SEC Form 4	
FORM 4	

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP Γ OMB APPROVAL

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Section obligati	this box if no lo 16. Form 4 or ons may contin tion 1(b).		STAT		l pursuant	to Section 16(a ion 30(h) of the	a) of th	the Sec	curitie	s Exchan	ge Ac	ct of 193	_	HIP	Estima	Numbe ated av per res	erage burden	0.5
LYNCI (Last)	IN Address of H G PATH (F OODLAND	NORTHERN TECHNOLOGIES (Check all approximately a provide the second										nship of Reporting Person(s) to Issuer applicable) Director X 10% Owner Dificer (give title Other (specify below) President and CEO						
(Street) CIRCLE (City)	PINES M		55014 (Zip)											ndividual or Joint/Group Filing (Check Applicable e) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction 2A. Deemed 3. 4. Securities Acquired (A) or 5. Amount of 6. Ownership 7. Nature											. Nature							
,,,,				Date (Month/D		Execution Date if any (Month/Day/Yea	, T C	Code (Instr.		Disposed 5)				4 and Securities Beneficially Owned Following Reported		Form: Direct (D) or Indirect (I) (Instr. 4)	Direct C Indirect E str. 4) C	f Indirect Beneficial Dwnership
							c	Code	v	Amount	nount (A) or (D)		Price					instr. 4)
Common Stock														74,	104		D	
Common Stock														1,203	3,334		I I	See Footnote
		-				urities Acq s, warrants				,				Owned		<u>.</u>		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution D if any (Month/Day)	Date, Tr Co	te, Transaction of E Code (Instr. Derivative (6. Date Exercisable and Expiration Date (Month/Day/Year) 07. Title and Am of Securities Underlying Derivative Secu						8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia	8	10. Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership

Se	curity str. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Code (Instr. Derivative (Month/Day/Year) Securities		of Securit Underlyin Derivative (Instr. 3 ar	g Security	Derivative Security (Instr. 5)	derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)				
					Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares					
O	ock otion ght to y)	\$16.97	09/01/2021		A		32,540		(2)	08/31/2031	Common Stock	32,540	\$0	32,540	D		

Explanation of Responses:

1. These shares are held directly by Inter Alia Holding Company of which G. Patrick Lynch is an officer and stockholder. Mr. G. Patrick Lynch disclaims beneficial ownership of the shares held by Inter Alia Holding Company, except to the extent of his pecuniary interest therein.

2. This option vests with respect to 10,847 shares on each of September 1, 2022 and September 1, 2023 and with respect to 10,846 shares on September 1, 2024.

/s/ Matthew C. Wolsfeld -Attorney-in-fact

Date

** 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.

09/02/2021