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SOUTHWE Form 4 April 25, 20	STERN ENERG [*] 16	Y CO									
FORM	UNITED	STATES			AND EX(, D.C. 20		OMMISSION	OMB AF OMB Number:	PROVAL 3235-0287		
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	ger o 16. or Filed pur ons tinue.	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								January 31Expires:2005Estimated averageburden hours perresponse0.5	
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> Sherrick Jeffrey B			2. Issuer Flame and Frener of Fraung					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 10000 ENERGY DRIVE			(\mathbf{y})					Director 10% Owner X Officer (give title Other (specify below) below) Executive Vice President			
				l(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			
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Secur		Person ired, Disposed of,	or Beneficial	v Owned	
1.Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date, if (Instr. 3) (Month/Day/Year)			3. 4. Securities Acquired (A) Transaction Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)					6. 7. Nat Ownership Indire Form: Benef Direct (D) Owne	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock	04/01/2016			Code V J(1)	Amount 1,754	or (D) A	Price \$ 8.9081	(Instr. 3 and 4) 120,833	D		
Common Stock	04/21/2016			F	32,114	D	\$ 10.67	88,719	D		

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

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 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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Unde Secur	unt of rlying	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			
1 8	Director	10% Owner	Officer	Other		
Sherrick Jeffrey B 10000 ENERGY DRIVE SPRING, TX 77389			Executive Vice President			
Signatures						
Melissa D. McCarty, Attorney- Sherrick	in-Fact fo	or Mr.	04/25/2016			
<u>**</u> Signature of Reporting	Date					
Explanation of Re	spon	ses:				

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).

On March 16, 2016, the Issuer declared a quarterly dividend of \$15.625 per share on its 6.25% Series B Mandatory Convertible Preferred Stock, payable on April 15, 2016, to holders of record on April 1, 2016. The dividend was paid in shares of common stock based on the

Stock, payable on April 15, 2010, to holders of record on April 1, 2010. The dividend was paid in shares of common stock based on the Volume Weighted Average Price per share over the five consecutive trading day period ending on the second trading day immediately preceding the applicable dividend payment day, multiplied by 97%.

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.