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LANDY EU Form 4 August 03,												
FORM	ЛЛ									OME	B APPRO\	/AL
	• • UNITED	STATES					NGE	COMMISSIO		OMB Number	. 323	5-0287
Check this box				Washington, D.C. 20549						Expires:	lanu	ary 31,
if no lor subject Section Form 4 Form 5 obligation may con See Inst 1(b).	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940						F .,	Estimate	ed average hours per	2005 9 0.5		
(Print or Type	Responses)											
	Address of Reporting UGENE W	Person <u>*</u>	Symbol MONN	MOUTH	nd Ticker or REAL ES CORP [N	TAT	Έ	5. Relationship Issuer (Ch		eporting)
	(First) (BUSINESS PLAZ 2, 3499 RT. 9 NO			Day/Year)	Transaction			X Director X Officer (g below) Cha				fy
FREEHOL	(Street) .D, NJ 07728			endment, I onth/Day/Ye	Date Origina ar)	1		6. Individual or Applicable Line) _X_ Form filed b Form filed b	by One	e Reportin	g Person	k
(City)	(State)	(Zip)	Tak	de L. Nen	Dominativo	Same	itios A	Person	lofo	n Donofi		ad
1.Title of	2. Transaction Date			3.				cquired, Disposed	6.	or benefi	7. Nature	
Security (Instr. 3)	(Month/Day/Year)	n Date, if Transaction(A) or Disposed of Code (D) Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or			of	SecuritiesOwnershipBeneficiallyForm:OwnedDirect (D)Followingor IndirectReported(I)Transaction(s)(Instr. 4)(Instr. 3 and 4)			Indirect Beneficia Ownershi (Instr. 4)	1		
Common Stock, \$0.01 par value	08/02/2010			A	17,300 (1)	A	\$0	635,285.997	D			
MNR Common Stock								9,913.4304	Ι		Juniper Associa	
MNR Common Stock								1,579.31	I		Windso Industri Park Associa	al

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MNR Common Stock	137,474.112	Ι	Spouse
MNR Common Stock	184,137.16	I	Landy & Landy Employees' Pension Plan
MNR Common Stock	221,137.101	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common Stock	86,200	I	Eugene W. and Gloria Landy Family Foundation
MNR Common Stock	13,048	I	Landy Investments, Ltd.

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(9-02)

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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Month/Day/Year) vative rities ired r osed) : 3,		Underlying Securities (Instr. 3 and 4)		8. Pr Deri Secu (Inst
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Qualified Stock Option to Purchase Common	\$ 7.22					01/05/2011	01/05/2018	MNR Common Stock	65,000	

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Stock

SLOCK					
Qualified Stock Option to Purchase Common Stock	\$ 7.25	10/20/2009	10/20/2016	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.22	12/12/2008	12/12/2015	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.7	09/21/2006	09/21/2013	MNR Common Stock	16,375
Qualified Stock Option to Purchase Common Stock	\$ 8.05	01/22/2008	01/22/2015	MNR Common Stock	16,375
Qualified Stock Option to Purchase Common Stock	\$ 8.15	08/02/2007	08/02/2014	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 6.9	01/22/2004	01/22/2011	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 7.89	08/03/2005	08/03/2012	MNR Common Stock	65,000
Qualified Stock Option to Purchase	\$ 8.28	08/10/2006	08/10/2013	MNR Common Stock	65,000

Common Stock

Reporting Owners

Reporting Owner Na	Relationships						
1 8 8 8 8 8 8	Director	10% Owner	Officer	Other			
LANDY EUGENE W JUNIPER BUSINESS PLAZA, SUITE 3-C 3499 RT. 9 NORTH FREEHOLD, NJ 07728		Х		Chairman of the Board			
Signatures							
Eugene W. Landy	08/03/2010						
<u>**</u> Signature of Reporting Person	Date						
Explanation of	Response	s:					

* 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) Restricted Stock. Vesting schedule: 20% each year upon the first through fifth anniversary of Grant Date.

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.