Grass Brian Form 4 May 03, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Check this box if no longer subject to

Section 16. Form 4 or Form 5 obligations

may continue. See Instruction

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

SECURITIES

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Grass Brian Issuer Symbol HELEN OF TROY LTD [HELE] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner _X__ Officer (give title Other (specify 1 HELEN OF TROY PLAZA 05/01/2019 below) Chief Financial Officer (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting EL PASO, TX 79912 Person (City) (State) (Zip)

(City)	(State)	(Zip) Tabl	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 on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
C			Code V	Amount	or (D)	Price	(Instr. 3 and 4)	(======================================			
Common Stock, par value \$.10 per share	05/01/2019		M	3,750	A	\$ 0	17,598.4752	D			
Common Stock, par value \$.10 per share	05/01/2019		F	875	D	\$ 141.02	16,723.4752	D			
Common Stock, par value \$.10 per share	05/01/2019		M	4,494	A	\$ 0	21,217.4752	D			

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January 31,

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Common Stock, par value \$.10 per share	05/01/2019	F	1,107	D	\$ 141.02	20,110.4752	D
Common Stock, par value \$.10 per share	05/01/2019	M	5,574	A	\$ 0	25,684.4752	D
Common Stock, par value \$.10 per share	05/01/2019	F	1,425	D	\$ 141.02	24,259.4752	D

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

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SEC 1474 (9-02)

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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. Transactic Code (Instr. 8)	5. Number proof 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
Employee Stock Option (Right to Buy)	\$ 32.9	05/01/2019		M		3,750	05/17/2011	05/17/2021	Common Stock	3,750
Employee Stock Option (Right to Buy)	\$ 34.72	05/01/2019		M		4,494	05/01/2012	05/01/2022	Common Stock	4,494
Employee Stock Option (Right to	\$ 36.03	05/01/2019		M		5,574	05/06/2013	05/01/2022	Common Stock	5,574

Buy)

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Grass Brian

1 HELEN OF TROY PLAZA Chief Financial Officer

EL PASO, TX 79912

Signatures

Tessa N. Judge as Attorney-In-Fact for Brian
Grass
05/02/2019

**Signature of Reporting Person Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. 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 number.

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^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).