Meridian Waste Solutions, Inc.

Form 4 July 10, 2017

FORM 4

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

OMB APPROVAL

Number: 3235-0287

Expires: January 31, 2005

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

Form 5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *

Cowee Thomas J

6304 REGIMENT PL

2. Issuer Name and Ticker or Trading

Symbol

Meridian Waste Solutions, Inc.

[MRDN]

(Last) (First) (Middle)

dle)

(Zip)

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

06/30/2017

(Street)

(State)

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

3.

(Check all applicable)

5. Relationship of Reporting Person(s) to

X__ Director _____ 10% Owner ____ Officer (give title _____ Other (specify

Amendment, Date Original 6. Individual or Joint/Group Filing(Check

4. Securities

Applicable Line)
X Form filed by One Reporting Person
___ Form filed by More than One Reporting

Person

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

Issuer

below)

COLLEYVILLE, TX 76034

1.Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date. if

Execution Date, if any (Month/Day/Year)

TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)

Code V Amount (D)

5. Amount of Securities Beneficially Owned Following Reported Transaction(s)

(Instr. 3 and 4)

6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)

Common

(Instr. 3)

(City)

Stock, par value \$0.025 per

share

06/30/2017

A

A

(A)

or

Price

11,384

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)

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

1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)	Execution Date, if	4. Transactio		6. Date Exercises Expiration D	ate	7. Title a	of	8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of		any (Month/Day/Year)	Code (Instr. 8)	of Derivative	(Month/Day/ e	i cai j	Underlyi Securitie	_	Security (Instr. 5)	Secur Bene
	Derivative				Securities			(Instr. 3 and 4)			Owne
	Security				Acquired (A) or						Follo Repo
					Disposed						Trans
					of (D) (Instr. 3,						(Instr
					4, and 5)						
								A	mount		
						Date	Expiration	or Title N	r Iumber		
						Exercisable	Date	of	f		
				Code V	(A) (D)			Sl	hares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Cowee Thomas J							
6304 REGIMENT PL	X						
COLLEYVILLE, TX 76034							

Signatures

/s/ Thomas J. 07/10/2017 Cowee **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).

Pursuant to his Director Agreement with the Company, for his services as a member of the Board of Directors, the Reporting Person receives, on the last day of each quarter, the number of shares of the Company's common stock equivalent to Seven Thousand Five Hundred Dollars (\$7,500) as determined based on the average closing price on the three trading days immediately preceding the last day of such quarter. The average closing price on the three trading days immediately preceding June 30, 2017 was \$1.63.

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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