

FORM 4

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

**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

1. Name and Address of Reporting Person * JOHNSON KENNETH E <small>(Last) (First) (Middle)</small> C/O CABLE ONE, INC., 210 E. EARLL DRIVE <small>(Street)</small> PHOENIX, AZ 85012 <small>(City) (State) (Zip)</small>	2. Issuer Name and Ticker or Trading Symbol Cable One, Inc. [CABO]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Chief Operating Officer
3. Date of Earliest Transaction (MM/DD/YYYY) <p align="center">1/3/2026</p>		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

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			
Common Stock, par value \$0.01	1/3/2026		F		417 (1)	D	\$104.16	6,177	D	

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 RSUs	(2)(3)	1/3/2026		A		9,216		(2)(3)	(2)(3)	Common Stock, par value \$0.01	9,216	\$0	9,216	D	
Phantom PSUs	(2)(4)	1/3/2026		A		13,824		(2)(4)	(2)(4)	Common Stock, par value \$0.01	13,824	\$0	13,824	D	

Explanation of Responses:

- (1) Represents the withholding of shares of Common Stock to satisfy tax withholding liability associated with the vesting of (i) restricted stock awards from previously reported grants, which were granted on January 3, 2022 which generally vest in four equal installments on each of the first four anniversaries of the respective date of grant, subject to the Reporting Person's continued employment with Cable One, Inc. through each such date, and (ii) restricted stock units from previously reported grants, which were granted on January 3, 2023, 2024 and 2025, which generally vest in three equal installments on each of the first three anniversaries of the date of grant, subject to the Reporting Person's continued employment with Cable One, Inc. through each such date.
- (2) Each phantom service-based restricted stock unit (a Phantom RSU) and each phantom performance-based restricted stock unit (a Phantom PSU) represents a contingent right to receive the economic value of one share of Common Stock, with each solely settled in cash.
- (3) Represents a grant of 9,216 Phantom RSUs on January 3, 2026, which generally vest in substantially equal installments on each of the first three anniversaries of the grant date, subject to the Reporting Persons continued employment through the applicable vesting date.
- (4) Represents a grant of 13,824 Phantom PSUs on January 3, 2026, that vest based on target achievement of applicable performance goals over the three-year performance period commencing January 1, 2026 and ending December 31, 2028, subject to certification of performance achievement by the Compensation and Talent Management Committee of Cable One, Inc. and the Reporting Persons continued employment through the date of such certification.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JOHNSON KENNETH E C/O CABLE ONE, INC. 210 E. EARLL DRIVE PHOENIX, AZ 85012			Chief Operating Officer	

Signatures/s/ Christopher J. Arntzen for Kenneth E. Johnson1/6/2026

--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.