Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

-	-					
OMB Number:	3235-0287					
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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*				ier Name and Ticke PITAL ONE F	•	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
Archibong Ime			COF]				Director	10% 0	Owner		
(Last) 1680 CAPITA	(First) AL ONE DRIV	(Middle)	3. Dat	3. Date of Earliest Transaction (Month/Day/Year) 05/04/2023			Officer (give title below)	Other below	(specify)		
(Street) MCLEAN (City)	VA (State)	22102 (Zip)	4. If A	mendment, Date of	Original Filed	(Month/Day/Year)	6. Indiv Line) X	ridual or Joint/Grou Form filed by On Form filed by Mo Person	e Reporting Per	son	
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Secu	ity (Instr. 3)		2. Transaction	2A. Deemed	3. Transaction	4. Securities Acquired (5. Amount of	6. Ownership	7. Nature	

	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		Disposed Of 5)	(D) (Insti		Beneficially Owned Following	(D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock ⁽¹⁾	05/04/2023		A		2,453	Α	\$ <mark>0</mark>	5,719	D	

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

			(0/1	,				• *				,			
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. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		nd 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 Transaction(s) (Instr. 4)	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				

Explanation of Responses:

1. Restricted stock units which vest in their entirety on May 4, 2024 and settle in shares of the Company's common stock upon termination of service as a director. The reporting person will also be entitled to additional shares representing dividends accrued on the shares issuable at settlement.

Remarks:

/s/ Cle	eo Belmont	<u>te (POA on</u>
<u>file)</u>		

05/08/2023

** 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.