FORM 4

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

OMB APPROVAL						
OMB Number:	3235-0287					
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Typ	e Responses)														
1. Name and Address of Reporting Person *- Palm Joseph P.				2. Issuer Name and Ticker or Trading Symbol TRECORA RESOURCES [TREC]					:	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
0/0 mp = 00p + p = 00t m 0= 0 + (40 trutter + 0				3. Date of Earliest Transaction (Month/Day/Year) 05/09/2019						-	Officer (giv	ve title below)	Oth	er (specify belo	ow)	
(Street) SUGAR LAND, TX 77478				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)		(State)	(Zip)	Table I - Non-Derivative Securities Acqui							ties Acqui	ired, Disposed of, or Beneficially Owned				
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Day any (Month/Day/		if Code (Inst	Code (A) or I		(A) or D	Disposed of (D) (3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) ([Instr. 3 and 4)		ed	Ownership o Form:	7. Nature of Indirect Beneficial Ownership	
				(iviolitii/Day			ode	\vdash	Amount	(A) (D)	or	nisu. 3 and 4)			or Indirect (I) (Instr. 4)	
Common	stock		05/09/2019			N	Л		6,276 (1)	A	<u>(2)</u>	58,214			D	
Common stock 05/09/201		05/09/2019			I	7		2,636 (3)	D	\$ 9.82	55,578			D		
Reminder: F	Report on a se	eparate line for each	Table II - I	Derivativ	e Secui	rities Acq	P c fo	ersor ontain orm d	is who in the intensity of the intensity	his fo a cu or Be	orm are n rrently va	e collection ot required alid OMB co	to respon	d unless th		1474 (9-02)
4 5714 0	1.		,	e.g., puts			1					1.4			0 10	44.37
1. Title of Derivative Security (Instr. 3)	2. 3. Transaction Date Security 3. A. Deemed Execution Date, some Derivative Security 3. Transaction Date Execution Date, some Derivative Security 3. Transaction Execution Date, some Date Security 3. Transaction Date Execution Date, some Date Security (Month/Day/Year) (Month/Day/Year)		if Transaction of Code Deriv Secur (Instr. 8) Acqu (A) o Dispo of (D		erivative curities equired) or sposed (D) astr. 3, 4,	and Expiration Date (Month/Day/Year) ed dd		е	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative Security (Instr. 5) (Instr. 5) Derivative Securities Beneficial Owned Following Reported	Derivative Securities Beneficially Owned Following Reported Transaction	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficia Ownershi (Instr. 4) D)		
				Code	V (A	.) (D)	Date Exer		Expira Date	ation	Title	Amount or Number of Shares				
restricted common stock	(2)	05/09/2019		М		6,276		(1)	Ü	Ú	Common	6,276.00	\$ 0	58,829	D	

Reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Palm Joseph P. C/O TRECORA RESOURCES 1650 HWY 6 S, SUITE 190 SUGAR LAND, TX 77478	X					

Signatures

/s/ Christopher Groves as attorney in fact for Joseph P. Palm	05/17/2019
**Signature of Reporting Person	Date

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).
- (1) Vesting of restricted stock which was granted on 11/17/16. Vesting occurs yearly beginning on 05/09/17 and each year subsequently until
- (2) Granted as director compensation. Restricted stock converts into common stock on a one-for-one basis.
- (3) Withheld for tax liability.

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.

LIMITED POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS

Know all by these presents, that the undersigned hereby makes, constitutes and appoints S. Sami Ahmad and Christopher A. Groves as the undersigned's true and lawful attorney-in-fact, with full power and authority as hereinafter described on behalf of and in the name, place and stead of the undersigned to do, and further revokes all existing powers of attorney previously granted to do, the following:

- prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or any rule or regulation of the SEC;
- 2. execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of Trecora Resources, a Delaware corporation (the "Company"), Forms 3, 4, and 5 in accordance with Section 16(a) of the Exchange Act and the rules thereunder, and any other forms or reports the undersigned may be required to file in connection with the undersigned's ownership, acquisition, or disposition of securities of the Company;
- do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, or other form or report, and timely file such form or report with the SEC and any stock exchange or similar authority;
- 4. seek or obtain, as the undersigned's representative and on the undersigned's behalf, information on transactions in the Company's securities from any third party, including brokers, employee benefit plan administrators and trustees, and the undersigned hereby authorizes any such person to release any such information to the undersigned and approves and ratifies any such release of information; and
- 5. take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Limited Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this Limited Power of Attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Exchange Act.

This Limited Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Limited Power of Attorney to be executed as of this _/O _ day of September 2018.

By: Joseph Halm Name:

Page 2 of 2

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