CLEVELAND RUSSELL
Form 4
August 23, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

OMB APPROVAL

OMB Number:	3235-0287
Expires:	January 31, 2005
Estimated average burden hours per response...	0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
CLEVELAND RUSSELL

(Last) (First) (Middle)

8080 N. CENTRAL EXPRESSWAY
SUITE 210 LB,

(Street)

DALLAS, TX 75206

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
Access Plans Inc [ALHC]

3. Date of Earliest Transaction (Month/Day/Year)
08/19/2010

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

__X__ Director
_____ 10% Owner
_____ Officer (give title below)
_____ Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
___ Form filed by One Reporting Person
_X_ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	08/19/2010	08/19/2010	P		268,997	D	$ 0.96	268,997	I (1) (3)	Global Special Opportunities Trust PLC (1)
Common Stock	08/19/2010	08/19/2010	P		268,997	A	$ 0.96	1,164,837	I (2) (3)	Renaissance US Growth Investment Trust PLC (2)

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form

SEC 1474 (9-02)

displays a currently valid OMB control number.

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)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CLEVELAND RUSSELL 8080 N. CENTRAL EXPRESSWAY SUITE 210 LB DALLAS, TX 75206	X			
GLOBAL SPECIAL OPPORTUNITIES TRUST PLC 8080 N. CENTRAL EXPRESSWAY SUITE 210, LB 59 DALLAS, TX 75206			Vice President	
RENAISSANCE US GROWTH INVESTMENT TRUST PLC 8080 N. CENTRAL EXPRESSWAY SUITE 210, LB-59 DALLAS, TX 75206		X		
RENN Capital Group, Inc. 8080 N. CENTRAL EXPRESSWAY DALLAS, TX 75206		X		

Signatures

/s/ Russell Cleveland	08/23/2010
**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).

(1) Shares are held in Global Special Opportunities Trust PLC

(2) Shares are held in Renaissance US Growth Investment Trust PLC.

(3) Russell Cleveland is President of RENN Capital Group, Inc. Investments Advisor to Global Special Opportunities Trust PLC and Renaissance US Growth INvestment Trust PLC and therefore may be considered to be beneficial owner of such shares. Russell Cleveland disclaims such beneficial ownership.

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