SECURITIE	CS AND EXCHANGE CO	DMMISSION
	Washington, DC 20549	
	FORM 8-K	
	CURRENT REPORT	
Pursuant to Sec	ction 13 or 15(d) of the Securities Excha	ange Act of 1934
Date of	Report (Date of Earliest Event Reported): Marc	ch 1, 2004
AVALON	HOLDINGS CORPO (Exact Name of Registrant as Specified in its Charter	
Ohio (State or Other Jurisdiction	1-14105 (Commission File	34-1863889 (IRS Employer
of Incorporation)	Number)	Identification No.)
	One American Way, Warren, Ohio 44484	
	(Address of Principal Executive Offices) (Zip Code)	

Registrant s telephone number, including area code: (330) 856-8800

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(Former name and address, if changed since last report)

There are no exhibits

AVALON HOLDINGS CORPORATION

Cross Reference Sheet showing location in Current Report of Information Required Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934.

	Current Report Item	Caption in Current Report
Item 1.	Changes in Control of Registrant	Not Applicable
Item 2.	Acquisition or Disposition of Assets	Not Applicable
Item 3.	Bankruptcy or Receivership	Not Applicable
Item 4.	Changes in Registrant s Certifying Accountant	Not Applicable
Item 5.	Other Events	Ted Wesolowski s resignation as President and Chief Executive Officer
Item 6.	Resignations of Registrant s Directors	Not Applicable
Item 7.	Financial Statements and Exhibits	Not Applicable
Item 8.	Change in Fiscal Year	Not Applicable

ITEM 5. Other Events

Ted Wesolowski, President and Chief Executive Officer of Avalon Holdings Corporation (the Company) announced today that he would be resigning his position effective March 15, 2004 stating: I was brought on board to assist with the strategic evaluation of our businesses. We have since divested our environmental consulting and remediation operations, and we have realigned our credit and collection policies to minimize exposure to bankruptcies and other payment concerns. We have also taken advantage of market opportunities to expand our involvement in the golf business. The Company is now in a much better position to focus its efforts on continued improvement of its remaining lines of business. I intend to stay actively involved with the Company after my departure, will continue to serve as a member of Avalon s Board of Directors, and will be available to consult with management on an as needed basis. I am extremely grateful to Ron Klingle, our Chairman, and the members of our Board of Directors for having given me the opportunity to participate in shaping the future direction of the Company. Mr. Klingle stated: I want to thank Ted for his tremendous assistance to the Company. We will continue to rely on his advice as a member of the Board and wish him the best of luck in his future endeavors . Mr. Klingle will assume the position of Chief Executive Officer upon Mr. Wesolowski s departure.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, Registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

AVALON HOLDINGS CORPORATION (Registrant)

By: /s/ Timothy C. Coxson

Timothy C. Coxson Chief Financial Officer and Treasurer

DATED: March 1, 2004