

				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
2001 Non-Qualified Stock Option (right to buy)	\$ 35.40	11/10/2009		M			8,600	02/06/2002	02/05/2011	Common Stock	8,600	\$ 0	0		D

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WISEMAN ERIC C 105 CORPORATE CENTER BLVD GREENSBORO, NC 27408	X		President & CEO	

Signatures

Mark R. Townsend for Eric C. Wiseman (Pursuant to Signing Authority on File)		11/12/2009
<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.