Edgar Filing: ENERGY EAST CORP - Form 4

ENERGY EAST	CORP								
Form 4									
October 03, 2006	6								
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION							OMB APPROVAL		
							OMB Number:	3235-0287	
Check this box if no longer subject to			Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHI SECURITIES				Expires: January 3 200 Estimated average		
Form 4 or							burden hou response	•	
Form 5 obligations may continue.	Form 5 obligations may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940								
(Print or Type Respo	onses)								
1. Name and Addre CASTIGLIA JC	Symbol	2. Issuer Name and Ticker or Trading Symbol ENERGY EAST CORP [EAS]			5. Relationship of Reporting Person(s) to Issuer				
(Last)	iddle) 3. Date of	3. Date of Earliest Transaction			(Check all applicable)				
1749 READING		(Month/Day/Year) 10/01/2006			X_ Director 10% Owner Officer (give title Other (specify below) below)				
	(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
WEST FALLS,	NY 14170						More than One Re		
(City)	(State) (Z	Zip) Table	e I - Non-De	rivative S	ecurities Ac	quired, Disposed of	f, or Beneficial	lly Owned	
	Transaction Date Ionth/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)		Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A)or(D) Price	Transaction(s) (Instr. 3 and 4)			
Common Stock						10,000	D		

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

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		4. Transactic Code (Instr. 8)	5. Number on of 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. Price o Derivativ Security (Instr. 5)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Shares	<u>(1)</u>	10/01/2006	10/02/2006	А	625	(1)	<u>(1)</u>	Common Stock	625	<u>(1)</u>

Reporting Owners

Reporting Owner Name / Addre	Relationships							
FB	Director	10% Owner	Officer	Other				
CASTIGLIA JOSEPH J 1749 READING ROAD WEST FALLS, NY 14170	Х							
Signatures								
Joseph J.	10/03/2006							

Castiglia ^{**}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).
- (1) Phantom stock granted and dividend phantom stock credited to a participant's account under the Company's Director Share Plan may be settled in cash only after the participant ceases to serve as a director of the Company.
- (2) Includes dividend phantom stock acquired pursuant to the dividend reinvestment feature included in the Company's Director Share Plan which is exempt from reporting under Rule 16a-11.

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.