FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL										
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Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(h)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

301 1ST S	STREET SV	ATIONS INCOR	Middle)	FD)ate (1	Dire	ctor	ng Person(s) to Is	Owner		
		W, SUITE 200		שנ	3. Date of Earliest Transaction (Month/Day/Year) 07/31/2019 Officer (give title below) Other (specify below)													
301 1ST STREET SW, SUITE 200 (Street) ROANOKE VA 24011					4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									ndividual or Joint/Group Filing (Check Applicable e) X Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(Sta		^{Zip)} ====== e I - No i	n-Deriv	ative	Se	curiti	es Ac	guired.	Dis	posed o	f. or	Bene	 ficiall	/ Own			
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da					action	2A. Deemed Execution Date,			3. Transaction Code (Instr. 8) 4. Securit Disposed 5)		ies Acc Of (D)	uired ((Instr. 3	A) or , 4 and	5. Am Secur Benef Owne Repor	ount of ities icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock 07/31/						/2019		Code	V	42,200	([)	Price \$5.35 ⁽¹	(Instr. 3 and 4)		D		
					/2019		S		3,305		D	\$5.25 ⁽²			D			
		Та									sed of, onvertib				Owned			
Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	se (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)		4. Transactic Code (Inst 8)				6. Date Exe Expiration (Month/Day		e	Amou Secur Unde Deriv	Fitle and count of curities derlying rivative curity (Instit 4 4) Amou or Numb of	De Se (Ir	Price of rivative curity str. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership (Instr. 4)

Explanation of Responses:

- 1. Price reflected is a weighted-average sale price for the shares sold. The range of sales prices for the transaction reported was \$5.25 \$5.51 per share, inclusive. The reporting person undertakes to provide upon request of the staff, the issuer, or a secondary holder of the issuer, full information regarding the number of shares sold at each price.
- 2. Price reflected is a weighted-average sale price for the shares sold. The range of sales prices for the transactions reported was \$5.25 to \$5.28 per share, inclusive. The reporting person undertakes to provide upon request of the staff, the issuer, or a secondary holder of the issuer, full information regarding the number of shares sold at each price.

Remarks:

/s/ Robert Vaughan, Treasurer,

08/02/2019

Carilion Clinic

** 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.