SEC Form 4
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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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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).
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## 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	ddress of Reporting <u>Michael J.</u>		suer Name <b>and</b> Tick <u>Holdings, Inc</u>					tionship of Reportir all applicable) Director	Owner			
(Last) 1101 FIRST	(First) AVENUE NOR		3. Date of Earliest Transaction (Month/Day/Year) 03/01/2023						Officer (give title below) Presider	Other below nt & CEO	(specify )	
(Street)		4. lf	Amendment, Date o	f Origina	al Fileo	d (Month/Day/	6. Individual or Joint/Group Filing (Check Applicable Line)					
FARGO	ND	58102								Form filed by One Reporting Person		
(City)	(State)	(Zip)							Form filed by Mo Person	re than One Re	porting	
		Table I - Nor	n-Derivative	Securities Acq	uired,	, Dis	posed of, o	or Ben	eficially	Owned		
1. Title of Secu	ırity (Instr. 3)	2. Transaction Date (Month/Day/Year	Execution Date,		action (Instr.				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		

Common Stock   03/01/2023   A   24,300 <sup>(1)</sup> A   \$0.00   230,609 <sup>(2)(3)</sup> D															
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned   (e.g., puts, calls, warrants, options, convertible securities)															
1. Title of	2.	3. Transaction	3A. Deemed	4.			Exercisable		. Title and			9. Number o			11. Nature

Derivative	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)	t I
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares					

Explanation of Responses:

1. These shares are represented by restricted stock units.

2. Includes shares distributed from the Company's Employee Stock Ownership Plan.

3. Includes restricted stock units.

/s/ Timothy J. Milius

A 24.300<sup>(1)</sup> A **\$**0.00 230.609<sup>(2)(3)</sup>

03/01/2023

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\ast}$  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.