| SEC For | m 4 FORM | 4 | UNITED | STAT | res s | SECUR | RITI | ES AND I | EXCHA | NGE C | OMMIS | SION | | | | | | |
|--|---|--|--|--|--|---|------------------|--|--------------------|---|--------------------------------------|--|--|--|--|---------------------------------------|--|--|
| - | | | | | Washington, D.C. 20549 | | | | | | | ON | | | APPRO | VAL | | |
| | | onger subject to | STAT | | NT OF CHANGES IN BENEFICIAL OWNERSI | | | | | | | IIP OMB Number | | | | 3235-0287 | | |
| U obligati | n 16. Form 4 or ions may contir tion 1(b). | Form 5 nue. See | Filed | d pursuant to Section 16(a) of the Securities Exchange Act of 1934 | | | | | | | | hours p | | erage burder bonse: | 0.5 | | | |
| | | | | | or Se | ction 30(h) | of the | e Investment C | ompany Act | of 1940 | | | | | | | | |
| 1. Name and Address of Reporting Person* | | | | | | | | | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | | |
| Quist Adam George | | | | | | CORP [SNFCA] | | | | | | | X Director 10% Owner v Officer (give title Other (specify | | | | | |
| (Last) (First) (Middle) | | | | | | | | | | | | | A below) below) | | | | | |
| 4057 SOUTH OLIVIA VIEW LANE | | | | | 3. Date of Earliest Transaction (Month/Day/Year) 07/16/2021 | | | | | | | VP and General Counsel | | | | | | |
| (Street) SALT LAKE | | | | | | | | | | | | 6. Individual or Joint/Group Filing (Check Applicable Line) | | | | | | |
| CITY | U U | 84107 | | | | | | | | | X Form filed by One Reporting Person | | | | . | | | |
| (City) (State) (Zip) | | | | _ | | | | | | | | Form filed by More than One Reporting Person | | | | | | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | | | | | |
| 1. Title of S | | 2. Trans Date (Month/I | | | n Date | e, Transaction Disposed Code (Instr. | | ties Acquired (A) or I Of (D) (Instr. 3, 4 and | | Beneficial | ly | Form: (D) or | Direct Indirect | 7. Nature of Indirect Beneficial | | | | |
| | | | | | (Month/Day/Yea | | ar) 8) Code V | Amount | Amount (A) or P | | Reported Transaction(s) | | (I) (Ins | str. 4) | Ownership (Instr. 4) | | | |
| | | | Table II D | | | | | | | | | (Instr. 3 ar | nd 4) | | | | | |
| Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | | |
| 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 | Code | saction e (Instr. | | | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported | | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership (Instr. 4) | | |
| | | | | Code | e v | (A) | (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | Transaction(s) (Instr. 4) | | | | | |
| Employee Stock Option (right to buy) | \$5.31 ⁽¹⁾ | 12/02/2016 | | A | | 13,082 ⁽¹⁾ | | 03/02/2017 | 12/02/2026 | Class A Common Stock | 13,082 ⁽¹⁾ | \$5.31 ⁽¹⁾ | 13,082 ⁽¹⁾ | | D | | | |
| Employee Stock Option (right to buy) | \$4.01 ⁽²⁾ | 12/01/2017 | | A | | 18,689 ⁽²⁾ | | 03/01/2018 | 12/01/2027 | Class A Common Stock | 18,689 ⁽²⁾ | \$4.01 ⁽²⁾ | 18,689 ⁽²⁾ | | D | | | |
| Employee Stock Option (right to buy) | \$4.62 ⁽³⁾ | 11/30/2018 | | A | | 23,731 ⁽³⁾ | | 02/28/2019 | 11/30/2028 | Class A Common Stock | 23,731 ⁽³⁾ | \$4.62 ⁽³⁾ | 23,731 ⁽³⁾ | | D | | | |
| Employee Stock Option (right to buy) | \$4.81 ⁽⁴⁾ | 12/06/2019 | | A | | 39,552 ⁽⁴⁾ | | 03/06/2020 ⁽⁴⁾ | 12/06/2029 | Class A Common Stock | 39,552 ⁽⁴⁾ | \$4.81 ⁽⁴⁾ | 39,552 ⁽⁴⁾ | | D | | | |
| Employee Stock Option (right to buy) | \$3.49 ⁽⁵⁾ | 03/27/2020 | | A | | 37,669 ⁽⁵⁾ | | 06/27/2020 ⁽⁵⁾ | 03/27/2030 | Class A Common Stock | 37,669 ⁽⁵⁾ | \$3.49 ⁽⁵⁾ | 37,669 | J ⁽⁵⁾ | D | | | |

1. 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 July 16, 2021.

2. 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.

3. 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.

4. 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, 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.

5. 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, 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.

/s/ Adam G. Quist

10/21/2021

** 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.