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

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL					
OMB Number:	3235-0287				
Estimated average burden					

															0				
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 O Filed pursuant to Section 16(a) of the Securities Exchange Act of Filed pursuant to Section 16(b) of the Securities Exchange Act of 10(b)								Act of 1934	_	P	Estima	Number: ated aver per resp	rage burden	3235-0287 0.5					
1. Name and Address of Reporting Person [*] Hardesty Michael A														5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) (Middle) 2980 FAIRVIEW PARK DRIVE					3. Date of Earliest Transaction (Month/Day/Year) 02/16/2021								Corp VP, Controller & CAO						
(Street) FALLS CHURCH	[V /	A	22042								ndividual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person								
(City)	(S1	ate)	(Zip)																
		1	able I - No	n-Deriva	tive S	Securiti	es Acq	uired,	, Dis	posed of,	or Bene	ficially O	wned						
Dat			2. Transac Date (Month/Da		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8) 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 ar					5. Amount of Securities Beneficially Owned Following Reported		Form: Direct I (D) or Indirect E (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
						Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				(Instr. 4)				
Common Stock			02/16/2	6/2021			М		2,079.75 A \$		\$0.0000	6,475.95			D				
Common S	ommon Stock 02			02/16/2	2021			М		632 A \$		\$0.0000	7,107	7,107.95		D			
Common S	Stock			02/16/2	2021			F		191	D	\$0.0000	.0000 6,916.95 D			D			
Common S	Stock			02/16/2	2021			F		638	D	\$0.0000	6,278.95			D			
Common Stock 02/1				02/16/2	2021			S		1,016	D	\$296.87	5,262	.95		D			
										osed of, o onvertible			ned						
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	n Date Execution Date, Transaction Derivative Expiration		te Exer ation D	cisable and Date	7. Title an of Securit Underlyin	d Amount	tive Security (Instr. 5) Be OW Fo		ies ially ng	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)							
				Code	v	(A)	(D)	Date Exerc	isable	Expiration Date	Title	Amount or Number of Shares		Reporte Transac (Instr. 4	saction(s)				
Restricted Performance Stock Rights	(1)	02/16/2021		A		2,290.75		(1)	(1)	Common Stock	2,290.75	\$0.0000	6,939	9.75	D			
Restricted Performance Stock Rights	(1)	02/16/2021		М			2,079.75	(1)	(1)	Common Stock	2,079.75	\$0.0000	4,8	4,860 D				
Restricted	(2)	02/16/2021		Α		766		(2)	(2)	Common	766	\$0.0000	2,758		D			

Explanation of Responses:

(3)

Stock Rights

Restricted

Stock Rights

1. Each RPSR represents a contingent right to receive an equivalent number of shares of Issuer common stock, or, at the Issuer's election, cash or a combination of cash and Issuer common stock. The RPSRs vest if the applicable performance metric is satisfied for the relevant measurement period. Grants awarded pursuant to Rule 16b-3(d).

(3)

632

2. Each Restricted Stock Right (RSR) represents a contingent right to receive an equivalent number of shares of Issuer common stock, or, at the election of the Issuer's Compensation Committee, cash or a combination of cash and Issuer common stock. The RSRs were granted under the LTISP on 2/16/21 and will vest on 2/16/24.

3. Each Restricted Stock Right (RSR) represents a contingent right to receive an equivalent number of shares of Issuer common stock, or, at the election of the Issuer's Compensation Committee, cash or a combination of cash and Issuer common stock

4. Shares issued upon vesting of Restricted Stock Rights (RSRs) granted under the LTISP on 2/13/18 that vested on 2/16/21.

<u>/s/ Jennifer C. McGarey,</u>	02/18/2021				
Attorney-in-Fact	02/10/2021				
** Signature of Reporting Person	Date				

632

\$0.0000

2,126

D

Stock

Commo

Stock

(4)

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).

02/16/2021

** 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.

М

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.