FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

## TEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

**OMB APPROVAL** OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*  Weinheimer Don D																	ip of Reporting F plicable) ctor cer (give title		on(s) to Issu 10% Ow Other (s	vner	
	`	HOLDINGS, INC	(Middle)		08	3. Date of Earliest Transaction (Month/Day/Year) 08/19/2016										below) below) SVP & President, O&G Proppants					
(Street) FREDEF			21701 (Zip)		_   4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)									ine) X	′					
		Tab	ole I - No	n-Deriv	vativ	e Se	curit	ties Ac	quire	d, D	isp	osed o	f, or Be	nefici	ally	Owned					
1. Title of Security (Instr. 3)		2. Trans	2. Transaction		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Tra	3. Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)			or 5. Amou 4 and Securitie Benefici Owned F		nt of s ally following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Cod	de V		Amount	(A) or (D)	Price	e	Reported Transact (Instr. 3 a	ion(s)	on(s) (Inst			
Common	Stock			08/19	9/201	6			N	í		30,00	0 A	\$10	0.57	38,	38,130 D				
Common	Stock			08/19	9/201	6			S			30,000	0 D	\$4	42	8,	130 D				
			Table II -										or Ben ble secu			wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deeme Execution if any (Month/Da	Date,	4. Transaction Code (Instr. 8)		ı of		6. Date Expira (Mont	tion D	ate	of Secur r) Underlyi		ying tive Security		Price of Derivative Security Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership ct (Instr. 4)	
					Code	v	(A)	(D)	Date Exerc	sable		xpiration ate	Title	Amour or Number of Shares	er						
Employee Stock Option (right to	\$10.57	08/19/2016			М			30,000	(1	1)	0	8/15/2022	Common Stock	30,00	00	\$0.00	82,500	)	D		

## Explanation of Responses:

1. Option grant dated 8/15/2012, vesting in four equal installments over a four year time period beginning August 15, 2013.

## Remarks:

/s/ Sean J. Klein

08/22/2016

\*\* Signature of Reporting Person

Date

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

- \* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.