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 Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Number: 0287
Expires: November 30, 2011
Estimated average burden hours per response... 0.5

OMB APPROVAL

OMB

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

(Print or Type Respo	nses)									
Name and Address INCE WILLIAM	2. Issuer N Symbol INTEGRA /CN/ [ITK	L TEC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director _X_ Officer (give title Other (specify below)				
805 WEST ORCI DRIVE, SUITE 7	3. Date of Ea (Month/Day 01/07/200:	/Year)	nsac	etion		below) Pres., Sec. & CFO				
BELLINGHAM,		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)	(City) (State) (Zip) Table I - Non-Derivative Securities Acqu					ties Acqui	nired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)		•	ion Date, if Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) 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)	Beneficial Ownership	
Reminder: Report or directly or indirectly.		ach class of securiti	es benefi	Pe in	ersons wh formation quired to	containe respond	nd to the collection of the collection of the collection are nunless the form discontrol number.	ot	SEC 1474 (9-02)	

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

1. Title of	2.	3. Transaction	3A. Deemed	4.		5. N	umber	6. Date Exe	rcisable	7. Title and	Amount	8. Price of	9. Number of	10.	11. Nature	ı
Derivative	Conversion	Date	Execution Date, if	Transac	tion	of		and Expirati	on Date	of Underlyi	ng	Derivative	Derivative	Ownership	of Indirect	l
Security	or Exercise	(Month/Day/Year)	any	Code		Der	ivative	(Month/Day	/Year)	Securities	_	Security	Securities	Form of	Beneficial	l
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Seci	ırities			(Instr. 3 and	14)	(Instr. 5)	Beneficially	Derivative	Ownership	l
	Derivative					Acq	uired						Owned	Security:	(Instr. 4)	l
	Security					(A)	or						Following	Direct (D)		l
						Disp	osed						Reported	or Indirect		i
						of (l	D)						Transaction(s)	(I)		l
						(Ins	tr. 3, 4,						(Instr. 4)	(Instr. 4)		l
						and	5)									l
											Amount					i
								D /	E:		or					l
								Date Exercisable	Expiration	Title	Number					l
								Exercisable	Date		of					l
				Code	V	(A)	(D)				Shares					i
Series A										Common						
Convertible Preferred	\$4	01/07/2005		J(1)			6,250	<u>(1)</u>	(1)	Stock (1)	(1)	<u>(1)</u>	103,563	D		
Stock																

Reporting Owners

Banauting Owner Name / Addusss	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
INCE WILLIAM A 805 WEST ORCHARD DRIVE SUITE 7 BELLINGHAM, WA, X1 98225	X		Pres., Sec. & CFO					

Signatures

William A. Ince	01/10/2005
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).
- $\textbf{(1)} \ Mr. \ Ince \ tendered \ 6,250 \ shares \ of \ Series \ A \ Convertible \ Preferred \ Stock \ to \ the \ Issuer \ for \ redemption \ at \$4.00 \ per \ share.$

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.