LANDY EUGENE W

Form 4

January 17, 2019

FORM 4

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

OMB

3235-0287 Number:

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OMB APPROVAL

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

39,361.087

Ι

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

SECURITIES

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

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

2. Issuer Name and Ticker or Trading

30(h) of the Investment Company Act of 1940 See Instruction

1(b).

MNR

Stock

Common

(Print or Type Responses)

1. Name and Address of Reporting Person *

	UGENE W	Syn M(IONMOUTH REAL ESTATE NVESTMENT CORP [MNR]	Issuer	neck all applica	`,
(Last) 3499 RT. 9	(First) (Pirst) (Pirst	(Mo	Date of Earliest Transaction Ionth/Day/Year) 1/16/2019	X Director X Officer (g below)		` •
EDEEHOI	(Street) LD, NJ 07728		If Amendment, Date Original led(Month/Day/Year)	6. Individual or Applicable Line) _X_ Form filed b	y One Reportin	g Person
TREETIOL	LD, NJ 07726			Person		
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Ac	quired, Disposed	of, or Benefi	cially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date any (Month/Day/Ye	Code (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)
MNR Common Stock	01/16/2019		A 94 (1) A \$ 12.82	878,732.738	D	
MNR Common Stock				179,405	I	Eugene W. Landy and Gloria Landy Family Foundation

Juniper Plaza

Associates

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	Persons who respond to the coll information contained in this for		SEC 1474 (9-02)
Reminder: Report on a separate line for each class of securities benefic	cially owned directly or indirectly.		
MNR Common Stock	217,426.819	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common Stock	184,293.62	I	Landy & Landy Employees' Pension Plan
MNR Common Stock	13,048	I	Landy Investments, Ltd.
MNR Common Stock	97,913.57	I	Spouse
MNR Common Stock	29,527.275	Ι	Windsor Industrial Park Associates

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

number.

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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. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			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 Option to Purchase Common Stock	\$ 12.86					01/10/2020	01/10/2027	MNR Common Stock	65,000
	\$ 17.8					01/03/2019	01/03/2026		65,000

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Qualified Stock Option to Purchase Common Stock				MNR Common Stock	
Qualified Stock Option to Purchase MNR Common Stock	\$ 15.04	01/04/2018	01/04/2025	MNR Common Stock	65,000
Qualified Stock Option to Purchase MNR Common Stock	\$ 10.37	01/05/2017	01/05/2024	MNR Common Stock	65,000
Qualified Stock Option to Purchase MNR Common Stock	\$ 11.16	01/05/2016	01/05/2023	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.94	01/03/2015	01/03/2022	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 10.46	01/03/2014	01/03/2021	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 9.33	01/03/2013	01/03/2020	MNR Common Stock	65,000
Non-Qualified Stock Option to Purhcase Common Stock	\$ 8.72	01/03/2019	02/28/2019	MNR Common Stock	40,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

LANDY EUGENE W

3499 RT. 9 NORTH X Chairman of the Board

FREEHOLD, NJ 07728

Signatures

Eugene W. 01/17/2019 Landy

**Signature of Date

Reporting Person

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) Stock Award for Directors.

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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