

SAKSA BRYAN
Form 4

November 13, 2018

FORM 4

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

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

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF
SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
SAKSA BRYAN

2. Issuer Name **and** Ticker or Trading
Symbol
AVALON HOLDINGS CORP
[AWX]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)
C/O AVALON HOLDINGS
CORPORATION, ONE
AMERICAN WAY
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
11/09/2018

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)
CHIEF FINANCIAL OFFICER

WARREN, OH 44484

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction 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	11/09/2018		M		12,000	A	\$ 1.83
Common Stock ⁽¹⁾	11/09/2018		S ⁽²⁾		1	D	\$ 4.71
Common Stock ⁽¹⁾	11/09/2018		S ⁽²⁾		600	D	\$ 4.66
Common Stock ⁽¹⁾	11/09/2018		S ⁽²⁾		1	D	\$ 4.54
	11/09/2018		S ⁽²⁾		1	D	

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Common Stock ⁽¹⁾					\$	4.53	
Common Stock ⁽¹⁾	11/09/2018	S ⁽²⁾	930	D	\$	4.51	10,467 D
Common Stock ⁽¹⁾	11/09/2018	S ⁽²⁾	10,467	D	\$	4.5	0 D

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

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(9-02)

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. Transaction 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 (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 1.83	11/09/2018		M		12,000		03/16/2016 ⁽³⁾	03/16/2026	Class A Common Stock	12,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SAKSA BRYAN
C/O AVALON HOLDINGS CORPORATION
ONE AMERICAN WAY
WARREN, OH 44484

CHIEF FINANCIAL OFFICER

Signatures

/s/ Bryan P. Saksa, Chief Financial
Officer

11/13/2018

^{**}Signature of Reporting Person

Date

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).

(1) The shares sold were acquired contemporaneously upon the cashless exercise of a stock option at an exercise price of \$1.83 per share.

(2) The sale reported on this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting person on August 28, 2018.

The date indicated is the grant date and the options vest in five equal installments beginning one year from the grant date. At the end of
(3) each vesting period, the Avalon Holdings Corporation Class A common stock must reach a predetermined market price within three years before the vested options are exercisable.

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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