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Form 4 May 01, 201									OMB AF	PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB	3235-0287		
Check tl if no lon subject t Section Form 4 Form 5	Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHIP O SECURITIES Section 16(a) of the Securities Exchange Act of 1934						Number: January 31, Expires: 2005 Estimated average burden hours per response 0.5				
obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17(tility Hol westment	•	-	•	1935 or Section	1		
(Print or Type	Responses)										
DIFILLIPPO DAVID A S			8					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (1	Middle)		f Earliest T	ransaction			(Checl	k all applicable	:)	
68 JONSPI	N ROAD		(Month/I 04/29/2	Day/Year) 2019				Director X Officer (give below) Senior V		Owner er (specify ns	
WILMING	(Street) TON, MA 01887			endment, Dannent, Dannen, Danne	-	al		6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M Person	one Reporting Pe	rson	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secu		iired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executior any		Code	4. Securi or(A) or Di (Instr. 3,	spose 4 and (A)	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
C				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	04/29/2019			М	2,667	А	\$ 69.05	11,162	D		
Common Stock	04/29/2019			D	1,793	D	\$ 156.94	9,369	D		
Common Stock	04/30/2019			S	874 <u>(1)</u>	D	\$ 157.76	8,495 <u>(2)</u>	D		
Common Stock								150	Ι	By Daughter (3)	
Common Stock								150	Ι	By Daughter	

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								(3)) -	
Common Stock						150	0 I	B	y Son <u>(3)</u>	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. 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 control number. SEC 1474 (9-02)										
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)		4. Transactio Code (Instr. 8)	onof Do Secu Acqu (A) o Disp (D)	urities uired or posed of ar. 3, 4,	e Expiration Date Underlyin (Month/Day/Year) (Instr. 3 au		7. Title and A Underlying S (Instr. 3 and 4	Securitie
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amour or Numbe of Shares
Stock Appreciation Right	\$ 69.05	04/29/2019		М		2,667	10/22/2017	10/22/2022	Common Stock (\$0.10 par value)	2,66

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
DIFILLIPPO DAVID A 68 JONSPIN ROAD WILMINGTON, MA 01887			Senior VP of Operations					
Signatures								
/s/ David Whitman, Attorney-in-Fact		05/01/2019						
**Signature of Reporting Person		Date						

Explanation of Responses:

* 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).

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- (1) Represents shares sold pursuant to a Rule 10b5-1 sales plan.
- (2) Consists of 1,044 restricted stock units that vest 100% on December 20, 2022, 1,231 restricted stock units that vest 100% on October 22, 2023 and 6,220 shares of Common Stock owned by the reporting person.

Represents shares owned by David DiFillippo's children. David DiFillippo disclaims beneficial ownership of these reported securities,(3) except to the extent of his pecuniary interest therein, and this report shall not be deemed an admission that he is the beneficial owner of these securities for purposes of Section 16 or any other purpose.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.