

Edgar Filing: LAMMERDING EDWARD - Form 4

LAMMERDING EDWARD  
 Form 4  
 November 13, 2001

FORM 4

U.S. SECURITIES AND EXCHANGE COMMISSION

FORM 4 Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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(f) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person*/			2. Issuer Name and Ticker or Trading Symbol	6. Relationship to Issuer
(Last)	(First)	(Middle)		(Check one)
LAMMERDING,	EDWARD		ALTERNATIVE TECHNOLOGY RESOURCES, INC. ("ATEK")	-X- --- (give)
-----			3. I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)	7. Indicate if the acquisition was made in exchange for securities of the issuer
629 J STREET				X
(Street)			4. Statement for Month/Year	
-----			10/2001	
SACRAMENTO, CA 95037			5. If Amendment, Date of Original Month/Year)	
(City) (State) (Zip)				
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TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED

1. Title of Security (Instr. 3)	2. Transaction Date (Mo./Day/Yr.)	3. Transaction Code (Instr. 8.)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficial Owned at End of Month (Instr. 3, 4)
		Code	V	Amount	(A) or (D)	Price	
Common Stock	10/12/2001	M		4,000	A	\$1.344	
Common Stock	10/12/2001	G		4,000	D		0

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).

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FORM 4 (continued)

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. Trans- action Date (Mo./Day/ Yr.)	4. Trans- action Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, 5)		6. Date Exercisable and Expira- tion Date (Mo./Day/Yr.) Date		7. Title and Amount of Underlying Securities (Instr. 3 and 4) Amount or Number of Title Shares	8. Pri- ority of D viti Secu (Ins 5)
			Code	V	A	D	Exer- cisa- ble	Expira- tion Date		
OPTIONS TO PURCHASE COMMON STOCK	\$1.344	10/12/01	M		4,000		Immedi- ately	01/02/11	Common Stock	4,000

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Explanation of Responses:

\*\*Intentional misstatements or omissions of facts constitute Federal Criminal Violations.

/s/ EDWARD LAMMERDING

11-09-01

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Edward Lammerding

Date

\*\*Signature of Reporting Person

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