	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	900	D	\$ 38.68	78,188 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	1,500	D	\$ 38.7	76,688 <u>(2)</u>	Ι	By 1980 Minority Trust - Andrew Palmer West
Common Stock	11/09/2004	S	2,250	D	\$ 38.72	74,438 <u>(2)</u>	Ι	By 1980 Minority Trust -

			Andrew Palmer West
Common Stock	100,338 <u>(2)</u>	I	By 1980 Minority Trust - Angela Paige West
Common Stock	1,398,000 <u>(2)</u>	I	By 1980 Life Trust - Alfred P. West, III
Common Stock	1,405,295 <u>(2)</u>	I	By 1980 Life Trust - Andrew Palmer West
Common Stock	1,400,735 <u>(2)</u>	I	By 1980 Life Trust - Angela Paige West
Common Stock	66,692 <u>(3)</u>	I	By Residuary Trust
Common Stock	32,200 <u>(4)</u>	I	By West Senior Securities Fund, L.P.

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.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exercisable and	7. Title and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration Date	Amount of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/Year)	Underlying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e	Securities	(Instr. 5)	Bene
	Derivative				Securities	3	(Instr. 3 and 4)		Owne
	Security				Acquired				Follo
					(A) or				Repo
					Disposed				Trans
					of (D)				(Instr
					(Instr. 3,				
					4. and 5)				

				Amount
Code V (A)	Exercisable	Expiration Date	Title	or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships								
	Director	10% Owner	Officer	Other					
WEST ALFRED P JR ONE FREEDOM VALLEY DRIVE OAKS, PA 19456	Х	Х	Chairman and Chief Executive						
Signatures									

Jill B. Geisenheimer (Attorney-in-fact)

11/12/2004 Date

**Signature of Reporting Person

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).
- Mr. West disclaims beneficial ownership of the shares held by AP West Associates, L.P., except to the extent of his pecuniary interest (1) therein.
- These shares are held in trusts for the benefit of Mr. West's children. Mr. West's wife is the trustee or a co-trustee of these trusts. Mr. (2)West disclaims beneficial ownership of the shares held in these trusts.

The trust that holds these shares (the "Residuary Trust") is for the benefit of Mr. West's mother and certain descendants of Mr. West's father. The Residuary Trust was created upon the death of Mr. West's father under the terms of an existing trust that Mr. West's father had

(3) established prior to his death. In connection with the establishment of the Residuary Trust, Mr. West became the trustee of the Residuary Trust in September 2002. Mr. West disclaims beneficial ownership of the shares held by the Residuary Trust, except to the extent of his pecuniary interest therein.

West Senior Securities Fund, L.P. is a limited partnership in which the Residuary Trust, of which Mr. West is trustee, holds a 1% general (4) partnership interest and a 9.5% limited partnership interest. Mr. West disclaims beneficial ownership of the shares held by West Senior Securities Fund, L.P., except to the extent of his pecuniary interest therein.

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.