WESTERN SIZZLIN CORP

Form 4

October 20, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

3235-0287 Number:

OMB APPROVAL

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Check this box

if no longer

subject to

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

1(b).

(Last)

(City)

(Print or Type Responses)

1. Name and Address of Reporting Person * COOLEY PHILIP L

2. Issuer Name and Ticker or Trading

Symbol

WESTERN SIZZLIN CORP

5. Relationship of Reporting Person(s) to

Issuer

[WEST]

3. Date of Earliest Transaction

(Month/Day/Year) 10/19/2009

_X__ Director 10% Owner Other (specify

(Check all applicable)

Officer (give title below)

TRINITY UNIVERSITY, ONE TRINITY PLACE

(First)

(Street) 4. If Amendment, Date Original

(Middle)

(Zip)

Filed(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

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

SAN ANTONIO, TX 78212-7200

(State)

		Tuble 1 1101 2011 unit o securities inequines, 2 15 poses on, or 2011 cities, or 1001							
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securities	Acquired	5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Year)	Execution Date, if	Transaction(A) or Disposed of			Securities	Form: Direct	Indirect	
(Instr. 3)		any	Code	(D)		Beneficially	(D) or	Beneficial	
		(Month/Day/Year)	(Instr. 8)	(Instr. 3, 4 and 5)		Owned	Indirect (I)	Ownership	
						Following	(Instr. 4)	(Instr. 4)	
						Reported			
				(A		Transaction(s)			
			α 1 α	0		(Instr. 3 and 4)			
~			Code V	Amount (I) Price				
Common	10/19/2009		M	1,000 A	\$	13,211	D		
Stock	10/1//2007		141	1,000 /1	۶ 7.15	13,211	Ъ		
~					Φ.				
Common	10/19/2009		M	1,000 A	\$	14 211	D		
Stock	10/17/2007		141	1,000 /1	7.76	17,211	D		

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

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number out Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Exercise of Options	\$ 7.15	10/19/2009		M		1,000	06/20/2006	06/20/2011	Common Stock	1,000
Exercise of Options	\$ 7.76	10/19/2009		M		1,000	12/02/2005	12/02/2010	Common Stock	1,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

COOLEY PHILIP L
TRINITY UNIVERSITY
ONE TRINITY PLACE
SAN ANTONIO, TX 78212-7200

Signatures

Philip L. Cooley, Ph.D. 10/20/2009

**Signature of Reporting 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).

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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