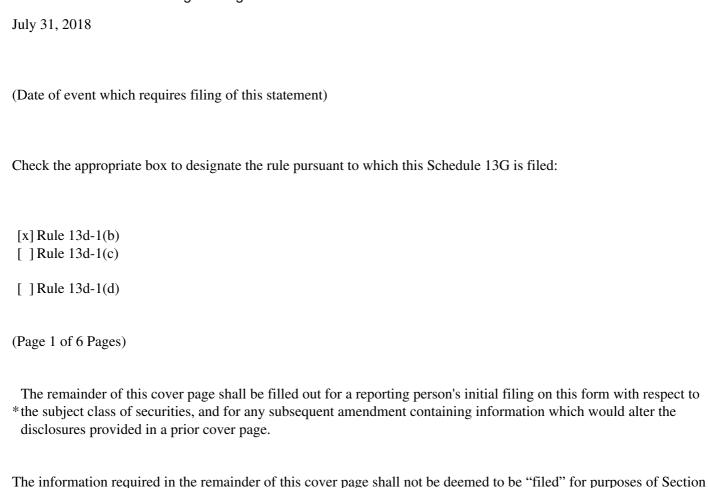
AVALON HOLDINGS CORP Form SC 13G/A August 10, 2018
UNITED STATES
SECURITIES & EXCHANGE COMMISSION
WASHINGTON, D.C. 20549
SCHEDULE 13G
UNDER THE SECURITIES EXCHANGE ACT OF 1934
(Amendment No. 2)*
Avalon Holdings Corporation
(Name of Ionne)
(Name of Issuer)
Class A Common Stock
Class 11 Common Stock
(Title of Class of Securities)
05343P109
(CUSIP Number)



18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but

shall be subject to all other provisions of the Act (however, see the Notes).

CUSIP No. 053	343P109	13G	Page 2 of 6 Pages				
1 NAME OF							
Comprehen	Comprehensive Financial Planning, Inc.						
CHECK TH	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP						
2 (a) []							
(b) []							
3 SEC USE C	ONLY						
4 CITIZENSI	HIP OR PI	LACE OF	ORGANIZATION				
Georgia							
NUMBER OF SHARES	5	SOLE V	OTING POWER				
BENEFICIAL OWNED BY F		147,649					
REPORTING	6	SHARE	D VOTING POWER				
PERSON WIT	Н	None					
	7	SOLE D	DISPOSITIVE POWER				
		None					
	8		D DISPOSITIVE POWER				
		147,64	9				
9 AGGREG	ATE AMO	DUNT BE	NEFICIALLY OWNED BY EACH PERSON				
147,649							
10 CHECK B	OX IF TH	IE AGGRI	EGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES*	[]			
11 PERCENT	Γ OF CLA	SS REPRI	ESENTED BY AMOUNT IN ROW (9)				
4.6%							

12 TYPE OF REPORTING PERSON*

IA

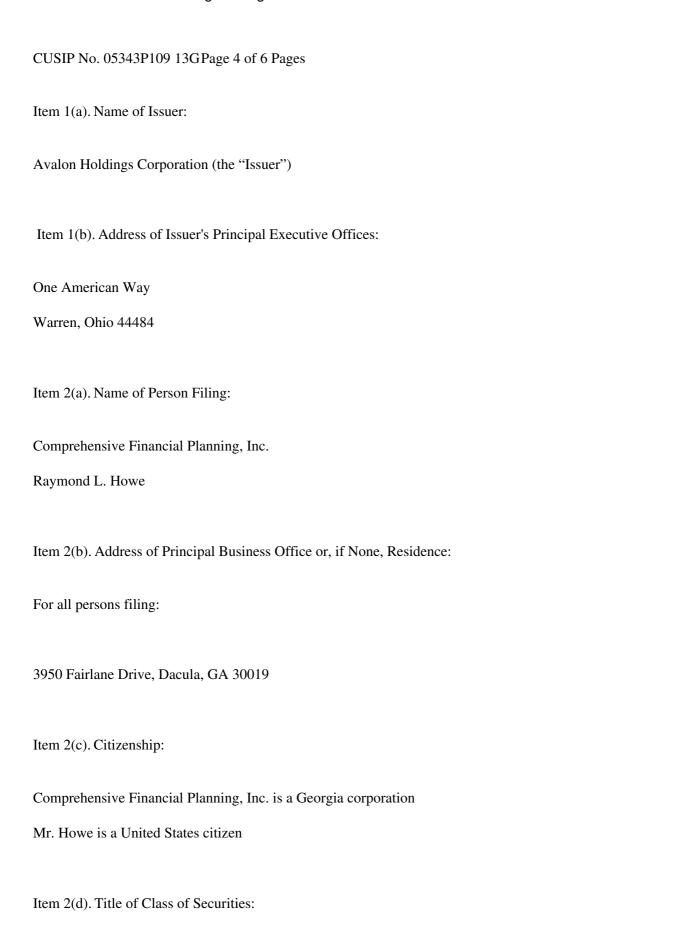
C	USIP No. 05343P10	9	13G	Page 3 of 6 Pages		
1	NAME OF REPOR	RTI	NG PERS	ON		
	Raymond L. Howe	;				
	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP					
2	(a) []					
	(b) []					
3	SEC USE ONLY					
4	CITIZENSHIP OR United States	l PL	ACE OF	ORGANIZATION		
	UMBER OF HARES ENEFICIALLY	5	SOLE V	OTING POWER		
B			147,649			
R	WNED BY EACH EPORTING	6	SHARE	D VOTING POWER		
PI	ERSON WITH		None			
		7	SOLE D	SISPOSITIVE POWER		
			None			
		8	SHARE	D DISPOSITIVE POWER		
			147,649			
9	AGGREGATE A	MC	OUNT BEI	NEFICIALLY OWNED BY EACH PERSON		
	147,649					
10	CHECK BOX IF	TH	E AGGRI	EGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES*	[]	

