## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
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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)

### 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

1. Name and Address of Reporting Person* <u>ROEDEL RICHARD</u>				r Name <b>and</b> Ticker A INNOVAT					ationship of Reportin k all applicable) Director		) Issuer % Owner			
		(Middle) NCORPORATED		3. Date of Earliest Transaction (Month/Day/Year) 07/01/2019						Officer (give title below)	Other below	(specify )		
301 1ST STREET SW, SUITE 200				4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street) ROANOKE	VA	24011							X	Form filed by One Form filed by Mon Person				
(City)	(State)	(Zip)												
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned														
Da		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)				

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

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code (	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerc Expiration Da (Month/Day/Y	ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Stock Units	(1)	07/01/2019		A		3,464.52 <sup>(2)</sup>		(3)	(3)	Common Stock	3,464.52	\$4.51	30,437.81	D	
Stock Units	(1)	07/01/2019		A		221.73 <sup>(4)</sup>		(3)	(3)	Common Stock	221.73	\$4.51	30,659.54	D	
Stock Units	(5)							(5)	(5)	Common Stock	(5)		232,043.49 <sup>(5)</sup>	I	By Spouse

**Explanation of Responses:** 

1. Stock units are convertible into issuer's common stock on a 1-for-1 basis.

2. The grant was made pursuant to issuer's non-employee director compensation policy, as compensation for Mr. Roedel's service as chairman of the board of directors for the period from July 1, 2019 to September 30, 2019. The number of restricted stock units is equal to \$15,625.00 divided by \$4.51, the closing price of issuer's common stock on the Nasdaq Capital Market on July 1, 2019, the first trading day of the quarter. The Reporting Person elected to receive fees in stock units.

3. The stock units become issuable in common stock of the issuer at the election of the Reporting Person upon the earliest to occur of the Reporting Period's termination of service, a change in control of the issuer, an unforeseeable emergency, or a fixed date selected by the Reporting Person. The units have no expiration date.

4. This grant was made pursuant to issuer's non-employee director compensation policy, as compensation for Mr. Roedel's service on the audit committee of the board of directors for the period from July 1, 2019 to September 30, 2019. The number of restricted stock units is equal to \$1,000.00 divided by \$4.51, the closing price of issuer's common stock on the Nasdaq Capital Market on July 1, 2019, the first day of the quarter. The Reporting Person elected to receive fees in stock units.

5. These stock units were previously reported as directly held by the Reporting Person, but have been transferred to the Reporting Person's spouse as a bona fide gift for no consideration. **Remarks:** 

#### /s/ Scott A. Graeff, Attorney-In-07/03/2019 **Fact**

\*\* 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.

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