FORM 4

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB A	PPROVAL
OMB Number:	3235-028

37 Estimated average burden hours per response: 0.5

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

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

				or section so(ii) or the i			inpurity 7 tot of 1	J-10					
1. Name and Address of Reporting Person*				2. Issuer Name <b>and</b> Tick AMERICAN ST					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
SPROWLS ROBERT J								1	Director	10% C			
,		——  -	) D-44 F4 T		N 4 4l-	/D D/ )	X	Officer (give title below)	Other below	(specify			
(Last)	(First)		3. Date of Earliest Trans 07/05/2016	action (	Month	/Day/Year)		President & CEO					
1713 N VALLEJO WAY				7770372010					Tresident & GEO				
(Street)				I. If Amendment, Date o	of Origin	al File	d (Month/Day/Y	6. Indi	6. Individual or Joint/Group Filing (Check Applicable Line)				
UPLAND CA 91784								X	X Form filed by One Reporting Person				
									Form filed by Mor	ore than One Reporting			
(City)	(State)	(Zip)								Person			
		Table I - No	on-Derivati	ve Securities Acc	quirec	l, Dis	sposed of, o	or Ben	eficially	Owned			
Date		2. Transaction Date (Month/Day/Yo	Execution Date,	3. Transaction Code (Instr. 8)		4. Securities Ad Disposed Of (D			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
					Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Shares 0			06/06/201	.6	A		341.5178 <sup>(1)</sup>	D	\$0.00	91,873.7105	D		
Common Shares 07/09			07/05/201	.6	M		4,342	A	\$19.31	96,215.7105	D		
Common Shares 07/05/2			07/05/201	.6	S		4,342	D	\$44	91,873.7105	D		
		Table II		e Securities Acqu s, calls, warrants						wned			

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. Transa Code ( 8)		of		6. Date Exerc Expiration Da (Month/Day/\)	ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right to Buy)	\$19.31	07/05/2016		M		4,342		01/01/2008	01/01/2017	Common Shares	4,342	\$0.00	0	D	

### Explanation of Responses:

1. Updated DRIP

### Remarks:

07/07/2016 /s/ Robert J. Sprowls

\*\* Signature of Reporting Person Date

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

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.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).