FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

l	OMB APPRO	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

	d Address of N NEIL I	Reporting Person* DJR					me and Ti			Symbol [OCC]						olicable)	g Person(s) to I X 10% (
(Last) 5290 CO	(Fi	· ·	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 01/31/2019									Officer (give title Other (specify below) Chairman, President and CEO)``
(Street)	(Street) ROANOKE VA 24019			4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									i. Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting				
(City)	(St		Zip)												Pers			
Table I - No.		n-Derivative S 2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Trans	3. Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		(A) or	nd	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	. 1	Transaction(s) (Instr. 3 and 4)			(111341.4)		
Common	Stock			01/31/	2019			F		70,743	(1)	D	\$3.	61	9:	16,662	D	
Common	Stock														2	2,595	I	By Wilkin Capital Fund I, LLC ⁽²⁾
Common	Stock															315	I	By Daughter #1 ⁽³⁾
Common	Stock															315	I	By Daughter #2 ⁽³⁾
Common	Stock															115	I	By Daughter #3 ⁽³⁾
Common	Stock															315	I	By Son
		Ta								sed of, onvertib				y Ow	ned			
		ion (str. I		-	Exercis	sable and	7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)				r. 5) Beneficially Owned Following Reported	derivative Securities Beneficially Owned Following Reported Transaction(Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)				
Evnlanation					Code V	, ((A) (D)	Date Exercis		Expiration Date	Title	or Nun of	ount nber ires					

- 1. 70,743 shares are being surrendered as allowed by the Company's Amended and Restated 2011 Stock Incentive Plan and 2017 Stock Incentive Plan to cover the payment of taxes currently due on previously granted restricted shares.
- 2. The shares are held by Wilkin Capital Fund I, LLC for the benefit of Neil D. Wilkin, Jr.
- 3. The reporting person disclaims beneficial ownership of all securities held by his children, and this report should not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose.

/s/ Neil D. Wilkin, Jr.

02/04/2019

** 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.