

Meridian Waste Solutions, Inc.

Form 3

November 14, 2016

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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 *

Â Cowee Thomas J

(Last)

(First)

(Middle)

2. Date of Event Requiring Statement

(Month/Day/Year)

11/11/2016

3. Issuer Name and Ticker or Trading Symbol

Meridian Waste Solutions, Inc. [MRDN]

4. Relationship of Reporting Person(s) to Issuer

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

6304 REGIMENT PL

(Street)

(Check all applicable)

☒ Director ☐ 10% Owner
☐ Officer ☐ Other
(give title below) (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
☒ Form filed by One Reporting Person
☐ Form filed by More than One Reporting Person

COLLEYVILLE,Â TXÂ 76034

(City)

(State)

(Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)

2. Amount of Securities Beneficially Owned (Instr. 4)

3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)

4. Nature of Indirect Beneficial Ownership (Instr. 5)

Common Stock, \$0.025 par value per share 1,000 ⁽¹⁾

D Â

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

SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)

2. Date Exercisable and Expiration Date (Month/Day/Year)

Date Exercisable Expiration Date

3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)

Title Amount or Number of

4. Conversion or Exercise Price of Derivative Security

5. Ownership Form of Derivative Security: Direct (D) or Indirect

6. Nature of Indirect Beneficial Ownership (Instr. 5)

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Shares (I)
(Instr. 5)

NonEmployee Stock
Option (Right to Purchase) Â (2) 11/01/2021 value 3,750 (2) \$ 20 (2) D Â
(2) Common
Stock, par
\$0.025 per
share

Reporting Owners

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

Signatures

/s/ Thomas J
Cowee 11/14/2016

Signature of
Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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) Reflects 1 - for - 20 reverse stock split effected by the Company on November 3, 2016.
In connection with his appointment to the Board, Mr. Cowee received, pursuant to a stock option agreement entered into as of November 1, 2016, by and between the Company and Mr. Cowee, stock options to purchase up to three thousand seven hundred fifty (3,750) shares of the Company's common stock, par value \$0.025 per share, at an exercise price per share equal to \$20.00, giving effect to the Company's 1for20 reverse stock split. The options are exercisable for a period of five (5) years and vest in equal amounts over a period of three (3) years at the rate of three hundred thirteen (313) options per fiscal quarter at the end of such quarter, commencing in the quarter ended December 31, 2016, and prorated for the number of days Mr. Cowee served on Board during the first fiscal quarter.
- (2)

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure.
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