

LAMMERDING EDWARD
Form 4
October 10, 2001

U.S. SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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(f) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*/			2. Issuer Name and Ticker or Trading Symbol	/	6. Relat
				/	Person
				/	(Chec
				/	-X-
(Last)	(First)	(Middle)	/ ALTERNATIVE TECHNOLOGY RESOURCES, INC.	/	---
LAMMERDING,	EDWARD			/	(giv
			("ATEK")	/	
-----/-----/-----				/	
			/	/	
			/ 3. I.R.S.	/ 4. Statement for	7. Ind
			/ Identification	/ Month/Year	
			/ Number of	/	X
			/ Reporting Person,	09/2001	
			/ if an entity	/	
-----/-----/-----			(Voluntary)	/-----/	
			/	/	
			/	/ 5. If Amendment,	
			/	/ Date of Original	
			/	/ Month/Year)	
629 J STREET			/	/	
-----/-----/-----			/	/	
(Street)			/	/	
-----/-----/-----			/	/	
SACRAMENTO,	CA	95037	/	/	
-----/-----/-----			/	/	
(City)	(State)	(Zip)	/	/	
			/	/	

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TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED

1. Title of Security (Instr. 3)	2. Transaction Date (Mo./Day/Yr.)	3. Transaction Code (Instr. 8.)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned at End of Month (Instr. 3, 4)
		Code	V	Amount	(A) or (D)	Price	
Common Stock	09/27/2001	M		4,000	A		
Common Stock	09/27/2001	G		4,000	D		0

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. *If the form is filed by more than one reporting person, see Instruction 4 (b) (v).

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FORM 4 (continued)

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. Trans- action Date (Mo./Day/ Yr.)	4. Trans- action Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, 5)		6. Date Exercisable and Expira- tion Date (Mo./Day/Yr.)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Pri- ority of D viti Secu (Ins 5)
			Code	V	A	D	Exer- cise- able	Expira- tion Date	Title	Amount or Number of Shares	
OPTIONS TO PURCHASE COMMON STOCK	\$1.344	09/27/01	M			4,000	Immed- iately	01/02/11	Common Stock	4,000	

Explanation of Responses:

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**Intentional misstatements or omissions of facts constitute Federal Criminal Violations.

/s/ EDWARD LAMMERDING

October 9, 2001

Edward Lammerding

Date

**Signature of Reporting Person

Note: File three copies of this Form, one of which must be manually signed.
If space provided is insufficient, see Instruction 6 for procedure.