FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPR	OVAL
	OMB Number:	3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

Name and Address of Reporting Person*     Geveden Rex D																	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
Geveu	II IKCA D								_							X	Directo	or		10% Ov	vner	
(Last) (First) (Middle) 800 MAIN STREET 4TH FLOOR						3. Date of Earliest Transaction (Month/Day/Year) 03/02/2019											X Officer (give title below) Other (specify below)  President and CEO					
(Street) LYNCHBURG VA 24504					4. If	Line) X Form												Joint/Group Filing (Check Applicable filed by One Reporting Person filed by More than One Reporting n				
(City)	(5	-	(Zip)																			
			le I - No			_			qu	uired, I	Dis						1					
					2. Transaction Date (Month/Day/Year)			2A. Deemed Execution Date, if any (Month/Day/Year)			ction nstr.	4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)				4 and Securiti Benefic		es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
										Code	v	Amount		(A) or (D)	Price	)	Transaci (Instr. 3	tion(s)			(11150.4)	
Common	/2019	2019				M		7,074		A	\$	0	67,	,585		D						
Common Stock 03/02/										F		3,190		D	\$51	.76	64	,395		D		
Common Stock 03/02/										M		6,173		A	\$	0	70	),568		D		
Common Stock 03/02/										F		2,784	4	D	\$51	.76	67	7,784		D		
		1	Table II -									osed of onverti					wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deemd Execution if any (Month/Da	Date,	4. Transaction Code (Instr 8)					Date Exe opiration Ionth/Day	Date		7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		f J Securit	D S (li	8. Price of Derivative Security Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	e s ully	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)		ate kercisabl		xpiration ate	Title		Amour or Number of Shares	er						
Restricted Stock Units	\$0.0	03/02/2019			M			7,074		(1)	0	3/01/2020		nmon ock	7,074	4	\$0	7,074		D		
Restricted Stock	\$0.0	03/02/2019			M			6,173		(2)	0	3/02/2021		nmon ock	6,173	3   -	\$0	12,346		D		

## **Explanation of Responses:**

- 1. RSUs vest in three equal annual installments beginning March 2, 2018.
- 2. RSUs vest in three equal annual installments beginning March 2, 2019.

## Remarks:

/s/ Rex D. Geveden, by

Theresa B. Taylor, attorney-in- 03/05/2019

\*\* 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.