UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, DC 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 OR 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) March 15, 2006

AVALON HOLDINGS CORPORATION

(Exact Name of Registrant as Specified in its Charter)

Ohio (State or Other Jurisdiction 1-14105 (Commission File Number) 34-1863889 (IRS Employer

of Incorporation)

One American Way, Warren, Ohio 44484

Identification No.)

(Address of Principal Executive Offices) (Zip Code)

Registrant s telephone number, including area code: (330) 856-8800

(Former name and address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- " Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- " Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- " Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- " Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e4(c))

AVALON HOLDINGS CORPORATION

Cross Reference Sheet showing location in Current Report of Information Required Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934.

		Caption in
	Current Report Item	Current Report
Section 1 Item 1.01 Item 1.02 Item 1.03	Registrant s Business and Operations Entry Into a Material Definitive Agreement Termination of a Material Definitive Agreement Bankruptcy or Receivership	Not Applicable Not Applicable Not Applicable
Section 2 Item 2.01 Item 2.02 Item 2.03	Financial Information Completion of Acquisition or Disposition of Assets Results of Operations and Financial Condition Creation of a Direct Financial Obligation or an Obligation under an Off-Balance Sheet Arrangement of a	Not Applicable Not Applicable Not Applicable
Item 2.04	Registrant Triggering Events That Accelerate or Increase a Direct Financial Obligation or an Obligation under an Off-Balance Sheet Arrangement	Not Applicable
Item 2.05 Item 2.06	Costs Associated with Exit or Disposal Activities Material Impairments	Not Applicable Not Applicable
Section 3 Item 3.01 Item 3.02 Item 3.03 Section 4 Item 4.01 Item 4.02	Securities and Trading Markets Notice of Delisting or Failure to Satisfy a Continued Listing Rule or Standard; Transfer of Listing Unregistered Sales of Equity Securities Material Modification to Rights of Security Holders Matters Related to Accountants and Financial Statements Changes in Registrant s Certifying Accountant Non-Reliance on Previously Issued Financial Statements or a Related Audit Report or Completed Interim Review	Not Applicable Not Applicable Not Applicable Not Applicable Not Applicable
Section 5 Item 5.01 Item 5.02	Corporate Governance and Management Changes in Control of Registrant Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers	Not Applicable Resignation of
		Chief Financial
		Officer and
Item 5.03 Item 5.04 Item 5.05	Amendments to Articles of Incorporation or Bylaws; Change in Fiscal Year Temporary Suspension of Trading Under Registrant s Employee Benefit Plans Amendments to the Registrant s Code of Ethics, or Waiver of a Provision of the Code of Ethics	Treasurer Not Applicable Not Applicable Not Applicable

			Caption in
Section 6	[Reserved]	Current Report Item	Current Report
Section 7 Item 7.01	Regulation FD Regulation RD Disclosure		Not Applicable
Section 8 Item 8.01	Other Events Other Events		Not Applicable
Section 9 Item 9.01	Financial Statements and Exhibits Financial Statements and Exhibits		Not Applicable

ITEM 5.02 Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers.

Ronald E. Klingle, Chairman of the Board of Avalon Holdings Corporation, announced that Frank Lamanna, Chief Financial Officer and Treasurer, will be resigning to pursue a new professional opportunity. Mr. Lamanna s resignation will take effect March 24, 2006. The Board of Directors has appointed Timothy C. Coxson as interim Chief Financial Officer and Treasurer. Mr. Coxson had been the Chief Financial Officer and Treasurer of Avalon Holdings Corporation from 1998 to 2004 and has been the Director of Corporate Services since 2004. The Company plans to commence a search for a permanent Chief Financial Officer and Treasurer immediately.

Avalon Holdings Corporation provides hazardous and nonhazardous waste management services to industrial, commercial, municipal and governmental customers. The Company also owns and operates the Avalon Golf and Country Club which has two golf courses, restaurants and banquet facilities.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

AVALON HOLDINGS CORPORATION (Registrant)

By: /s/ Frank Lamanna Frank Lamanna Chief Financial Officer and Treasurer

DATED: March 16, 2006