

OMEGA PROTEIN CORP

Reported by
CLARK CELESTE A.

FORM 3

(Initial Statement of Beneficial Ownership)

Filed 06/30/17 for the Period Ending 06/29/17

Address	2105 CITY WEST BLVD. SUITE 500 HOUSTON, TX 77042
Telephone	713-623-0060
CIK	0001053650
Symbol	OME
SIC Code	2070 - Fats And Oils
Industry	Fishing & Farming
Sector	Consumer Non-Cyclicals
Fiscal Year	12/31

INITIAL STATEMENT OF 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

1. Name and Address of Reporting Person * Clark Celeste A.	2. Date of Event Requiring Statement (MM/DD/YYYY) 6/29/2017	3. Issuer Name and Ticker or Trading Symbol OMEGA PROTEIN CORP [OME]
(Last) (First) (Middle) 2105 CITYWEST BLVD., SUITE 500	4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)	
(Street) HOUSTON, TX 77042	5. If Amendment, Date Original Filed (MM/DD/YYYY)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
(City) (State) (Zip)		

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock (1)	3374	D	

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 4)	2. Date Exercisable and Expiration Date (MM/DD/YYYY)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			

Explanation of Responses:

(1) 3,374 Shares - Restricted Stock Award Grant under 2015 Long Term Incentive Plan.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Clark Celeste A. 2105 CITYWEST BLVD. SUITE 500 HOUSTON, TX 77042	X			

Signatures

Celeste A. Clark, by John D. Held, Attorney-in-Fact

6/30/2017

**Signature of Reporting Person

Date

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

* If the form is filed by more than one reporting person, see Instruction 5(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).

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 control number.

POWER OF ATTORNEY

WHEREAS, the undersigned may be required to make filings with the Securities and Exchange Commission (the "Commission") under Section 16 of the Securities Exchange Act of 1934, as amended (the "Act"), and the rules and regulations of the Commission promulgated thereunder, relating to his equity ownership in Omega Protein Corporation (the "Company");

NOW, THEREFORE, the undersigned, in his capacity as a proposed director of the Company, does hereby appoint John D. Held, Bret D. Scholtes and Andrew C. Johannesen, and each of them severally, as his true and lawful attorney or attorneys-in-fact with full power of substitution and resubstitution, to execute in his name, place and stead, Forms 3, 4 or 5 and other similar Forms, as may be required or necessary or desirable under Section 16 of the Act, and any and all documents necessary or incidental in connection therewith, including without limitation any amendments thereto, and to file the same with the Commission and any applicable stock exchange or other applicable regulatory authority. Each of said attorneys-in-fact shall have full power and authority to do and perform in the name and on behalf of the undersigned in any and all capacities, every act whatsoever necessary or desirable to be done in the premises as fully and to all intents and purposes as the undersigned might or could do in person,

the undersigned hereby ratifying and confirming the acts that said attorneys-in-fact and each of them, or their or his substitutes or substitute, may lawfully do or cause to be done by virtue hereof.

The above authorization shall remain in effect until revoked by a later dated written revocation.

IN WITNESS WHEREOF, the undersigned has executed this power of attorney as of the 29th day of June, 2017.

/s/ Celeste A. Clark
CELESTE A. CLARK