

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

**FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933**

ATTENTION: *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

OMB APPROVAL	
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SEC USE ONLY
DOCUMENT SEQUENCE NO.

CUSIP NUMBER

WORK LOCATION

1 (a) NAME OF ISSUER <i>(Please type or print)</i> Lakeland Industries, Inc.		(b) IRS IDENT. NO. 13-3115216	(c) S.E.C. FILE NO. 000-15535	(e) TELEPHONE NO. <div style="border: 1px solid black; padding: 2px; display: flex; justify-content: space-between;"> <div>AREA CODE 256</div> <div>NUMBER 350-3873</div> </div>	
1 (d) ADDRESS OF ISSUER 202 Pride Lane S.W.		CITY Decatur	STATE AL	ZIP CODE 35603	
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Debra J. Ryan		(b) RELATIONSHIP TO ISSUER Director Affilaite	(c) ADDRESS STREET CITY STATE ZIP CODE 136 W. Bayberry Road Islip NY 11751		

INSTRUCTION: *The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.*

3 (a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold <i>(See instr. 3(c))</i>	(d) Aggregate Market Value <i>(See instr. 3(d))</i>	(e) Number of Shares or Other Units Outstanding <i>(See instr. 3(e))</i>	(f) Approximate Date of Sale <i>(See instr. 3(f))</i> (MO. DAY YR.)	(g) Name of Each Securities Exchange <i>(See instr. 3(g))</i>
		Broker-Dealer File Number					
Common Stock	Citi Personal Wealth Management Attn: Middle Office Operations 1 Court Square, 19th Floor Long Island City, NY, 11101		Up to 241,246, of which up to 14,641 may be sold by the Filer(1) (2)(3)(4)	\$3,864,760.92 (based on the closing price of \$16.02 per share on June 9, 2020)	7,976,275 (as of June 5, 2020)	6/12/2020-7/30/2020	NASDAQ

INSTRUCTIONS:

1. (a) Name of issuer
- (b) Issuer's I.R.S. Identification Number
- (c) Issuer's S.E.C. file number, if any
- (d) Issuer's address, including zip code
- (e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
- (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- (c) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
- (b) Name and address of each broker through whom the securities are intended to be sold
- (c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
- (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
- (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
- (f) Approximate date on which the securities are to be sold
- (g) Name of each securities exchange, if any, on which the securities are intended to be sold

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock		Relates to acquisitions by Christopher J. Ryan, the spouse of Ms. Ryan				
	1984	Purchased from Issuer	Issuer	36,300	1984	Cash Purchase
	1989	Issued pursuant to Employment Agreement for continued service	Issuer	176,660	1989	Compensation
	2009	Stock Awards	Issuer	5,369	2009	Compensation
	2011	Stock Awards	Issuer	6,671	2011	Compensation

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Sales by spouse of Ms. Ryan Christopher J. Ryan 136 W. Bayberry Road Islip, NY 11751	Common Stock	4/20/2020	39,321	\$643,292
		4/21/2020	100,000	\$1,666,000
		4/22/2020	31,352	\$518,562

REMARKS: (1) The persons for whom securities are included in this Form 144 filing are: (a) Debra J. Ryan ("Ms. Ryan"), spouse of Christopher J. Ryan ("Mr. Ryan"), who has the same home as Mr. Ryan, an affiliate of the Issuer; (b) Mr. Ryan; and (c) the Lucas B. Ryan Supplemental Needs Trust (the "Trust"), of which Mr. Ryan is a co-trustee.
(2) Simultaneously with the filing of this Form 144 by Ms. Ryan, each of Mr. Ryan and the Trust is filing a Form 144 with respect to the same shares reported in Item 3(c).
(3) While Ms. Ryan, individually owns and may be selling only up to 14,641 shares of the Common Stock in Item 3(c), the total number of shares reported in such Item was calculated based on the aggregation principle set forth in Rule 144(e) to take into account the additional Common Stock that may be sold by Mr. Ryan and the Trust.
(4) Because Ms. Ryan is the signatory to this Form 144, the information provided in this table pertains to the up to 14,641 shares of Common Stock that Ms. Ryan, individually, will be selling. The information called for by this table that pertains to the other shares reported in Item 3(c) can be found in the Form 144s being filed simultaneously with this Form by each of Mr. Ryan and the Trust.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

June 11, 2020

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,
IF RELYING ON RULE 10b5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)