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HERINGTON CHARLES M Form 4 April 29, 2005	I					
	STATES SE	ECURITIES AND EXCHANGE Washington, D.C. 20549	COMMISSION	OMB AF OMB Number:	PROVAL 3235-0287	
Section 16. Form 4 or Form 5 Filed pu	WNERSHIP OF nge Act of 1934, of 1935 or Section 940	Expires: Estimated a burden hou response				
(Print or Type Responses)						
1. Name and Address of Reporting HERINGTON CHARLES M	A Syr	. Issuer Name and Ticker or Trading mbol II HOLDINGS INC [NIHD]	5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (10700 PARKRIDGE BLVD 600	(M	Date of Earliest Transaction fonth/Day/Year) /27/2005	(Check all applicable) <u>X</u> Director <u>10%</u> Owner Officer (give title <u>10%</u> Other (specify below)			
(Street) RESTON, VA 20191	If Amendment, Date Original ed(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)	Table I - Non-Derivative Securities A	cquired, Disposed of,	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date any (Month/Day/Y	Code Disposed of (D)	SecuritiesForBeneficially(II)Owned(II)	orm: Direct)) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Report on a separate lin	e for each class o	information cont required to resp	or indirectly. Spond to the collect tained in this form a ond unless the form ntly valid OMB cont	ire not 1	EC 1474 (9-02)	

 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. Number of	6. Date Exercisable and	7. Title and Amount
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securitie
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Stock Option (right to purchase)	\$ 52.4	04/27/2005		A		10,000		04/27/2006(1)	04/27/2015	Common Stock	10,00

Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
HERINGTON CHARLES M 10700 PARKRIDGE BLVD. SUITE 600 RESTON, VA 20191	Х							
Signatures								
Robert J. Gilker Attorney-in-Fact	04	4/29/2005						

**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) Option vests in four installments: 25% on April 27, 2006; 25% on April 27, 2007; 25% on April 27, 2008; and 25% on April 27, 2009.

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.