AMES CARMEN HOLDING

Form 4

Common

Stock

Class B

Common

December 18, 2008

December 18.	, 2008										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB APPROVAL			
	UNITED	STATES S		ITIES AN hington, I			COMMISSION	OMB Number:	3235-0287		
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction See Instruction 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 30(h) of the Investment Company Act of 1940								Expires: January 31 2009 Estimated average burden hours per response 0.9			
1(b).											
(Print or Type R	esponses)										
AMES CARMEN HOLDING Sym				Name and T	BANCS		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) 3. Date of (Month/Date) 2220 WHITE OAK ROAD 12/12/20				-	nsaction		X Director 10% Owner Officer (give title below) Other (specify below)				
				dment, Date h/Day/Year)	e Original		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting				
		(Zip)					Person				
(City)	(State)	(Zip)	Table	I - Non-De	rivative S	ecurities Ac	quired, Disposed o		•		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any (Month/Da	Date, if	3. Transaction Code (Instr. 8)	Disposed (Instr. 3,	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Class A Common Stock							25,129	D			
Class A Common Stock							122,800 (1)	I	Held by family trusts (2)		
Class B											

581

62,437 (1)

D

I

Held by

family

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Stock									trusts (2)
Class B Common Stock							217	I	By trust for Sheppard K. Ames IV
Class B Common Stock							106	I	By Trust for Carolyn R. Ames
Class A Common Stock	12/12/2008	G	V	111	A	\$ 0	111	I	By Trust for Carolyn R. Ames

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(9-02)

9. Nu Deriv Secu Bene Own Follo Repo Trans (Insti

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Tit	le and	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transac	tionNumber	Expiration D	ate	Amou	ınt of	Derivative
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Unde	rlying	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8) Derivativ	e		Secur	rities	(Instr. 5)
	Derivative				Securities	S		(Instr	. 3 and 4)	
	Security				Acquired					
	-				(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
									Amount	
						Date	Expiration		or	
						Exercisable	Date	Title	Number	
									of	
				Code	V (A) (D)				Shares	

Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
AMES CARMEN HOLDING								
2220 WHITE OAK ROAD	X							
RALEIGH, NC 27608								

Reporting Owners 2

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Signatures

Carmen Holding Ames, By: William R. Lathan, Jr., Attorney-in-Fact

12/18/2008

**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) Excludes additional shares of Issuer's stock held by another trust of which the reporting person is sole beneficiary with no investment or voting control.
- (2) The reporting person is the sole beneficiary of the trust, but she has limited investment control, subject to discretion of the trustees, and she disclaims beneficial ownership of the shares held by the trust except to the extent of her pecuniary interest therein.

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.

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