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MVC CAPITAL, INC. Form 8-K August 01, 2006

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 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)

July 24, 2006

814-00201 (Commission File Number)

MVC CAPITAL, INC. (THE "FUND")

(Exact name of registrant as specified in its charter)

DELAWARE, 943346760 (Jurisdiction of Incorporation) (IRS Employer Identification Number)

287 BOWMAN AVENUE 2ND FLOOR PURCHASE, NY 10577

(Address of registrant's principal executive office)

914-510-9400 (Registrant's telephone number)

(FORMER NAME OR FORMER 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 240.13e-4(c))

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ITEM 8.01. OTHER EVENTS.

As part of its regular quarter-end review, the Fund's Valuation Committee has determined to increase the fair values of the Fund's investments in the following three portfolio companies by an aggregate amount of approximately \$4.77 million or \$0.25 per share: Baltic Motors Corporation, Dakota Growers Pasta Company, Inc. and Ohio Medical Corporation.

The Fund's net asset value as of July 31, 2006 is \$11.70 per share.

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.

MVC CAPITAL, INC.

By: /s/ MICHAEL TOKARZ

Michael Tokarz Chairman

Dated: August 1, 2006