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Form 4										
October 14										PROVAL
FORM	VI 4 UNITED	STATES					ANGE C	OMMISSION	OMB OMB Number:	3235-0287
Check t if no lor subject Section Form 4	nger to STATEN 16. or	Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES								January 31, 2005 verage s per 0.5
Form 5 obligati may con <i>See</i> Inst 1(b).	ons ntinue. Section 17((a) of the l	Public U		lding Co	mpan	y Act of	e Act of 1934, 1935 or Section 0		
(Print or Type	Responses)									
1. Name and KNAPP R	Address of Reporting OBERT C	Person [*]	Symbol	er Name an CAPITAI			-	5. Relationship of F Issuer	Reporting Perso	on(s) to
(Last)	(First) (Middle)		of Earliest 7			·]	(Check	all applicable))
C/O MVC	CAPITAL, INC., NAVE., 2ND FLO	287		Day/Year)				X Director Officer (give ti below)		Owner r (specify
	(Street)		4. If Am	nendment, E	Date Origin	al		6. Individual or Join	nt/Group Filing	g(Check
PURCHAS	SE, NY 10577		Filed(M	onth/Day/Ye	ar)			Applicable Line) _X_Form filed by Or Form filed by Mo Person		
(City)	(State)	(Zip)	Tal	ble I - Non-	-Derivative	Secu	rities Aca	uired, Disposed of,	or Beneficiall	v Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemo Execution any (Month/Da	ed Date, if	3. Transactio Code (Instr. 8)		ies Ac ed of (quired (A) (D)		6. Ownership Form:	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock, \$.01 par value	10/12/2016			Р	20,000	A	\$ 8.7147	320,765.3703	I	See footnote (1)
Common Stock, \$.01 par value	10/13/2016			J <u>(2)</u>	28,254	A	\$0	349,019.3703	Ι	See footnote (1)
Common Stock, \$.01 par value	10/13/2016			J <u>(2)</u>	5,036	A	\$ 0	354,055.3703	I	See footnote (1)

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Common								5.00
Stock,	10/12/2017	T (2)	14 (01		¢O	260 746 2702	т	See
\$.01 par	10/13/2016	J <u>(2)</u>	14,691	А	\$0	368,746.3703	1	footnote (3)
value								<u>()</u>

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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)	4. Transactio Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	le and int of rlying ities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address		Relationships						
		Director	10% Owner	Officer	Other			
KNAPP ROBERT C C/O MVC CAPITAL, IN 287 BOWMAN AVE., 2N PURCHASE, NY 10577		Х						
Signatures								
/s/ Robert C. Knapp	10/14/201	6						
**Signature of Reporting Person	Date							
	D							

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) By Ironsides Holdings LLC, which is wholly-owned by the Reporting Person.

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(2) Indirect liquidating distribution from Ironsides Partners Opportunity Master Fund LP, which was controlled by the Reporting Person, and which distribution is an exempt transaction pursuant to Rule 16a-13.

(3) By RCK Holdings II LLC, of which Reporting Person is trustee and the beneficiaries are the Reporting Person's children.

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.