

Edgar Filing: LANDY EUGENE W - Form 4

Common Stock							Landy Employees' Pension Plan
MNR Common Stock					223,923.026	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common Stock					3,007.881	I	Windsor Industrial Park Associates
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.

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SEC 1474
(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. Transaction Code (Instr. 8)	5. Number of 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)	8. Price or Value of Underlying Securities (Instr. 3 and 4)	
				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						
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 Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LANDY EUGENE W JUNIPER BUSINESS PLAZA, SUITE 3-C 3499 RT. 9 NORTH FREEHOLD, NJ 07728	X	X	President	

Signatures

Eugene W.
Landy 10/18/2010

__Signature of Date
Reporting Person

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.

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