SEC Form	4
----------	---

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

OMB APPROVAL

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

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

			01000		vesiment con	Ipany Act of 1940						
1. Name and Address of Reporting Person [*] SPIEGEL GARY				er Name and Ticker A INNOVAT				tionship of Reportin all applicable) Director	10% (Owner		
(Last) 301 1ST STRE SUITE 200	(First) ET, SW	(Middle)	3. Date 01/03/	of Earliest Transac 2023	tion (Month/D	ay/Year)		Officer (give title below)	below	(specify)		
SUITE 200				endment, Date of (Driginal Filed	Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street) ROANOKE	VA	24011					X	Form filed by On Form filed by Mo Person				
(City)	(State)	(Zip)										
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Security	y (Instr. 3)		2. Transaction Date	2A. Deemed Execution Date,	3. Transaction	4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect		

1. True of Security (instr. 3)	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Code (ction	Disposed Of (I 5)			Securities	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	Transaction(s) (Instr. 3 and 4)		(1150. 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 Derivative Securities Acquired or Dispose of (D) (Ins 4 and 5)	(A) ed	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	derivative Securities Beneficially Owned Following Reported	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		Transaction(s) (Instr. 4)		
Stock Units	(1)	01/03/2023		Α		467.19 ⁽²⁾		(3)	(3)	Common Stock	467.19	\$ <mark>0</mark>	26,229.19	D	
Stock Units	(1)	01/03/2023		Α		166.85 ⁽⁴⁾		(3)	(3)	Common Stock	166.85	\$ <mark>0</mark>	26,396.04	D	
Stock Units	(1)	01/03/2023		Α		55.62 ⁽⁵⁾		(3)	(3)	Common Stock	55.62	\$ <mark>0</mark>	26,451.66	D	
Stock Units	(1)	01/03/2023		Α		55.62 ⁽⁶⁾		(3)	(3)	Common Stock	55.62	\$ <mark>0</mark>	26,507.28	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. Spiegel's service as a member of the board of directors for the period from January 1, 2023 to March 31, 2023. The number of restricted stock units is equal to \$4,200.00, the portion of their fees the Reporting person elected to receive in stock units, divided by \$8.99, the closing price of the issuer's common stock on the Nasdaq Capital Market January 3, 2023, the first trading day of the quarter.

3. The stock units become 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. Spiegel's service as the chairman of the compensation committee of the board of directors for the period from January 1, 2023 to March 31, 2023. The number of restricted stock units is equal to \$1,500.00, the portion of their fees the Reporting Person elected to receive in stock units, divided by \$8.99, the closing price of issuer's common stock on the Nasdaq Capital Market on January 3, 2023, the first trading day of the quarter.

5. This grant was made pursuant to issuer's non-employee director compensation policy, as compensation for Mr. Spiegel's service on the nominating and governance committee of the board of directors for the period from January 1, 2023 to March 31, 2023. The number of restricted stock units is equal to \$\$00.00, the portion of their fees the Reporting Person elected to receive in stock units, divided by \$8.99, the closing price of issuer's common stock on the Nasdaq Capital Market on January 3, 2023, the first trading day of the quarter.

6. This grant was made pursuant to issuer's non-employee director compensation policy, as compensation for Mr. Spiegel's service on the risk committee of the board of directors for the period from January 1, 2023 to March 31, 2023. The number of restricted stock units is equal to \$500.00, the portion of their fees the Reporting Person elected to receive in stock units, divided by \$8.99, the closing price of issuer's common stock on the Nasdaq Capital Market on January 3, 2023, the first trading day of the quarter.

Remarks:

/s/ Scott A. Graeff, Attorney-In-01/04/2023

Fact

** 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.