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ENERGY E	AST CORP									
Form 4										
January 03, 2	2008									
FORM			IDITIES	AND EV		NCE	COMMISSION		PROVAL	
	UNITED		ashingtor			INGE (.OMINIISSION	OMB Number:	3235-0287	
Check th if no long	aer.							Expires:	January 31, 2005	
subject to Section 1 Form 4 o	6. STATEN	IENT OF CHA	F CHANGES IN BENEFICIAL OWNER SECURITIES					Estimated average burden hours per response (
Form 5 obligatio may cont <i>See</i> Instru 1(b).	ns Section 17(suant to Section a) of the Public 30(h) of the	Utility Ho	lding Cor	npan	y Act of	f 1935 or Sectior	1		
(Print or Type I	Responses)									
			suer Name an ol RGY EAST			-	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (I		3. Date of Earliest Transaction				(Check	k all applicable)	
ENERGY E	EAST MANAGEI TION, 52 FARM	(Mont MENT 01/0	h/Day/Year) /2008	Tansaction			Director X Officer (give below) Sr. VP & C		Owner er (specify y Off.	
	(Street)	4. If A	mendment, D	Date Origina	al		6. Individual or Jo	int/Group Filir	g(Check	
NEW GLO	UCESTER, ME (Month/Day/Yea	ar)			Applicable Line) _X_ Form filed by O Form filed by M Person			
(City)	(State)	(Zip) T	able I - Non-	Derivative	Secu	rities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	ecurity (Month/Day/Year) Execution Date, if		Code r) (Instr. 8)	Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			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			Code	Amount	(D)	Price	405.046 <u>(2)</u>	I	By 401(k) Plan	
Common Stock							37.698 <u>(2)</u> <u>(3)</u>	I	By Spouse / 401(k) Plan	
Common Stock	01/01/2008	01/02/2008	F	1,130 (11)	D	\$ 27.21	52,703.3725 (1) (11)	D		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form displays a currently valid OMB control number.

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. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration Date (Month/Day/Year) e			7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (right to buy) / SAR (<u>4)</u>	\$ 26.7188					02/19/1999 <u>(5)</u>	02/19/2009	Common Stock	40,000	
Employee Stock Option (right to buy) / SAR (<u>4)</u>	\$ 23.89					02/12/2004 <u>(6)</u>	02/12/2014	Common Stock	6,667	
Employee Stock Option (right to buy) / SAR (4)	\$ 25.11					10/15/2004 <u>(7)</u>	10/15/2014	Common Stock	16,667	
Employee Stock Option (right to buy) / SAR (4)	\$ 26.22					04/01/2005 <u>(8)</u>	04/01/2015	Common Stock	11,962	
Employee Stock Option (right to buy) /	\$ 24.83					02/17/2006 <u>(9)</u>	02/17/2016	Common Stock	15,000	

SAR $\underline{}^{(4)}$

Employee Stock Option (right to buy) / SAR (4)

02/07/2007(10) 02/07/2017 Common Stock 15,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
RUDE ROBERT E ENERGY EAST MANAGEMENT CORPORATION 52 FARM VIEW ROAD NEW GLOUCESTER, ME 04260			Sr. VP & Chief Regulatory Off.			
Signatures						

Robert E. Rude

01/02/2008

____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) Includes equity securities acquired with reinvested dividends which are exempt from reporting under Rule 16a-11.
- (2) Includes equity securities acquired with participant contributions, Company matching fund contributions, and reinvested dividends pursuant to the common stock fund of the Company's 401(k) Plan which are exempt from reporting.
- (3) Beneficial ownership expressly disclaimed.

The Stock Appreciation Right (SAR) was issued in tandem with an Employee Stock Option (right to buy). The exercise of a SAR will result in the corresponding cancellation of the Employee Stock Option (right to buy) to the extent of the number of shares of the

(4) Company's Common Stock as to which SARs are exercised. The exercise of the Employee Stock Option (right to buy) will result in the corresponding cancellation of a SAR to the extent of the number of shares of the Company's Common Stock as to which the Employee Stock Option (right to buy) is exercised.

The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no more than 33 1/3% on February 19, 1999; (b) in aggregate as to no more than 66 2/3% on January 1, 2000; and (c) on January 1, 2001 as to 100% of all options which have not been previously exercised.

The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no more than 33 1/3% on February 12, 2004; (b) in aggregate as to no more than 66 2/3% on January 1, 2005; and (c) on January 1, 2006 as to 100% of all options which have not been previously exercised.

The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no more than 33 1/3% on October 15, 2004; (b) in aggregate as to no more than 66 2/3% on January 1, 2005; and (c) on January 1, 2006 as to 100% of all options which have not been previously exercised.

The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no
(8) more than 33 1/3% on April 1, 2005; (b) in aggregate as to no more than 66 2/3% on January 1, 2006; and (c) on January 1, 2007 as to 100% of all options which have not been previously exercised.

(9)

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The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no more than 33 1/3% on February 17, 2006; (b) in aggregate as to no more than 66 2/3% on January 1, 2007; and (c) on January 1, 2008 as to 100% of all options which have not been previously exercised.

The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no
(10) more than 33 1/3% on February 7, 2007; (b) in aggregate as to no more than 66 2/3% on January 1, 2008; and (c) on January 1, 2009 as to 100% of all options which have not been previously exercised.

(11) The amount of equity securities previously reported by me as beneficially owned has been reduced by the withholding of 1,130 restricted shares by the Company to satisfy my tax withholding obligation regarding the vesting of restricted stock.

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.