SEC Form 4	
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FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

OMB APPROVAL

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

obligatior Instructio	ns may continue. See		Filed pursua	led pursuant to Section 16(a) of the Securities Exchange Act of 1934							0.5
metraette						mpany Act of 1940					
1. Name and Sousa Gr	Address of Reporting regory							Reportir Ie) ve title	ng Person(s) to 10% C Other		
(Last) (First) (Middle) 212 DOLSON AVENUE				ate of Earliest Tran 1/2022	X	below)	EVP and CCBO				
(Street)			4. lf /	Amendment, Date	of Original File	ed (Month/Day/Year)	6. Indi [.] Line)	vidual or Join	it/Grou	p Filing (Check	Applicable
MIDDLETOWN NY 10940							X	Form filed	by On	e Reporting Per	son
(City)	(State)	(Zip)						Form filed Person	by Mo	re than One Re	porting
		Table I - Non-	Derivative \$	Securities Ac	quired, Dis	posed of, or Bene	ficially	/ Owned			
			T	AA Desmand			\	E A		A Australia	-

	1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (8)		Disposed Of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported 6. Ownershi Form: Direc (D) or Indire (I) (Instr. 4)		of Indirect	
				Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150. 4)
	Common Stock	09/21/2022		F		240	D	\$39.3	4,344 ⁽¹⁾⁽²⁾⁽³⁾⁽⁴⁾	D	
-	Common Stock								489(5)	I	By 401(k)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of 3. Transaction 3A. Deemed 5. Number 6. Date Exercisable and 7. Title and 8. Price of 9. Number of 10 11. Nature Z. Conversion Transaction Code (Instr. Ownership Derivative Date Execution Date Expiration Date (Month/Day/Year) Amount of Derivative derivative of Indirect Beneficial (Month/Day/Year) Derivative Security (Instr. 3) or Exercise Price of if any (Month/Day/Year) Security (Instr. 5) Securities Beneficially Securities Form: 8) Securities Acquired Underlying Direct (D) Ownership Derivative or Indirect (I) (Instr. 4) Derivative Owned (Instr. 4) (A) or Disposed Security (Instr. 3 and 4) Security Following Reported of (D) (Instr. 3, 4 Transaction(s) (Instr. 4) and 5) Amount or Number Date Expiration of v (D) Title Code (A) Exercisable Date Shares

Explanation of Responses:

1. Includes shares of restricted stock which vest at a rate of 1/3 per year on February 21, 2021, February 15, 2022 and February 15, 2023.

2. Includes shares of restricted stock which vest at a rate of 1/3 per year commencing on February 15, 2022.

3. Includes restricted stock units which vest at a rate of 1/3 per year commencing on September 21, 2022.

4. Includes restricted stock units which vest at a rate of 1/3 per year commencing on February 15, 2023.

5. Reflects transactions not required to be reported pursuant to Section 16 of the Securities Exchange Act of 1934, as amended.

/s/ Jennifer Staub, pursuant to	09/23/2022
power of attorney	09/23/2022

** 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.