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TOKARZ M	ICHAEL T										
Form 4											
April 15, 201	9										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION								OMB APPROVAL			
Washington, D.C. 20549							COMMISSION	OMB Number:	3235-0287		
Check this box if no longer									Expires:	January 31, 2005	
subject to Section 10	F CHAN	GES IN H SECURI		CIA	LOW	NERSHIP OF		Estimated average burden hours per			
Form 4 or Form 5	Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							response	response 0.5		
obligation								ge Act of 1934, If 1935 or Sectio			
may conti	nue.		of the Inv	•	•	· ·			011		
See Instru 1(b).	ction	50(11)		estinent (compun	<i>y</i> 1100	0117	10			
(Print or Type R	esponses)										
1. Name and Address of Reporting Person * 2. Is TOKARZ MICHAEL T Symbol				2. Issuer Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
			•	APITAL,	INC. [M	[VC]					
(Last)	(First)	(Middle)			_			(Chee	ck all applicable	e)	
				3. Date of Earliest Transaction (Month/Day/Year)				Director 10% Owner			
	APITAL, INC AVE., 2ND FI		04/12/20	-				Officer (give below)	e title Oth below) Chairman	er (specify	
			4. If Amer	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
				h/Day/Year)	-			Applicable Line)			
PURCHASE	E, NY 10577							_X_ Form filed by Form filed by I Person	One Reporting Po More than One Ro		
(City)	(State)	(Zip)		IN D	• .• .						
		-					ties Ac	quired, Disposed o		-	
1.Title of Security (Instr. 3)		ate 2A. Deemed ar) Execution Date, if any (Month/Day/Year)		3.4. SecuritiesTransactionAcquired (A) orCodeDisposed of (D)(Instr. 8)(Instr. 3, 4 and 5)			Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			
Common Stock, .01 par value	04/12/2019			Р	2,100	А	\$ 9.2	987,031.56	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)

1. Title of 2. 3. Transaction Date 3A. Deemed 5. 6. Date Exercisable and 7. Title and 8. Price of 9. Nt 4. (Month/Day/Year) Derivative Conversion Execution Date, if TransactionNumber **Expiration Date** Amount of Derivative Deriv Security or Exercise any Code of (Month/Day/Year) Underlying Security Secu (Instr. 3) Price of (Month/Day/Year) (Instr. 8) Securities (Instr. 5) Derivative Bene (Instr. 3 and 4) Derivative Securities Own Security Acquired Follo (A) or Repo Disposed Trans of (D) (Insti (Instr. 3, 4, and 5) Amount or Date Expiration Title Number Exercisable Date of Shares Code V (A) (D)

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Reporting Owners

Reporting Owner Nan	Relationships							
hepotong o mor i un	Director	10% Owner	Officer	Other				
TOKARZ MICHAEL T C/O MVC CAPITAL, I 287 BOWMAN AVE., PURCHASE, NY 1057			Chairman					
Signatures								
/s/ Michael T.								
Tokarz	04/15/2019							
<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).

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.