FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D C 20549	
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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

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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

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1. Name and Address of Reporting Person*  TISSUE ROBERT S																	5. Relationship of Reporting Person(s) to Issuer Check all applicable)  Director 10% Owne  V Officer (give title Other (spe			
(Last) PO BOX 1	(Fir	st) (		3. Date of Earliest Transaction (Month/Day/Year) 02/09/2023												EVP & CFO				
(Street) LEWISBURG WV 24901					4.1											Individual or Joint/Group Filing (Check Applicable ine)  X Form filed by One Reporting Person				
(City) (State) (Zip)													Form filed by More than One Reporting Person							
		Tal	ble I - Noi	n-Deri	ivativ	∕e Se	ecuritie	s A	cqui	red, I	Disp	osed o	f, or Be	nefic	ially	Owned				
		Date	2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		e,   1	Code (Instr.		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	de V Am		unt (A) or (D)		rice	Transactio (Instr. 3 an	n(s) d 4)				
Common S	stock	(														59,997		D		
Common Stock															74	740			by Spouse	
Common S	mmon Stock															17,000.6058		58 I		By ESOI
			Table II -									sed of, onvertib				wned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution D if any (Month/Day/	ate, 1	4. Transaction Code (Instr. 8)		of		Expi	6. Date Exercisa Expiration Date (Month/Day/Yea			7. Title and Amo of Securities Underlying Deriv Security (Instr. 3 4)		vative	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	ve es Form: ially Direct (C or Indire (I) (Instr.		Benefici Ownersh (Instr. 4)
					Code	v	(A)		Date Exer	e rcisable		Expiration Date	Title		ount or ober of res					
Stock- Settled Stock Appreciation Rights	\$12.01								04/2	2/2016 <sup>(</sup>	(1)	04/23/2025	Common Stock	10,	768.2		10,768.	2	D	
Stock- Settled Stock Appreciation Rights	\$26.01								02/09	9/2018 <sup>(</sup>	(1)	02/09/2027	Common Stock	8,	151		8,151		D	
Stock- Settled Stock Appreciation Rights	\$23.94								02/0	7/2020 <sup>(</sup>	(1)	02/07/2029	Common Stock	17	,052		17,052		D	
Stock- Settled Stock Appreciation Rights	\$21.85								07/1:	5/2022 <sup>(</sup>	(1)	07/15/2031	Common Stock	17	,221		17,221		D	
Stock- Settled Stock Appreciation Rights	\$26.37	02/09/2023			A		16,730		02/09	9/2024 <sup>(</sup>	(1)	02/09/2033	Common Stock	16	,730	\$26.37	16,730		D	

## Explanation of Responses:

1. SAR vests in 5 equal annual installments with the beginning date indicated.

Teresa D. Ely, Lmtd POA, Attorney-in-Fact

02/10/2023

\*\* Signature of Reporting Person

Date

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

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.

 $<sup>^{\</sup>star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).