RUSSELL MATHEW FRANCIS

Form 4 January 17, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number: 3235-0287

OMB APPROVAL

Expires: January 31, 2005

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

SECURITIES

or

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

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)

RUSSELL MATHEW FRANCIS Symb		Symbol	AHO GENERAL MINES INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/12/2006					Director 10% Owner X Officer (give title Other (specify below) VP - Operations			
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	r) Executio any	ned n Date, if Day/Year)	3. Transaction Code (Instr. 8)	4. Securitie of (A) or Disp (Instr. 3, 4 a	osed c	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	01/12/2006			M	150,000	A	\$ 0.15	630,000	D		
Common Stock (1)	01/12/2006			F	7,032	D	\$ 3.2	622,968	D		
Common Stock	01/12/2006			M	100,000	A	\$ 0.15	722,968	D		
Common Stock (1)	01/12/2006			F	4,687	D	\$ 3.2	718,281	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)

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. Transaction Code (Instr. 8)	TransactionDerivative Code Securities		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 of Number of Shares
Stock Options (right to buy)	\$ 0.15	01/12/2006		M		150,000	03/10/2004	03/09/2009	Common Stock	150,000
Stock Options (right to buy)	\$ 0.15	01/12/2006		M		100,000	03/10/2005	03/09/2010	Common Stock	100,000
Stock Options (right to buy)	\$ 0.72	01/12/2006		M		100,000	01/06/2005	01/07/2010	Common Stock	100,000
Stock Options (right to buy)	\$ 0.72	01/12/2006		M		100,000	01/06/2006	01/07/2011	Common Stock	100,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
. 0	Director	10% Owner	Officer	Other		
RUSSELL MATHEW FRANCIS			VP - Operations			

Signatures

Person

/s/ Mathew Francis Russell	01/17/2000		
**Signature of Reporting	Date		

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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) Delivery of already owned stock in payment of option exercise price.

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.