AMCON DISTRIBUTING CO

Form 4 May 29, 2014

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

LOYACK J	OHN R		Symbol AMCO	N DISTR	IBUTIN	G CO	O [dit]	Issuer				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				. ,	(Check all applicable)				
(East) (First) (Middle)				(Month/Day/Year)					10%	Owner		
1861 BARRINGTON COURT			•	05/27/2014					X_ Director 10% Owner Officer (give title Other (specify below) below)			
	(Street)		4 If Amo	ndmant Da	ta Omiaina	1		· ·	<i>'</i>	20(Ch1-		
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check			
Ε			Tiled(Moi	illi/Day/Teal	,			Applicable Line) _X_ Form filed by One Reporting Person				
ROANOKE	, TX 76262							Form filed by I Person	More than One Re	porting		
(City)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ear) Execution	emed on Date, if /Day/Year)	3. Transactic Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common Stock, par value \$.01 per share	05/27/2014			P	290	A	\$ 82.25	2,753	D			
Common Stock, par value \$.01 per share								30	I	by wife		

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

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displays a currently valid OMB control number.

Price of

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

1. Title of	2.	3. Transaction Date		4.	5.	6. Date Exer		7. Title and A		
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionNumber		Expiration Date		Underlying Securities		Derivativ
Security	or Exercise		any	Code of		(Month/Day/Year)		(Instr. 3 and 4)		Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e				(Instr. 5)
	Derivative				Securities	;				
	Security				Acquired					
	·				(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
					., ,					
									Amount	
						Date	Expiration		or	
						Exercisable	Date	Title	Number	
						Exercisable	Date		of	
				Code V	(A) (D)				Shares	
Restricted								Common		
Stock	(1)					(1)	(1)		200 (1)	
Units						_	_	Stock		
Omis										

Reporting Owners

Relationships Reporting Owner Name / Address

> 10% Owner Officer Other Director

LOYACK JOHN R 1861 BARRINGTON COURT X ROANOKE, TX 76262

Signatures

John R Loyack 05/27/2014 **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).

Restricted Stock Units ("RSUs") give the reporting person the right to receive, subject to being a service provider for the issuer on the applicable vesting date, (i) cash equal to the per share Fair Market Value of common stock on the vesting date times the **(1)** number of shares underlying the RSUs then vesting or (ii) common stock equal to the number of shares underlying the RSUs then vesting, as elected by the reporting person. Subject to earlier forfeiture under certain circumstances, these RSUs vest as to one-third of the original 200 RSU award on October 22, 2014, October 22, 2015, and October 22, 2016.

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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