Edgar Filing: Triangle Capital CORP - Form 4

Triangle Cap Form 4 May 16, 201											
FORM	FORM 4 OMB APPROVAL										
Washington, D.C. 20549								OMB Number:	3235-0287		
Check th if no long subject to Section 1 Form 4 o	SECUR	IGES IN BENEFICIAL OWNERSHIP OF SECURITIES				Expires: Estimated a burden hour response					
Form 5 obligations may continue. See Instruction 1(b). 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											
(Print or Type I	(Print or Type Responses)										
Goldstein Benjamin S Symbol			ıbol	r Name and Ticker or Trading e Capital CORP [TCAP]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
			onth/Day/Year)	-			Officer (give title Other (specify below) below)				
	(Street)	Amendment, Da d(Month/Day/Year	endment, Date Original nth/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person					
RALEIGH,	NC 27612						Form filed by M Person	lore than One Re	porting		
(City)	(State)	(Zip)	Table I - Non-E	Derivative	Securi	ities Acq	uired, Disposed of	, or Beneficial	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Dat any	on Date, if Transaction		4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial		
Common Stock	05/13/2016		Code V P	Amount 3,000	(D) A	Price \$ 18.35	44,972	D			

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. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Unde Secur	ınt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
Goldstein Benjamin S 3700 GLENWOOD AVENUE SUITE 530 RALEIGH, NC 27612	Х			
Signatures				
Harry S. Pangas, attorney-in-fac Goldstein	ct for Ben	jamin S.		05/16/2010
<u>**</u> Signature of Reporting	ng 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).

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.

Date