FORM 4

[ ] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL
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1. Name and Address of Reporting Person *	2. Issuer Name **and** Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
STANTON THOMAS R (Last) (First) (Middle) **C/O ADTRAN HOLDINGS, INC., 901 EXPLORER BOULEVARD** (Street) **HUNTSVILLE, AL 35806-2807** (City) (State) (Zip)	**ADTRAN Holdings, Inc. [ADTN]** 3. Date of Earliest Transaction (MM/DD/YYYY) **12/6/2022** 4. If Amendment, Date Original Filed (MM/DD/YYYY)	__X__ Director _____ 10% Owner __X__ Officer (give title below) _____ Other (specify below) **Chairman & CEO** 6. Individual or Joint/Group Filing (Check Applicable Line) _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. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			

Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		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 of Derivative Security: 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				
Phantom Stock	(1)	**12/6/2022**		**A**		**693.943**		(1)	(1)	**Common Stock**	**693.943**	**$20.61**	**159610.784**	**D**	
Stock Options	**$15.33**							(2)	**11/14/2025**	**Common Stock**	**94387**		**94387**	**D**	
Stock Options	**$18.97**							(3)	**11/15/2024**	**Common Stock**	**94207**		**94207**	**D**	
Stock Options	**$23.64**							(4)	**11/2/2023**	**Common Stock**	**75366**		**75366**	**D**	

Explanation of Responses:

(1) Represents shares of phantom stock of the Issuer that have been acquired through the automatic reinvestment of dividends paid on the Issuer's common stock held in the reporting person's account under the Issuer's equity deferral program. The phantom shares are issued to the reporting person six months after a separation of service from the Issuer in the form of whole shares of common stock, plus cash for any fractional shares.

(2) The options granted to the reporting person vested in four equal annual installments beginning on November 14, 2015.

(3) The options granted to the reporting person vested in four equal annual installments beginning on November 15, 2014

(4) The options granted to the reporting person vested in four equal annual installments beginning on November 2, 2013.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
STANTON THOMAS R **C/O ADTRAN HOLDINGS, INC.** **901 EXPLORER BOULEVARD** **HUNTSVILLE, AL 35806-2807**	**X**		**Chairman & CEO**	

Signatures

/s/ Michael Foliano, by power of attorney — **12/8/2022**

**Signature of Reporting Person — Date

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 control number.