## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
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

								(,													
1. Name and Address of Reporting Person										r or Trac				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
Gilfeather Michael J						- 1 411 8	<u> </u>	<u> </u>	<u>, 100</u>		<u>~, 11</u>	<u>.</u>	<u></u> [ OL	1	)	X Director		10% Owner		vner	
(Last) (First) (Middle)							3. Date of Earliest Transaction (Month/Day/Year)									Officer (below)	give title	ve title Other (		specify	
212 DOLSON AVENUE							04/29/2022										Presiden	t and	CEO		
(Street)					4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable Line)						
MIDDLETOWN NY 10940																X Form filed by One Reporting Person					
(City)	(S	State)	(Zip)		-										Form filed by More than One Reporting Person						
		Ta	able I - No	n-Der	ivati	ve S	ecuri	ties	Acq	uired,	Dis	pose	d of, or	Bene	ficially	Owned					
Di			Date	2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		,	e, Transaction D Code (Instr.		4. Securities Acquired (A) of Disposed Of (D) (Instr. 3, 4				5. Amount Securities Beneficial Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
										Code	v	Amou	nt (A	A) or D)	Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock				03/0	09/2022					G	V	3	0	D \$0		30,051(1)(2)(3)(4)		D			
Common Stock				04/2	1/29/2022					P		40	00	A	\$39.45	30,451	(1)(2)(3)(4)		D		
Common Stock 04/2				29/202	9/2022				P		20	00	A \$39.45		7,600			I	By IRA		
			Table II -										of, or B			Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Da if any (Month/Day/\)	oate,	4. Transa Code ( 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable Expiration Date (Month/Day/Year)			e and	Securitie Derivativ	7. Title and Amount Securities Underlyin Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securitie Beneficia Owned Following Reported Transacti (Instr. 4)	es ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exer	rcisable	Exp Date	iration	Title		unt or ber of es						
Phantom Stock	(5)									(5)		(5)	Common Stock	3,5	4.0869		3,554.0	869	D		

## **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. Each share of phantom stock is the economic equivalent of one share of common stock and becomes payable upon the reporting person's separation of service as an executive and the reporting person reaches the age of 65

/s/ Jennifer Staub, pursuant to power of attorney

05/03/2022

\*\* Signature of Reporting Person

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.