UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 Person [*] DIFILLIPPO DAVID A				ssuer Name and Tion NIFIRST CO	0	•	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) 68 JONSPIN RO	(First)	(Middle)		Date of Earliest Trar 10/2017	saction (Month	ı/Day/Year)	x	Officer (give title below)		(specify)		
(Street) WILMINGTON (City)	MA (State)	01887 (Zip)	4. If	Amendment, Date	of Original File	d (Month/Day/Year)	6. Indiv Line) X	vidual or Joint/Grou Form filed by On Form filed by Mor Person	e Reporting Per	son		
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Security	(Instr. 3)		. Transaction Date	2A. Deemed Execution Date,	3. Transaction	4. Securities Acquired (A Disposed Of (D) (Instr. 3		5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect		

	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Code (Instr.		Disposed Of 5)	(D) (Inst	r. 3, 4 and	Securities Beneficially Owned Following	Form: Direct (D) or Indirect (I)	of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	(1150.4)
Common Stock	02/10/2017		М		2,667	A	\$45.57	6,024	D	
Common Stock	02/10/2017		D		1,509	D	\$127.75	4,515	D	
Common Stock	02/13/2017		S		1,158(1)	D	\$128.85	3,357	D	
Common Stock								150(2)	I	By Daughter
Common Stock								150(2)	I	By Daughter
Common Stock								150(2)	Ι	By Son

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	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				
Stock Appreciation Right	\$ 45.57	02/10/2017		М			2,667	10/26/2015	10/27/2020	Common Stock (\$0.10 par value)	2,667	\$0	2,666	D	

Explanation of Responses:

1. Represents shares sold pursuant to a Rule 10b5-1 sales plan.

2. Represents shares owned by David DiFillippo's children. David DiFillippo disclaims beneficial ownership of these reported securities, 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.

> /s/ David Whitman, Attorney-02/13/2017 in-Fact

** 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.

FORM 4

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.