Edgar Filing: NEUMAN CLIFFORD L ESQ - Form 4

NEUMAN CLIFFORD L ESQ Form 4 January 05, 2018 FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). OMB APPROVAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES OMB Manuary 31, 2005 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 16(b). OMB Manuary 31, 2005												
(Print or Type	Responses)											
NEUMAN CLIFFORD L ESQ Symbols			Symbol	AL HEAI	d Ticker or T LTHCARI		-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Mont			(Month/I	 Date of Earliest Transaction Month/Day/Year) 2/29/2017 				X_ Director 10% Owner Officer (give title Other (specify below) below)				
				Amendment, Date Original d(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
NIWOT,, CO 80503				P					Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative S	Securi	ties Ac	quired, Disposed	of, or Benefi	cially Owned		
1.Title of Security (Instr. 3)	ecurity (Month/Day/Year) Execution Date, if instr. 3) any (Month/Day/Year)			3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price				5. Amount of Securities6.BeneficiallyForm:OwnedDirect (DFollowing Reportedor IndirectTransaction(s) (Instr. 3 and 4)(Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock								1,073,693	D			
Common Stock	12/29/2017			G	131,420	D	\$ 0 (1)	942,273	D			
Common Stock								50,000	Ι	Mindfulness Peace Project		

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.

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. Transactic Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Securi (Instr.	int of lying	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 / Addre	SS	Relationships							
	Director	10% Owner	Officer	Other					
NEUMAN CLIFFORD L ES 6800 N. 79TH STREET # 20 NIWOT,, CO 80503	-								
Signatures									
/s/ Clifford L. Neuman	01/05/2018								
<u>**</u> Signature of Reporting Person	Date								

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) Shares were a bona fide gift.
- (2) Formerly known as The Ratna Foundation and a controlled corporation of Reporting Person. The Reporting Person disclaims any pecuniary interest or beneficial ownership for purposes of Section 16 under the Exchange Act.

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.