THAU IRVING J Form 4 March 18, 2008

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

January 31,
Expires: 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and A	Address of Repor	ting Person *	2. Issuer Name an Symbol	nd Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
			AMERICAN V [AVD]	'ANGUARD CORP	(Check a	all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest (Month/Day/Year)		_X_ Director Officer (give title below)	10% Owner Other (specify below)		
1131 AWA	LLIDKIVE		03/17/2008					
(Street)			4. If Amendment,	Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Ye	ear)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
PACIFIC P	ALISADES,	CA 90272			Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I - Non	-Derivative Securities Acq	quired, Disposed of, o	or Beneficially Owne		
1.Title of	2. Transaction	Date 2A. Deei	ned 3.	4. Securities Acquired	5. Amount of 6	. Ownership 7. Natu		

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1.Title of Security	2. Transaction Date (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D)				5. Amount of Securities	6. Ownership Form: Direct	Indirect	
(Instr. 3)		any	Code	(Instr. 3, 4 and 5)		Beneficially	(D) or	Beneficial	
		(Month/Day/Year)	(Instr. 8)				Owned Following	Indirect (I) (Instr. 4)	Ownership (Instr. 4)
							Reported	(111541. 4)	(111341. 4)
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	03/17/2008		M	1,700	A	\$ 7.05	12,112	D	
Common Stock	03/17/2008		S	1,700 (1)	D	\$ 13.53	10,412	D	

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

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SEC 1474

(9-02)

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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. Transactic Code (Instr. 8)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (to buy)	\$ 7.05	03/17/2008		M		1,700	09/08/2003	09/08/2008	Common	10,200

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

THAU IRVING J
1131 AMALFI DRIVE X
PACIFIC PALISADES, CA 90272

Signatures

/s/ IRVING J. 03/18/2008 THAU

**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).
- (1) These shares were sold by the reporting person pursuant to a 10b5-1 selling plan dated November 21, 2007.

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.

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