Instruction 1(b).

## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to	
Section 16. Form 4 or Form 5	
obligations may continue. See	

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

**OMB APPROVAL** OMB Number: Estimated average burden hours per response: 0.5

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

1. Name and Address of Reporting Person*  KOWLZAN MARK W									er or Trac ORP C		Symbol <mark>AMERI</mark>	(Che	elationship of eck all application Director  Market Control  Officer below)	cable) or (give title	g Perso	on(s) to Issi 10% Ow Other (s below)	ner		
(Last) (First) (Middle) C/O PACKING CORP OF AMERICA 1900 WEST FIELD COURT						3. Date of Earliest Transaction (Month/Day/Year) 02/04/2005									,	ior VP - (	Contai	,	
(Street) LAKE FOREST IL 60045					_   4.	If Ame	endme	nt, Date o	of Original	Filed	(Month/Da	Line	Individual or Joint/Group Filing Line)     X Form filed by One Rep     Form filed by More that Person			ting Persor	1		
(City) (State) (Zip)													. 5.55						
		Tab	ole I - No	n-Deri	ivativ	e Se	curit	ties Ac	quired,	Dis	posed o	of, o	r Ben	eficiall	y Owned				
1. Title of Security (Instr. 3)				2. Transaction Date (Month/Day/Ye		Execution		tion Date,	Code (	Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)				es ally Following	Form (D) or	Direct Indirect I	7. Nature of Indirect Beneficial Ownership
									Code	v	Amount		(A) or (D)	Price	Reported Transact (Instr. 3 a	ion(s)		[	Instr. 4)
Common Stock					02/04/2005						20,00	00 A \$		\$4.55	199,000			D	
Common Stock				02/04/2005		5			S		3,000	0 D \$		\$23.5	196,000			D	
Common Stock				02/04/2005					S		100	D \$		\$23.5	195,900			D	
Common Stock				02/04/2005					S		8,300	)	D	\$23.5	3 187	,600		D	
Common Stock				02/0	02/04/2005				S		3,200	3,200 Г		\$23.5	4 184	184,400		D	
Common Stock					02/04/2005				S		1,500	,500 I		\$23.5	5 182	182,900		D	
Common Stock 02					02/04/2005						1,300		D	\$23.5	181,600		D		
Common Stock 02/0					04/200	5			S		1,800		D	\$23.5	7 179	9,800		D	
Common Stock 02/04					04/200	4/2005			S		800	D \$		\$23.5	179,000		D		
		-	Table II -								osed of, onverti				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Day	d Date,	4. Transaction Code (Instr. 8)		5. Number of		6. Date E) Expiration (Month/Da	kercis n Date	able and	7. Ti of S Und Deri	7. Title and Amo of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	e S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisal		Expiration Date	Title		Amount or Number of Shares					
Employee Stock Option (right to buy)	\$4.55	02/04/2005			M			20,000	(1)	(	06/01/2009		nmon ock	20,000	(2)	70,90	0	D	

## **Explanation of Responses:**

- 1. The reported securities are immediately exercisable.
- 2. Per SEC instruction, column left blank.

/s/ Richard B. West under a Power of Attorney

02/08/2005

\*\* Signature of Reporting Person

Date

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

- \* 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.

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 Number.