FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB A	PPR	OVA
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OMB Number:	3235-0287
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hours per response:	0.5

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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. Name and Address of Reporting Lesson			2. Issuer Name and Ticker or Trading Symbol DYNEX CAPITAL INC [ DX ]		ationship of Reporting Person(s) to Issuer c all applicable)  Director 10% Owner			
(Last) (First) (Middle)		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/19/2023		Officer (give title below)	Other (specify below)		
C/O DYNEX CAPITAL, INC. 4991 LAKE BROOK DRIVE, SUITE 100  (Street)		100	4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable I     X Form filed by One Reporting Person     Form filed by More than One Reporting Per				
GLEN ALLEN	N VA 23060		Rule 10b5-1(c) Transaction Indication					
(City) (State) (Zip)		(Zip)	Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.					

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title	of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.		4. Securities Ad Disposed Of (D			Securities Beneficially Owned	Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
				Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)		(Instr. 4)
Comm	on Stock	05/19/2023		A		9,217(1)	A	\$ <mark>0</mark>	56,600	D	

# 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)	4. Transac Code (II 8)		5. Numl Derivat Securit Acquire or Disp (D) (Ins and 5)	ive ies ed (A) osed of	6. Date Exerc Expiration Day/\(\frac{1}{2}\)	ate	7. Title and Al Securities Un Derivative Se 3 and 4)	derlying	Derivative	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	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		(Instr. 4)		

#### Explanation of Responses:

## Remarks:

/s/ Katelyn Merick, as attorney-infact for Robert A. Salcetti

05/22/2023

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  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.

<sup>1.</sup> Restricted stock award which will vest on May 19, 2024.

POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints each of Ruchira Podali, Katelyn Merick and Shuli Wang, and with full power of substitution, as the und

(1) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to obtain from the U.S. Securities and Exchange Commission (the "SEC") a C

(2) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of Dynex Capital, Inc. (the "Company"), Forms 3, 4, and 5 in accordance w

(3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4 or 5, complete and execute any

(4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of any such attorney-in-fact, may be of benefit to, in the best interest of, or

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intent with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to each of the foregoing attorneys—in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 1st of February 2023.

/s/ Robert A. Salcetti Name: Robert A. Salcetti Title: Director