## SEC Form 4

## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

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

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

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*   Berson Jory A			<u>C</u> /	ssuer Name <b>and</b> Ticke APITAL ONE F DF]	•			ationship of Reporti ( all applicable) Director Officer (give title below)	100	6 Owner er (specify		
(Last) 1680 CAPITA	(First) L ONE DRIVE	(Middle)		Date of Earliest Transa /03/2022	ction (Month/	Day/Year)		Former Chie		,		
(Street)			4. 11	f Amendment, Date of	Original Filed	(Month/Day/Year)	6. Indiv Line)	<i>r</i> idual or Joint/Grou	p Filing (Che	ck Applicable		
MCLEAN	VA	22102					X	Form filed by On				
(City)	(State)	(Zip)						Form filed by Mo Person	re than One	Reporting		
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
Date			2. Transaction Date (Month/Day/Yea	ar) 2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired ( <i>I</i> Disposed Of (D) (Instr. 3 5)			6. Ownershi Form: Direc (D) or Indire (I) (Instr. 4)	of Indirect		

		(Month/Day/Year)	8)					Owned Following Reported	(I) (Instr. 4)	Ownership (Instr. 4)	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)	
Common Stock <sup>(1)</sup>	02/03/2022		A		8,862	Α	\$ <mark>0</mark>	<b>60,120</b> <sup>(2)</sup>	D		
Common Stock								7,128 <sup>(3)</sup>	I	By 401(k)	

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

			( 0 / 1	,	,		,	• /				,		
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)		of Deriv Secu Acqu (A) of Dispo of (D) (Instr	Derivative (Month/Day/Year) Securities Acquired A) or Disposed		Expiration Date Amount of (Month/Day/Year) Securities			nount of curities derlying rivative curity (Instr. 5)		Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			

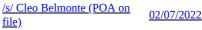
#### Explanation of Responses:

1. This restricted stock unit award will vest in 1/3 increments beginning on February 15, 2023 and annually thereafter. Each restricted stock unit represents a contingent right to receive one share of Company common stock.

2. Includes shares acquired by the reporting person through the Company's Associate Stock Purchase Plan since the last reported transaction.

3. Represents the reporting person's equivalent share ownership in the Company's 401(k) Plan, a unitized plan, as of the date of the latest transaction.

### **Remarks:**



\*\* 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.