

Non-Qualified Stock Option (right to buy)	\$ 34.60	09/21/2004		M		4,800	02/14/2004	02/13/2013	Common Stock	4,800	\$ 0	0	D
Non-Qualified Stock Option (right to buy)	\$ 35.40	09/21/2004		M		4,800	02/06/2002	02/05/2011	Common Stock	4,800	\$ 0	0	D
Non-Qualified Stock Option (right to buy)	\$ 40.90	09/21/2004		M		4,800	02/15/2003	02/14/2012	Common Stock	4,800	\$ 0	0	D
Non-Qualified Stock Option (right to buy)	\$ 43.20	09/21/2004		M		4,800	02/09/2000	02/08/2009	Common Stock	4,800	\$ 0	0	D
Non-Qualified Stock Option (right to buy)	\$ 43.30	09/21/2004		M		4,800	02/10/1999	02/09/2008	Common Stock	4,800	\$ 0	0	D

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CRUTCHFIELD EDWARD E 105 CORPORATE CENTER BLVD. GREENSBORO, NC 27408	X			

Signatures

Mark R. Townsend for Edward E. Crutchfield (Pursuant to Signing Authority on File)	09/22/2004
<small>**Signature of Reporting Person</small>	<small>Date</small>

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).

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.