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CURTIS M Form 4											
October 04,	ЛЛ								OMB AF	PPROVAL	
FORM 4 UNITED STATES SECU							ANGE C	OMMISSION	OMB Number:	3235-0287	
Check th if no lon subject t Section Form 4 e Form 5 obligatio may con <i>See</i> Instr 1(b).	Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940						Expires:January 31, 2005Estimated average burden hours per response0.5				
(Print or Type	Responses)										
CURTIS MARK D Sy				er Name an OF LON			-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (T NATIONAL BA AND, 10 GLEN			f Earliest T Day/Year) 2018	ransaction			Director Officer (give t below) Sr. Execut		Owner er (specify dent	
GI EN HE	(Street) AD, NY 11545			endment, D nth/Day/Yea	-	l		6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Pe	rson	
(City)	(State)	(Zip)	Tab	la I Non I	Dominatina	Soon	nitios A aqu	Person	or Ponoficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem	ned 1 Date, if	3. Transactic Code (Instr. 8)	4. Securit or(A) or Di (Instr. 3,	ties A spose 4 and (A) or	cquired d of (D) 5)	uired, Disposed of, 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect	
Common Stock	10/02/2018			M	Amount 2,000	(D) A	Price \$ 11.142	54,675	D		
Common Stock	10/04/2018			М	2,000	А	\$ 11.142	56,675	D		
Common Stock								2,072.06	I	By Daughter	
Common Stock								1,550.166	I	By Son	
								3,598.466	Ι	By IRA	

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Common Stock

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

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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. Transactio Code (Instr. 8)	5. Number prof 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 Underlying Securities (Instr. 3 and 4)		8. D Si (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option	\$ 11.142	10/02/2018		М	2,000	01/18/2015	01/18/2020	Common Stock	2,000	\$
Stock Option	\$ 11.142	10/04/2018		М	2,000	01/18/2015	01/18/2020	Common Stock	2,000	\$

Reporting Owners

Reporting Owner Name / Address		Relationships					
	Director	10% Owner	Officer	Other			
CURTIS MARK D THE FIRST NATIONAL BANK OF LONG IS 10 GLEN HEAD RD GLEN HEAD, NY 11545	LAND		Sr. Executive Vice President				
Signatures							
/s/William Aprigliano POA Mark D. Curtis	10/04/2018						
**Signature of Reporting Person	Date						
Evaluation of Decreases	-						

Explanation of Responses:

* 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.

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