# FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

PICKARD FRANK C III  (Ass) (Briss) (Check all applicable) (Other operative Securities (Check all applicable) (Check all applicable) (Check all applicable) (Other operative Securities (Check all applicable) (Other operative Securities (Check all applicable) (Other operative Securities (Applicable) (Check all applicable) (Other operative Securities (Applicable) (Other operative Securities (Applicable) (Applicable) (Check all applicable) (Other operative Securities (Applicable) (Other operative Securities (Applicable) (Applicable) (Directory Other operative Securities (Applicable) (Applicable) (Check all applicable) (Other operative Securities (Applicable) (Other operative Securities (Applicable) (A		pe Response	<u> </u>												
Security   Common Stock   O2/08/2010   A   2,964   A   S 0   11,162   D															
Common Stock   Comm				` ' '											
City   Cap	. ,		4. If Amendment, Date Original Filed(Month/Day/Year)												
Common Stock   Date (Month/Day/Year)   Month/Day/Year)   Month/D				(Zip)	Tr	able I - No	n-Der	ivative S	Securities .	Acqui	ired, Dispe	osed of, or I	Beneficially	Owned	
Common Stock  Co		Security		Date	2A. Deemed Execution Date, if any	f Code (Instr. 8)		(A) or Disposed of			Beneficial Reported	lly Owned Following Transaction(s)		Ownership Form:	Beneficial
Common Stock    Common Stock   O2/08/2010   A   2,964   A   \$ 0   11,162   D					(Month/Day/Year		v	Amour		Price	(Instr. 3 a	nd 4)	nd 4)  Direct (D)  or Indirect (I)  Ow (In		Ownership (Instr. 4)
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 Derivative Conversion Date or Exercise (Month/Day/Year)   Security (Instr. 3)   Derivative Securities   Code Derivative Security (Instr. 3)   Derivative Securities   Code Operivative Securities   Code	Common	Stock									2,097.59	.595		I	by Trust
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  1. Title of Derivative Conversion Date (Instr. 3) Price of Derivative Security  Security  (Instr. 3) Price of Derivative Security  Security  (Instr. 3) Price of Derivative Security  Security  (Instr. 3) Price of Derivative Securities  (Instr. 3) Price of Derivative Securities  (Instr. 3) And Demed (Instr. 3) Price of Derivative Securities  (Instr. 3) And Amount or Derivative Security  (Instr. 4) Amount or Derivative Or Derivative Security  (Instr. 4) Amount or Derivative Or Derivative Security  (Instr. 4) Amount or Derivative Or Derivative	Common	Stock		02/08/2010		A		2,964	A	\$ 0	11,162			D	
1. Title of Derivative Security (Instr. 3) Price of Derivative Security  Security  Omega Price of Derivative Securities  Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)  Omega Price of Derivative Securities  Amount of Underlying Securities (Instr. 3 and 4)  Omega Price of Derivative Securities  Omega Pri							the f	orm dis	splays a c	urre	ntly valid		•		
Code V (A) (D)  Date Expiration Date  Exercisable   Code V (A) (D)   Code V (A) (D) (D)   Code V (A) (D) (D) (D) (D)   Code V (A) (D) (D) (D) (D) (D) (D) (D) (D) (D) (D		ı									•				

### **Reporting Owners**

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
PICKARD FRANK C III 105 CORPORATE CENTER BLVD GREENSBORO, NC 27408			VP and Treasurer			

# **Signatures**

Mark R. Townsend for Frank C. Pickard III (Pursuant to Signing Authority on File)	02/10/2010
**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) 401(k).

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.