FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

Ī

										JVAL
Section 16.	box if no longer subject to Form 4 or Form 5 may continue. See	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP							Number: nated average burc s per response:	3235-0287 len 0.5
Instruction				nt to Section 16(a) o ction 30(h) of the Inv		es Exchange Act of 1934 apany Act of 1940			s per response.	0.5
	ddress of Reporting Per <u>Y MARTIN</u>	son*	<u>CH</u>	er Name and Ticke ARLES RIVE ERNATIONA	<u>R LABOI</u>	RATORIES		ationship of Reporti (all applicable) Director	ng Person(s) to I 10% (
(Last) 251 BALLA	(First) ARDVALE STREET	(Middle)		e of Earliest Transac /2019	ction (Month/E	Day/Year)		Officer (give title below)	Other below	(specify)
(Street)	ΓΟΝ ΜΑ	01887	4. If Ar	mendment, Date of (Original Filed	(Month/Day/Year)	6. Indiv Line) X	vidual or Joint/Grou Form filed by Or	ip Filing (Check A	
(City)	(State)	(Zip)							pre than One Rep	
	1	Fable I - Nor	n-Derivative S	ecurities Acqu	uired, Disp	oosed of, or Benefi	cially	Owned		
1. Title of Sec	urity (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)		5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership

		 - /					Reported	0,0	(Instr. 4)
		Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	05/22/2019	A ⁽¹⁾		1,882	Α	\$ <mark>0</mark>	7,228	D	
Common Stock	05/22/2019	A ⁽²⁾		599	Α	\$ <mark>0</mark>	7,827	D	

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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		5. Number of Expiration Da Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		ate	nd 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				

Explanation of Responses:

1. Consists of 1,882 unvested restricted stock units that vest upon the earlier of 5/22/2020, or the business day prior to the Company's next annual meeting of shareholders.

2. This grant was made in lieu of director service fees for the term commencing May 21, 2019. The restricted stock units vest upon the earlier of 5/22/2020, or the business day prior to the Company's next annual meeting of shareholders.



** Signature of Reporting Person

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.

05/22/2019

Date