Form 4 February 16, 2 FORM	<b>4</b> UNITED S	TATES SECUR Was	ITIES AN hington, l			NGE C	OMMISSION	OMB AF OMB Number:	PROVAL 3235-0287	
Check this if no longe subject to Section 16 Form 4 or Form 5 obligations may contin <i>See</i> Instruct 1(b).	Filed pursu Section 17(a)	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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 20(b) of the Investment Company Act of 1040								
	esponses) Idress of Reporting Po N MICHAEL C	Symbol	Name and T			Ð	5. Relationship of Issuer			
(Last) (First) (Middle) 3. Da (Mor			. Date of Earliest Transaction Month/Day/Year) 92/12/2016				(Check all applicable) <u></u> Director <u></u> 10% Owner <u></u> Officer (give title <u></u> Other (specify below) Vice President and CFO			
MOUNT AII	ndment, Date Original h/Day/Year)				<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> <li>Person</li> </ul>					
(City)	(State) (Z	Zip) Table	e I - Non-De	erivative S	ecurit	ties Acqu	iired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed 3. 4. Securit (Month/Day/Year) Execution Date, if Transactior(A) or Dis		(A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
Common Stock	02/12/2016		F	1,289	(D) D	\$ 24.65	137,736	D		
Common Stock (Restricted Stock Units)							20,760	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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# 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. Transactio Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Pri Deriv Secu (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (Right to Buy)	\$ 23.95					<u>(1)</u>	02/11/2026	Common Stock	7,911	
Incentive Stock Option (Right to Buy) (Common Stock)	\$ 9.39					<u>(1)</u>	02/09/2020	Common Stock	6,665	
Incentive Stock Option (Right to Buy)	\$ 7.55					<u>(1)</u>	02/10/2019	Common Stock	6,342	
Incentive Stock Option (Right to Buy)	\$ 16.69					<u>(1)</u>	08/19/2018	Common Stock	2,438	
Incentive Stock Option (Right to Buy)	\$ 17.11					<u>(1)</u>	02/13/2017	Common Stock	824	
Incentive Stock Option (Right to Buy)	\$ 20.27					<u>(1)</u>	08/13/2017	Common Stock	2,549	
	\$ 11.15					(1)	02/19/2018		6,502	

Incentive Stock Option (Right to Buy)				Common Stock	
Stock Option (Right to Buy)	\$ 18.05	<u>(1)</u>	08/17/2025	Common Stock	10,528
Stock Option (Right to Buy)	\$ 21.96	<u>(1)</u>	02/17/2025	Common Stock	8,871
Stock Option (Right to Buy)	\$ 20.5	<u>(1)</u>	08/12/2024	Common Stock	9,724
Stock Option (Right to Buy)	\$ 19.08	<u>(1)</u>	02/12/2024	Common Stock	9,921
Stock Option (Right to Buy)	\$ 17.22	<u>(1)</u>	08/12/2023	Common Stock	9,892
Stock Option (Right to Buy)	\$ 16.45	<u>(1)</u>	02/12/2023	Common Stock	9,589
Stock Option (Right to Buy)	\$ 10.23	<u>(1)</u>	08/21/2022	Common Stock	15,110
Stock Option (Right to Buy)	\$ 13.06	<u>(1)</u>	02/21/2022	Common Stock	11,345
Stock Option (Right to Buy)	\$ 10.72	<u>(1)</u>	08/08/2021	Common Stock	14,175
Stock Option (Right to Buy)	\$ 12.43	<u>(1)</u>	02/08/2021	Common Stock	11,732

Incentive Stock Option (Right to Buy)	\$ 9.16	<u>(1)</u>	08/09/2020	Common Stock	15,449
Incentive Stock Option (Right to Buy)	\$ 11.6	<u>(1)</u>	08/10/2019	Common Stock	10,982

# **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
GAZMARIAN MICHAEL C 1373 BOGGS DR MOUNT AIRY, NC 27030			Vice President and CFO				
Signatures							
James F. Petelle for Michael C. Gazmarian		02/2	16/2016				
**Signature of Reporting Person		1	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) Options vest 1/3 annually beginning one year from grant date.

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.