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	RICAN RESOUR	CES Corp	2							
Form 4 April 01, 20	14									
FORM	ЛЛ	STATES	SECUI	RITIES A	AND EX	СНА	NGE C	OMMISSION	OMB AF	PROVAL
Check th	his box		Wa	shington,	D.C. 20)549			Number:	3235-0287
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	section 17(suant to S a) of the l	Section 1 Public U	SECUR 6(a) of th	Expires: January 31, 2005 Estimated average burden hours per response 0.5					
(Print or Type	Responses)									
	Address of Reporting IAN DOUGLAS	Person <u>*</u>	Symbol	r Name and MERICA REX]			0	5. Relationship of Issuer (Check	Reporting Pers	
(Last) 9311 LEAF	(First) (1 FY HOLLOW CO	Middle) URT		f Earliest Ti Day/Year) 014	ransaction			Director X Officer (give below) CFO; VP-		Owner er (specify surer
	(Street)			endment, Da nth/Day/Year	-	al		6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Per	rson
DAYTON,	OH 45458							Person		Portung
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secur	rities Acqu	ired, Disposed of,	or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executior any	n Date, if	3. Transactic Code (Instr. 8) Code V	(Instr. 3,	ispose 4 and (A) or	d 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 par value	03/31/2014			M	3,400	A		52,987	D	
Common stock \$.01 par value	03/31/2014			S	432	D	\$ 59	52,555	D	
Common stock \$.01 par value	03/31/2014			S	200	D	\$ 59.11	52,355	D	
Common stock \$.01	03/31/2014			S	200	D	\$ 59.12	52,155	D	

par value

Common stock \$.01 par value	03/31/2014	S	100	D	\$ 59.13	52,055	D
Common stock \$.01 par value	03/31/2014	S	1,000	D	\$ 59.16	51,055	D
Common stock \$.01 par value	03/31/2014	S	100	D	\$ 59.18	50,955	D
Common stock \$.01 par value	03/31/2014	S	178	D	\$ 59.2	50,777	D
Common stock \$.01 par value	03/31/2014	S	22	D	\$ 59.21	50,755	D
Common stock \$.01 par value	03/31/2014	S	100	D	\$ 59.23	50,655	D
Common stock \$.01 par value	03/31/2014	S	400	D	\$ 59.231	50,255	D
Common stock \$.01 par value	03/31/2014	S	200	D	\$ 59.3	50,055	D
Common stock \$.01 par value	03/31/2014	S	268	D	\$ 59.38	49,787	D
Common stock \$.01 par value	03/31/2014	S	200	D	\$ 59.43	49,587	D

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 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	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction of Derivative		Expiration Date	Underlying Securi
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired		
	Derivative				(A) or		

		-	-									
	Security			(D)			osed of . 3, 4,)					
					Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Shar
Employee nonqualified stock option right to buy	\$ 12.45	03/31/2	014		М			3,400	06/07/2004 <u>(1)</u>	06/07/2014	Common stock \$.01 par value	3,4
Reporting Owners												
	NT () 1				Relationships							
Reporting Owner Name / Address Director 10% Owner		10% Owner	Officer Other									
BRUGGEMAN DOUGLAS 9311 LEAFY HOLLOW COURT DAYTON, OH 45458				CFO; VP-Finance; Treasurer								
Signatu	res											
Edward M. Kress Attorney in Fact for Douglas Bruggeman				04/01/2014								
**Signature of Reporting Person				Date								
Explana	tion of I	Resp	onse	s:								

* 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) Options granted 6/7/2004 and became exercisable in 20% increments on each of the first five anniversaries of the grant.

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.