REGIS CORP Form 4 November 13, 2014

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

3235-0287

January 31, Expires:

OMB APPROVAL

2005

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SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

may continue. 30(h) of the Investment Company Act of 1940 See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * LAIN JIM BRIAN			2. Issuer Name and Ticker or Trading Symbol REGIS CORP [RGS]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Shooth an application)		
			(Month/Day/Year)	Director 10% Owner		
7201 METRO BLVD.			11/11/2014	X Officer (give title Other (specify below) below) EVP & Chief Operating Officer		
(Street) MINNEAPOLIS, MN 55439			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
			Filed(Month/Day/Year)			

(City)	(State)	Zip) Table	e I - Non-D	erivative	Secur	ities Acqu	uired, Disposed of	, or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securin(A) or Di (Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following	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	11/11/2014		F	289	D	\$ 17.35	46,902	D	
Common Stock	11/12/2014		S	265	A	\$ 17.56	46,637	D	
Common Stock	11/12/2014		M	2,173	A	\$ 15.5	48,810	D	
Common Stock	11/12/2014		F	2,021	D	\$ 17.38	46,789	D	

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

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6 Data Evansiashla and

SEC 1474 (9-02)

7 Title and Amoun

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3, 4,	Expiration Date (Month/Day/Year)		Underlying Securitie (Instr. 3 and 4)	
				Code V	and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Stock Appreciation Right	\$ 15.5	11/12/2014		M	2,173	11/11/2014	11/11/2023	Common Stock	2,17

Reporting Owners

Reporting Owner Name / Address Relationships

3 Transaction Data 3A Danmad

Director 10% Owner Officer Other

LAIN JIM BRIAN 7201 METRO BLVD. MINNEAPOLIS, MN 55439

EVP & Chief Operating Officer

Signatures

1 Title of

/s/ Jen Randolph Reise, by power of attorney 11/13/2014

**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.

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