SIEM IVAR Form 4 March 05, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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obligations may continue. See Instruction

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

(Print or Type Responses)

1(b).

1. Name and Ao SIEM IVAR	ddress of Reporting l	Person *	Symbol	Name and		Trading	5. Relationship Issuer	1 2	,	
(Last)	(First) (N	Middle)	3. Date of	Earliest Tra	ansaction		(Cn	eck all applicab	ie)	
710 N. POST OAK RD., STE. 512			(Month/Day/Year) 03/01/2019				Director Officer (gi		% Owner her (specify	
(Street)			4. If Amendment, Date Original Filed(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			
HOUSTON,	TX //024						Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securities Ac	quired, Disposed	of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	ned n Date, if Day/Year)	3. Transaction Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3,	(A) or 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							180,000	I	American Resources Offshore Inc.	
Reminder: Reno	ort on a senarate line	for each ol	ass of secu	rities henefi	icially own	ed 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)

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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)	orDeri Secu Acqı Disp	umber of vative urities uired (A) or bosed of (D) tr. 3, 4, and	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	5)	(D)	Date Exercisable	Expiration Date	Title	Amor Numl Share
Convertible Promissory Note	\$ 2.13	03/01/2019		S		\$ 500,000	08/29/2018	08/01/2021	Common Stock	246 <u>(</u>

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

SIEM IVAR 710 N. POST OAK RD., STE. 512 HOUSTON, TX 77024

Signatures

/s/ Ivar Siem 03/04/2019

**Signature of Date
Reporting Person

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).

The terms of the Convertible Promissory Note are described in greater detail in the Form 8-K filed by the Issuer with the SEC on August 1, 2018. The securities held by Norexas Oil and Gas, LLC are deemed to be beneficially owned by Ivar Siem and J. Douglas Schick. The Convertible Promissory Note and interest thereon (which is convertible into common stock pursuant to its terms) were sold in a private transaction.

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.

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