

**144: Filer Information**

Filer CIK

Filer CCC

Is this a LIVE or TEST Filing?  LIVE  TEST

**Submission Contact Information**

Name

Phone

E-Mail Address

**144: Issuer Information**

Name of Issuer

SEC File Number

Address of Issuer

Phone

Name of Person for Whose Account the Securities are To Be Sold

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

**144: Securities Information**

Title of the Class of Securities To Be Sold

Name and Address of the Broker

Number of Shares or Other Units To Be Sold

Aggregate Market Value

Number of Shares or Other Units Outstanding

Approximate Date of Sale

Name the Securities Exchange

any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	04/01/2023
Nature of Acquisition Transaction	Performance Shares
Name of Person from Whom Acquired	Issuer

Is this a Gift?  Date Donor Acquired

Amount of Securities Acquired	1
Date of Payment	04/01/2023
Nature of Payment	Compensation

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

## 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	01/24/2024
Nature of Acquisition Transaction	Performance Shares
Name of Person from Whom Acquired	Issuer

Is this a Gift?  Date Donor Acquired

Amount of Securities Acquired	27141
Date of Payment	01/24/2024
Nature of Payment	Compensation

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

## 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/01/2024
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?  Date Donor Acquired

Amount of Securities Acquired	15741
Date of Payment	03/01/2024
Nature of Payment	Compensation

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

## 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/05/2024
Nature of Acquisition Transaction	Option Granted 04/01/2015
Name of Person from Whom Acquired	Issuer

Is this a Gift?  Date Donor Acquired

Amount of Securities Acquired	11436
Date of Payment	03/05/2024
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

## 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/05/2024
Nature of Acquisition Transaction	Option Granted 04/01/2016
Name of Person from Whom Acquired	Issuer

Is this a Gift?  Date Donor Acquired

Amount of Securities Acquired	17177
Date of Payment	03/05/2024
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Carol D. Juel 777 Long Ridge Road Stamford CT 06902
Title of Securities Sold	Common
Date of Sale	12/12/2023
Amount of Securities Sold	533

Gross Proceeds	19188.00
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## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Carol D. Juel 777 Long Ridge Road Stamford CT 06902
Title of Securities Sold	Common
Date of Sale	12/13/2023
Amount of Securities Sold	5023
Gross Proceeds	185851.00

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Carol D. Juel 777 Long Ridge Road Stamford CT 06902
Title of Securities Sold	Common
Date of Sale	12/14/2023
Amount of Securities Sold	5173
Gross Proceeds	196574.00

## 144: Remarks and Signature

Remarks	
Date of Notice	03/05/2024
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	11/29/2023

### ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Eric Janiak, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Carol D. Juel
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**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**