### FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL								
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l	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).

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 ,										
1. Name and Address of Reporting Person*  Quist Adam George  (Last) (First) (Middle)					SEC	uer Name <b>ar</b>	NA	TIONA			(Che	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner								
					<u>CO</u>	CORP [ SNFCA ]													ı	
															give title		Other (specify below)		ı	
4057 SOUTH OLIVIA VIEW LANE					3. Date of Earliest Transaction (Month/Day/Year) 12/29/2021									vP and General (			Counsel			
(Street)				4. If /	Amendment,	Date o	of Original F	iled	(Month/Da		6. Individual or Joint/Group Filing (Check Applicable									
SALT LAKE UT 84107												Line)  X Form filed by One Reporting Person								
CITY														Form filed by More than One Reporting						
(City)	(9	State)	(Zip)											Person				-		
		T	able I - Nor	n-Deriv	ative	Securitie	s Ac	quired,	Dis	posed o	of, or	Bene	ficially	Owned					1	
1. Title of Security (Instr. 3)		Date	2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Instr.		4. Securities Acquired (A) of Disposed Of (D) (Instr. 3, 4			Beneficial Owned Fo	i Ily	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership				
								v	Amount	(	A) or D)	Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)			
Class A Common Stock				12/29/20		2021		М		1,484	4	D	\$9.18	6,63	3(1)	D				
			Table II -					,	•	,	•		•	wned					_	
1. Title of			3A. Deemed	(e.g., p	uts, c	alls, warı					_			8. Price of	9. Numbe		10.	11. Natur	_	
Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	SA. Deemed Execution Date, if any (Month/Day/Yea	te, Tra	nsactio de (Inst	n Derivative Securitie Acquired or Dispos	Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		6. Date Exercisa Expiration Date (Month/Day/Yea		7. Title and Amor of Securities Underlying Deriv Security (Instr. 3 4)		erivative	Derivative Security (Instr. 5)	derivative Securitie Beneficia Owned Following Reported	Owners Form: Uly Direct (I) Or Indirect (I) (Instr	Ownership	of Indirect Beneficial Ownership ct (Instr. 4)		
				Cod	de V	(A)	(D)	Date Exercisab		expiration Date	Title	N	mount or umber of hares		Transact (Instr. 4)	ion(s)				
Employee Stock Option (right to buy)	\$5.31 <sup>(2)</sup>	12/02/2016		А		13,082 <sup>(2)</sup>		03/02/201	7 1	2/02/2026	Class Comr Stoo	ion   1	3,082 <sup>(2)</sup>	\$5.31 <sup>(2)</sup>	13,082	2 <sup>(2)</sup>	D			
Employee Stock Option (right to buy)	\$4.01 <sup>(3)</sup>	12/01/2017		А		18,689 <sup>(3)</sup>		03/01/201	8 1	2/01/2027	Class Comr Stoo	ion   1	8,689 <sup>(3)</sup>	\$4.01 <sup>(3)</sup>	18,689	<b>9</b> (3)	D			
Employee Stock Option (right to buy)	\$4.62 <sup>(4)</sup>	11/30/2018		A		23,731 <sup>(4)</sup>		02/28/201	9 1	1/30/2028	Class Comr Stoo	ion 2	3,731 <sup>(4)</sup>	\$4.62 <sup>(4)</sup>	23,731	l <sup>(4)</sup>	D			
Employee Stock Option (right to buy)	\$4.81 <sup>(5)</sup>	12/06/2019		А		39,552 <sup>(5)</sup>		03/06/202	0 1	2/06/2029	Class Comr Stoo	ion   3	9,552(5)	\$4.81 <sup>(5)</sup>	39,552	<u>2</u> (5)	D			
Employee Stock Option (right to	\$3.49 <sup>(6)</sup>	03/27/2020		А		37,669 <sup>(6)</sup>		06/27/202	0 0	3/27/2030	Class Comr Stoo	ion 3	7,669 <sup>(6)</sup>	\$3.49 <sup>(6)</sup>	37,669	<sub>9</sub> (6)	D			

### **Explanation of Responses:**

- 1. Does not include shares of Class A Common Stock owned indirectly by the reporting person in the 401(k) Retirement Savings Plan and shares of Class A Common Stock owned indirectly by the reporting person in the Non-Qualified Deferred Compensation Plan.
- 2. This option was granted on December 2, 2016 as an option for 10,000 shares of Class A Common Stock at an exercise price of \$7.03 per share, but adjusted pursuant to the anti-dilution provisions of the 2013 Stock Option Plan to reflect 5% stock dividends paid on February 3, 2017, February 2, 2018, February 1 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on
- 3. This option was granted on December 1, 2017 as an option to purchase either 15,000 shares of Class A Common Stock at an exercise price of \$5.05 per share or 15,000 shares of Class C Common Stock at an exercise price of \$5.05 per share, or any combination thereof. This option reflects the reporting person's election to have an option for 15,000 shares of Class C Common Stock at an exercise price of \$5.05 per share, but adjusted pursuant to the anti-dilution provisions of the 2013 Stock Option Plan to reflect 5% stock dividends paid on February 2, 2018, February 1 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.
- 4. This option was granted on November 30, 2018 as an option to purchase either 20,000 shares of Class A Common Stock at an exercise price of \$5.52 per share or 20,000 shares of Class C Common Stock at an exercise price of \$5.52 per share, or any combination thereof. This option reflects the reporting person's election to have an option for 20,000 shares of Class C Common Stock at an exercise price of \$5.52 per share, but adjusted pursuant to the anti-dilution provisions of the 2013 Stock Option Plan to reflect 5% stock dividends paid on February 1, 2019 and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.
- 5. This option was granted on December 6, 2019 as an option to purchase either 35,000 shares of Class A Common Stock at an exercise price of \$5.46 per share or 35,000 shares of Class C Common Stock at an exercise price of \$5.46 per share, or any combination thereof. This option reflects the reporting person's election to have an option for 35,000 shares of Class C Common Stock at an exercise price of \$5.46 per share, but adjusted pursuant to the anti-dilution provisions of the 2013 Stock Option Plan to reflect a 5% stock dividend paid on February 7, 2020; and a 2 1/2% stock dividend paid on July 17, 2020. This option vests in four equal quarterly installments of Class C Common Stock, beginning on March 6, 2020, until such shares are fully vested; and a 5% stock dividend paid on July 16, 2021.
- 6. This option was granted on March 27, 2020 as an option to purchase either 35,000 shares of Class A Common Stock at an exercise price of \$3.76 per share or 35,000 shares of Class C Common Stock at an exercise price of \$3.76 per share, or any combination thereof. This option reflects the reporting person's election to have an option for 35,000 shares of Class C Common Stock at an exercise price of \$3.76 per share; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

## Remarks:

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.