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Form 4 March 05, 20											
FORM									OMB A	PPROVAL	
	UNITE	D STATES		ITIES Al hington, l			NGE (COMMISSION	OMB Number:	3235-0287	
Subject to Section 16. Form 4 or				CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						Lanuary 31Expires:2005Estimated averageburden hours perresponse0.5	
obligatior may conti <i>See</i> Instru 1(b).	^{1s} Section 1	7(a) of the		ility Hold	ing Com	pany	Act o	ge Act of 1934, f 1935 or Sectio 40	n		
(Print or Type R	Responses)										
Tarbox Andrea K Symbo			Symbol	. Issuer Name and Ticker or Trading mbol APSTONE PAPER &				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			РАСКА	GING CO	ORP [KS]		(Chec	ск ан аррисаби	e)	
(N			(Month/Da	3. Date of Earliest Transaction(Month/Day/Year)03/04/2013				Director 10% Owner X Officer (give title Other (specify below) below) VP and CFO			
	(Street)			ndment, Dat th/Day/Year)	e Original			6. Individual or Jo Applicable Line) _X_ Form filed by			
NORTHBR	OOK, IL 60062	2						Form filed by M Person	More than One Ro	eporting	
(City)	(State)	(Zip)	Table	e I - Non-De	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction E (Month/Day/Ye	ar) Execution any	emed on Date, if Day/Year)	3. Transactio Code (Instr. 8)	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A)			SecuritiesIBeneficially(OwnedI	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	03/04/2013			M	7,500	A	\$ 4.9	115,675	D		
Common Stock	03/04/2013			S	7,500	D	\$ 27	108,175	D		

Reminder: Report on a separate line for each class of securities beneficially owned 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)

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. Transactic Code (Instr. 8)	5. Number prof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. D S (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 4.9	02/22/2013		М	7,500	04/10/2010	04/10/2018	Common Stock	7,500	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Tarbox Andrea K 1101 SKOKIE BLVD SUITE 300 NORTHBROOK, IL 60062			VP and CFO				
Signatures							

Andrea K. 03/05/2013 Tarbox **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).

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.