Edgar Filing: KRAFT HERBERT A - Form 4

KRAFT HEF	RBERT A									
Form 4	_									
May 14, 2010)									
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB APPROVAL		
	UNITEDS		Washington,			NGE C	.01/11/11/05101	OMB Number:	3235-0287	
Check thi	s box		washington,	D.C. 20.					January 31,	
if no long	IANGES IN	GES IN BENEFICIAL OWNE				Expires:	2005			
subject to Section 10	SECUR	SECURITIES				Estimated a burden hou	•			
Form 4 or							0.5			
Form 5 obligatior	• •					•	e Act of 1934,			
may conti			•	•	- ·		f 1935 or Section	n		
See Instru	iction	30(h) of th	e Investment	Company	y Act	of 194	10			
1(b).										
(Print or Type R	Responses)									
1. Name and Address of Reporting Person *2. IssuerKRAFT HERBERT ASymbol				r Name and Ticker or Trading			5. Relationship of Reporting Person(s) to Issuer			
		ICAN VANGUARD CORP								
[AVD]							(Check all applicable)			
(Last)	(First) (M	liddle) 3. D	ate of Earliest Tr	ansaction			X Director	_X_ 10%	6 Owner	
(Month/D			nth/Day/Year)				Officer (give title Other (specify below) below)			
2110 DAVIE AVE. 05/13/2			13/2010				below)	below)	(clow)	
			Amendment, Da	ndment, Date Original			6. Individual or Joint/Group Filing(Check			
			d(Month/Day/Year)			Applicable Line) _X_ Form filed by One Reporting Person			
COMMERC	CE, CA 90040						_X_ Form filed by C Form filed by M Person			
(City)	(State) (Zip)	Table I - Non-D	erivative S	ecuri	ties Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of	2. Transaction Date		3.	3.4. Securities AcquiredTransaction(A) or Disposed of (D)Code(Instr. 3, 4 and 5)(Instr. 8)			5. Amount of	6. Ownership		
Security (Instr. 3)	(Month/Day/Year)	Execution Dat any					Beneficially	Form: Direct (D) or Indirect (I)	Indirect Beneficial	
(instr. 5)		(Month/Day/Y							Ownership	
							Following	(Instr. 4)	(Instr. 4)	
					(A)		Reported Transaction(s)			
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common	05/10/0010					\$	2 257 020	T	See Note 1	
Stock	05/13/2010		S	36,096	D	9.32	3,257,828	Ι	(1)	

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

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

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	ate	7. Title Amoun Underl Securi (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Own Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addro	ess	Relationships						
		10% Owner	Officer	Other				
KRAFT HERBERT A 2110 DAVIE AVE. COMMERCE, CA 90040	X	Х						
Signatures								
/s/ Herbert A. Kraft	05/13/2010							

<u>**</u>Signature of Reporting Person

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).
- (1) These shares are held in a family trust where the reporting person is a trustee, except as to 13,834 shares held by the reporting person in an IRA.

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.