FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| OMB APPROVAL | | | | | |
|--------------------------|-----------|--|--|--|--|
| OMB Number: | 3235-0287 | | | | |
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| hours per response: | 0.5 | | | | |

| heck this box if no longer subject to | |
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| ection 16. Form 4 or Form 5 | |
| bligations may continue. See | |
| struction 1(b). | |
| istruction I(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* PHELPS BARRY | | | | r Name and Ticker A INNOVAT | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | | |
|--|--------------|--|-----------------|--|------------------|--|--------|---------------|---|---|---|----------------|--|--|
| | | | | | | | | | X | Director | 10% | Owner | | |
| | | (Middle) | | 3. Date of Earliest Transaction (Month/Day/Year) 10/01/2019 | | | | | | Officer (give title below) | Other below | (specify /) | | |
| 301 1ST STREE | ET SW, SUITE | . 200 | 4. If Am | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | 6. Individual or Joint/Group Filing (Check Applicable Line) | | | | | |
| (Street) | | | | | | | | | | Form filed by On | e Reporting Pers | on | | |
| ROANOKE | VA | 24011 | | | | | | | | Form filed by Mo Person | re than One Rep | orting | | |
| (City) | (State) | (Zip) | | | | | | | | | | | | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | |
| Dat | | 2. Transaction Date (Month/Day/Year) | Execution Date, | | iction Instr. | 4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 | | | 5. Amount of Securities Beneficially Owned Following | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership | | | |
| | | | | | Code | v | Amount | (A) or (D) | Price | Reported Transaction(s) (Instr. 3 and 4) | | (Instr. 4) | | |

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. Transa Code (8) | | 5. Number of Derivative Securities Acquired (A Disposed of (Instr. 3, 4 a 5) | .) or f (D) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | of Securities | | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) | 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 | | (Instr. 4) | | |
| Stock Units | (1) | 10/01/2019 | | Α | | 1,644.74 ⁽²⁾ | | (3) | (3) | Common Stock | 1,644.74 | \$5.7 | 45,968.92 | D | |
| Stock Units | (1) | 10/01/2019 | | Α | | 482.46 ⁽⁴⁾ | | (3) | (3) | Common Stock | 482.46 | \$5.7 | 46,451.38 | D | |
| Stock Units | (1) | 10/01/2019 | | Α | | 175.44 ⁽⁵⁾ | | (3) | (3) | Common Stock | 175.44 | \$5.7 | 46,626.82 | D | |

Explanation of Responses:

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

2. This grant was made pursuant to the issuer's non-employee director compensation policy, as compensation for Mr. Phelps's service as a member of the board of directors for the period from October 1, 2019 to December 31, 2019. The number of restricted stock units is equal to \$9,375.00 divided by \$5.70, the closing price of the issuer's common stock on the Nasdaq Capital Market on October 1, 2019, the first trading day of the quarter. The Reporting Person elected to receive fees in stock units.

3. The stock units became issuable in common stock of the issuer at the election of the Reporting Person upon the earliest to occur of the Reporting Person's termination of service, a change in control of the issuer, an unforeseeable emergency, or a fixed 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. Phelps's service as the chairman of the audit committee of the board of directors for the period from October 1, 2019 to December 31, 2019. The number of restricted stock units is equal to \$2,750.00 divided by \$5.70, the closing price of issuer's common stock on the Nasdaq Capital Market on October 1, 2019, the first trading day of the quarter. The Reporting Person elected to receive fees in stock units.

5. This grant was made pursuant to issuer's non-employee director compensation policy, as compensation for Mr. Phelps's service on the compensation committee of the board of directors for the period from October 1, 2019 to December 31, 2019. The number of restricted stock units is equal to \$1,000.00 divided by \$5.70, the closing price of issuer's common stock on the Nasdaq Capital Market on October 1, 2019, the first trading day of the quarter. The Reporting Person elected to receive fees in stock units.

Remarks:

| /s/ Scott A | Graeff, Attorney-In- | 10/02/2010 |
|-------------|----------------------|------------|
| Fact | | 10/03/2019 |

** 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.