#### ZWECKER MARK A

Form 4

December 14, 2009

# FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB** Number:

3235-0287

Expires:

January 31,

2005

0.5

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**OMB APPROVAL** 

if no longer subject to Section 16. Form 4 or

Check this box

Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

ZWECKER MARK A Syn PE				icker or Tradir IRONMEN' besil		5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)		
(Last) 1042 CUMB	(First) (M	iddle) 3. Date of (Month/D	3. Date of Earliest Transaction (Month/Day/Year) 12/10/2009			_X_ Director Officer (giv below)		Owner or (specify
			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State)	Zip) Tabl	e I - Non-Deri	rivative Secur	ities Acq	quired, Disposed (	of, or Beneficial	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction(Code (Instr. 8) (	4. Securities A (A) or Dispose (D) (Instr. 3, 4 and  (A) or Amount (D)	ed of 5) Price	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	12/10/2009		M 5	5,000 A	\$ 1.25	314,130	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)

### Edgar Filing: ZWECKER MARK A - Form 4

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)	orof D Secu Acq (A) Disp (D)	or cosed of er. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. I De Seo (In
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option	\$ 1.25	12/10/2009		M		5,000	<u>(1)</u>	12/15/2009	Common Stock	5,000	
Stock Option	\$ 1.6875						(2)	12/13/2010	Common Stock	5,000	
Stock Option	\$ 2.43						(3)	06/13/2011	Common Stock	5,000	
Stock Option	\$ 2.58						<u>(4)</u>	11/06/2012	Common Stock	5,000	
Stock Option	\$ 1.99						(5)	07/29/2013	Common Stock	12,000	
Stock Option	\$ 1.7						<u>(6)</u>	07/28/2014	Common Stock	12,000	
Stock Option	\$ 1.84						<u>(7)</u>	07/27/2015	Common Stock	12,000	
Stock Option	\$ 2.15						(8)	07/27/2016	Common Stock	12,000	
Stock Option	\$ 2.95						<u>(9)</u>	08/02/2017	Common Stock	12,000	
Stock Option	\$ 2.34						(10)	08/05/2018	Common Stock	12,000	
Stock Option	\$ 2.67						(11)	07/29/2019	Common Stock	12,000	

# **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
ZWECKER MARK A 1042 CUMBERLAND ROAD	X						
ATLANTA, GA 30306							

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# **Signatures**

/s/Mark A. 12/11/2009 Zwecker

\*\*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) Stock Option granted 12/15/99 under the Company's 1992 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (2) Stock Option granted 12/13/00 under the Company's 1992 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (3) Stock Option granted 06/13/01 under the Company's 1992 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (4) Stock Option granted 11/06/02 under the Company's 1992 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (5) Stock Option granted 07/29/03 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (6) Stock Option granted 07/28/04 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (7) Stock Option granted 07/27/05 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (8) Stock Option granted 07/27/06 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (9) Stock Option granted 08/02/07 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (10) Stock Option granted 08/05/08 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.
- (11) Stock Option granted 07/29/09 under the Company's 2003 Outside Director's Stock Plan. The Options vest fully six months from date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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