

144: Filer Information

Filer CIK

Filer CCC

Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer

SEC File Number

Address of Issuer

Phone

Name of Person for Whose Account the Securities are To Be Sold

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

Relationship to Issuer

144: Securities Information

Title of the Class of Securities To Be Sold

Name and Address of the Broker

Number of Shares or Other Units To Be Sold

Aggregate Market Value

Number of Shares or Other Units Outstanding

Approximate Date of Sale

Name the Securities Exchange

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/31/2023
Nature of Acquisition Transaction	Restricted Stock
Name of Person from Whom Acquired	ISSUER

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired	70445
Date of Payment	12/31/2023
Nature of Payment	Not Applicable

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/05/2024
Nature of Acquisition Transaction	Performance Shares
Name of Person from Whom Acquired	ISSUER

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired	129555
Date of Payment	03/05/2024
Nature of Payment	Not Applicable

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common
Date of Sale	02/05/2025
Amount of Securities Sold	7228

Gross Proceeds 39392.60

144: Securities Sold During The Past 3 Months

Name and Address of Seller AMANDA B LONG
7950 Jones Branch Drive
McLean
VA
22102

Title of Securities Sold Common

Date of Sale 02/05/2025

Amount of Securities Sold 192772

Gross Proceeds 1050607.40

144: Securities Sold During The Past 3 Months

Name and Address of Seller AMANDA B LONG
7950 Jones Branch Drive
McLean
VA
22102

Title of Securities Sold Common

Date of Sale 01/06/2025

Amount of Securities Sold 10358

Gross Proceeds 46611.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller AMANDA B LONG
7950 Jones Branch Drive
McLean
VA
22102

Title of Securities Sold Common

Date of Sale 01/06/2025

Amount of Securities Sold 55782

Gross Proceeds 251019.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller AMANDA B LONG
7950 Jones Branch Drive
McLean
VA
22102

Title of Securities Sold Common

Date of Sale 12/26/2024

Amount of Securities Sold 57480

Gross Proceeds 244290.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common
Date of Sale	12/26/2024
Amount of Securities Sold	142520
Gross Proceeds	605710.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common
Date of Sale	12/09/2024
Amount of Securities Sold	21138
Gross Proceeds	89836.50

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common
Date of Sale	12/09/2024
Amount of Securities Sold	19160
Gross Proceeds	81430.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common
Date of Sale	12/09/2024
Amount of Securities Sold	50959
Gross Proceeds	216575.75

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common

Date of Sale	12/09/2024
Amount of Securities Sold	25891
Gross Proceeds	110036.75

144: Securities Sold During The Past 3 Months

Name and Address of Seller	AMANDA B LONG 7950 Jones Branch Drive McLean VA 22102
Title of Securities Sold	Common
Date of Sale	12/09/2024
Amount of Securities Sold	82852
Gross Proceeds	352121.00

144: Remarks and Signature

Remarks	
Date of Notice	02/10/2025
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	05/23/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Amanda Barrett Long
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)