SEC Form 4	
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F	OF	RN	14
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Check this box if no longer subject to Section 16. Form 4 or Form 5

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for

obligations may continue. See Instruction 1(b).

the purchase or sale of equity securities of the issuer that is

<b>UNITED STATES</b>	SECURITIES AND	EXCHANGE	COMMISSION

Washington, D.C. 20549

STATEMENT	OF C	HANGES	IN BENE	FICIAL	<b>OWNERSHIP</b>
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL								
OMB Number: 3235-0287								
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	isfy the affirmative ions of Rule 10b5-1(c). 10.									
1. Name and Addr BLESS MIC	ess of Reporting Perso	on*		suer Name <b>and</b> Ticke act Holdings, I				ationship of Reportir k all applicable) Director	• • • •	ssuer Owner
	(First) IOLDINGS, INC.	(Middle)		ate of Earliest Transa 09/2024	ction (Month/I	Day/Year)		Officer (give title below)	Other below	(specify )
8325 SIX FOR	KS ROAD		4. If	Amendment, Date of	Original Filed	(Month/Day/Year)	6. Indi Line)	vidual or Joint/Group	o Filing (Check A	Applicable
(Street) RALEIGH	NC	27615						Form filed by On Form filed by Mo Person		
(City)	(State)	(Zip)								
	Ta	able I - No	n-Derivative	Securities Acq	uired, Disj	oosed of, or Benefi	cially	Owned		
1. Title of Securit	y (Instr. 3)		2. Transaction Date (Month/Day/Yea	r) 2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)		5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)

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

Code v

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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)	Transaction Code (Instr. 8)		of		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount o Securities Underlyin Derivative	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	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				
Deferred Stock Units	(1)	09/09/2024		Α		111		(1)	(1)	Common Stock	111	\$0 <sup>(2)</sup>	21,059.686	D	

Explanation of Responses:

1. Deferred Stock Units become payable in shares of Common Stock one year after termination of service as a director

2. Additional deferred stock units acquired pursuant to reinvestment terms under the director award agreement from a dividend paid on September 9, 2024, at \$0.185 per share

Remarks:

/s/ Evan Stolove, by power of 09/11/2024 attorney

Transaction(s)

(Instr. 3 and 4)

(A) or (D)

Price

Amount

\*\* 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.