11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

4.6%

12 TYPE OF REPORTING PERSON*

IN



Class A Common Stock		
Item 2(e). CUSIP Number:		
05343P109		

CUSIP No. 05343P109 13GPage 5 of 6 Pages
Item 3. If this statement is filed pursuant to Rules 13d-1(b) or 13d-2(b) or (c), check whether the person filing is a:
(a) [] Broker or dealer registered under Section 15 of the Act,
(b) [] Bank as defined in Section 3(a)(6) of the Act,
(c) [] Insurance Company as defined in Section 3(a)(19) of the Act,
(d) [] Investment Company registered under Section 8 of the Investment Company Act of 1940,
(e) [x] Investment Adviser in accordance with Rule 13d-1 (b)(1)(ii)(E), [with respect to the Adviser]
(f) [] Employee Benefit Plan or Endowment Fund in accordance with 13d-1 (b)(1)(ii)(F),
(g) [] Parent Holding Company or control person in accordance with Rule 13d-1 (b)(1)(ii)(G),
(h) [] Savings Association as defined in Section 3(b) of the Federal Deposit Insurance Act,
(i) [Church Plan that is excluded from the definition of an investment company under Section 3(c)(14) of the Investment Company Act of 1940,
(j) [] Group, in accordance with Rule 13d-1(b)(1)(ii)(J).
If this statement is filed pursuant to 13d-1(c), check this box: []
Item 4. Ownership.
The reported shares are the Issuer's common stock.

As of July 31, 2018, all of the reported shares were owned by investment advisory clients of Comprehensive Financial Planning, Inc. (the "Adviser"). Investment advisory contracts grant to the Adviser voting and investment power over the securities held in the accounts of such clients, though each client also has the authority to issue independent instructions to its broker to sell any security in such client's account.

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Item 5. Ownership of Five Percent or Less of a Class.
If this statement is being filed to report the fact that as of the date hereof the reporting person has ceased to be the beneficial owner of more than five percent of the class of securities, check the following [X]
Item 6. Ownership of More than Five Percent on Behalf of Another Person.
Not applicable.
Item Identification and Classification of the Subsidiary Which Acquired the Security Being Reported on by the Parent Holding Company.
Not applicable
Item 8. Identification and Classification of Members of the Group.
Not applicable
Item 9. Notice of Dissolution of Group.
Not applicable
Item 10. Certification.
Each of the Reporting Persons hereby makes the following certification:
By signing below each Reporting Person certifies that, to the best of its knowledge and belief, the securities referred to above were not acquired and are not held for the purpose of or with the effect of changing or influencing the control of

the issuer of the securities and were not acquired and are not held in connection with or as a participant in any transaction having that purpose or effect.

Exhibits

Exhibit 1

Joint Filing Agreement dated August 10, 2018, among Comprehensive Financial Planning, Inc. and Raymond L. Howe.

SIGNATURES

After reasonable inquiry and to the best of our knowledge and belief, the undersigned certify that the information set forth in this statement is true, complete and correct.

DATED: August 10, 2018

Comprehensive Financial Planning, Inc.

By /s/ Raymond L. Howe Raymond L. Howe, President

/s/ Raymond L. Howe Raymond L. Howe, Individually

[INSERT AS SEPARATE EXHIBIT 1]

Joint Filing Agreement

In accordance with Rule 13d-1 (k) under the Securities Exchange Act of 1934, the persons or entities named below agree to the joint filing on behalf of each of them of this Schedule 13G with respect to the Class A Common Stock of Avalon Holdings Corporation and further agree that his joint filing agreement be included as an exhibit to this Schedule 13G. In evidence thereof, the undersigned hereby execute this Agreement as of August 10, 2018.

Comprehensive Financial Planning, Inc.

By /s/ Raymond L. Howe Raymond L. Howe, President

Raymond L. Howe, Individually /s/ Raymond L. Howe