FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

	Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. <i>See</i> Instruction 1(b).
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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

				suer Name and Tic ENANDOAI LECOMMUI	ł	Symbol <u>NS CO/VA/</u> [ationship of Reporting Person(s) to Is k all applicable) Director 10% Ow				
(Last)	(First)	(Middle)	SHE	EN]				Officer (give title below)	Other below	(specify /)		
PO BOX 459				ate of Earliest Trans 01/2023	saction (Month	/Day/Year)						
(Street)			4. lf /	Amendment, Date o	of Original File	d (Month/Day/Year)	6. Indi Line)	vidual or Joint/Grou	up Filing (Check	Applicable		
EDINBURG	VA	22824					X	Form filed by On	ne Reporting Pe	erson		
(City)	(State)	(Zip)						Form filed by Mo Person	ore than One Re	eporting		
			Ru	Rule 10b5-1(c) Transaction Indication								
				Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.								
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Security (Instr. 3) 2. Transacti Date (Month/Day				2A. Deemed Execution Date, if any	3. Transaction Code (Instr.	4. Securities Acquired (A Disposed Of (D) (Instr. 3 5)		5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or	7. Nature of Indirect Beneficial		

		(Month/Day/Year)	8)					Owned Following Reported		Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(1150.4)	(1150.4)	
Common	08/01/2023		A ⁽¹⁾		55.7938	Α	\$8.67	31,980.3674	D		
Table U	Devision the O		in a di D				C	O			٦

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

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)	4. Transac Code (In 8)			rative rities ired r osed) . 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		Amou Secu Unde Deriv Secu	rlying ative	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

1. Shares received in lieu of director fees.

/s/ Christopher E French

 Attorney in Fact for Tracy
 08/02/2023

 Fitzsimmons
 Eitzsimmons

** Signature of Reporting Person Date

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

 \ast 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.