WOLTZ H O III Form 4

February 24, 2005

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

67

See Instruction 1(b).

(Print or Type Responses)

Stock

1. Name and Address of Reporting Person *

WOLTZ H	HOIII		Symbol		Γ Ι	ICTDIE	INIC	····	Issuer				
						JSTRIES		· [IIIIN]	(Check all applicable)				
(Last)	(First)	(Middle)		of Earlies /Day/Yea		Fransaction	1		X Director 10% Owner				
1373 BOG	GGS DRIVE		02/23/						X_ Officer (giv below)	below) sident and CE	other (specify		
	(Street)		4. If An	nendment	t, I	Oate Origin	al		6. Individual or J	oint/Group Fi	iling(Check		
			Filed(M	onth/Day/	Ye	ar)			Applicable Line) _X_ Form filed by One Reporting Person				
MOUNT A	AIRY, NC 27030								Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Ta	ble I - No	on-	Derivative	e Secu	rities Acqu	iired, Disposed o	of, or Benefic	ially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transac Code (Instr. 8		4. Securiti	ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	V	Amount	(D)	Price	(Instr. 3 and 4)				
Common Stock	02/23/2005			M		15,095	A	\$ 2.12	359,040	D			
Common Stock	02/23/2005			S		1,100	D	\$ 17.175	357,940	D			
Common Stock	02/24/2005			S		2,310	D	\$ 16.76	355,630	D			
Common Stock									73,764	I	Custodial Account		
Common									67	I	Partmership		

Partmership

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Common Stock	13,582	I	by ESOP
Common Stock	1,000	I	by Spouse

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 required to respond unless the form displays a currently valid OMB control

(9-02)

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)	orDeri Secu Acq or D (D)	urities uired (A) visposed of er. 3, 4,	ve Expiration Date es (Month/Day/Year) (d (A) osed of		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
Incentive Stock Option (right to buy)	\$ 2.12	02/23/2005		M		15,095	02/16/2005	02/16/2011	Common Stock	15,095

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
WOLTZ H O III 1373 BOGGS DRIVE MOUNT AIRY, NC 27030	X		President and CEO					

Signatures

By: Gary D. Kniskern For: H. O. 02/24/2005 Woltz III

> **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).

Reporting Owners 2

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- (1) By spouse, beneficial ownership is disclaimed.
- (2) Exercise of incentive stock options

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.