SPARKS BEDDOE ANGELA M

Form 5

January 28, 2005

OMB APPROVAL FORM 5 **OMB** UNITED STATES SECURITIES AND EXCHANGE COMMISSION 3235-0362 Number: Washington, D.C. 20549 Check this box if January 31, Expires: no longer subject 2005 to Section 16. Estimated average ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form burden hours per 5 obligations OWNERSHIP OF SECURITIES response... 1.0 may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported 30(h) of the Investment Company Act of 1940 Form 4 Transactions Reported 1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Issuer SPARKS BEDDOE ANGELA M Symbol **ENERGY EAST CORP [EAS]** (Check all applicable) (First) (Middle) 3. Statement for Issuer's Fiscal Year Ended (Last) (Month/Day/Year) Director 10% Owner Other (specify X _ Officer (give title 12/31/2004 below) below) **ENERGY EAST MANAGEMENT** Vice President - Subsidiary CORPORATION, Â 1 COMMERCE PLAZA, SUITE 1001, 10TH FL. (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Reporting Filed(Month/Day/Year) (check applicable line) ALBANY. NYÂ 12260 _X_ Form Filed by One Reporting Person Form Filed by More than One Reporting (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 4. Securities 5. Amount of 6. 7. Nature of Transaction Ownership Security (Month/Day/Year) Execution Date, if Acquired (A) or Securities Indirect (Instr. 3) Code Disposed of (D) Beneficially Form: Direct Beneficial (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned at end of (D) or Ownership Issuer's Fiscal Indirect (I) (Instr. 4) (A) Year (Instr. 4) or

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

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Common

Common

Stock

Stock

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(D)

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Amount

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Price

(Instr. 3 and 4)

12,280.4717

238.816 (1)

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SEC 2270

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Plan

By 401(k)

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$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (\emph{e.g.}, puts, calls, warrants, options, convertible securities) \\ \end{tabular}$

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. Transaction Code (Instr. 8)	Number		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Employee Stock Option (right to buy) / SAR (2)	\$ 26.5313	Â	Â	Â	Â	Â	01/01/2000(3)	01/22/2009	Common Stock	8,000
Employee Stock Option (right to buy) / SAR (2)	\$ 19.62	Â	Â	Â	Â	Â	02/08/2002(4)	02/08/2012	Common Stock	15,000
Employee Stock Option (right to buy) / SAR (2)	\$ 19.1	Â	Â	Â	Â	Â	02/12/2003(6)	02/12/2013	Common Stock	7,000
Employee Stock Option (right to buy) / SAR (2)	\$ 23.89	Â	Â	Â	Â	Â	02/12/2004 <u>(7)</u>	02/12/2014	Common Stock	20,000
Employee Stock Option (right to buy) / SAR (2)	\$ 25.11	Â	Â	Â	Â	Â	10/15/2004(8)	10/15/2014	Common Stock	25,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
7	Director	10% Owner	Officer	Other		
SPARKS BEDDOE ANGELA M ENERGY EAST MANAGEMENT CORPORATION 1 COMMERCE PLAZA, SUITE 1001, 10TH FL. ALBANY, NY 12260	Â	Â	Vice President - Subsidiary	Â		

Signatures

Angela M. 01/24/2005 Sparks-Beddoe

**Signature of Reporting Date
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) 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.
 - 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
- (2) 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 January 1, 2000; (b) in aggregate as to no more than 66 2/3% on January 1, 2001; and (c) on January 1, 2002 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 8, 2002; (b) in aggregate as to no more than 66 2/3% on January 1, 2003; and (c) on January 1, 2004 as to 100% of all options which have not been previously exercised.
- (5) Includes equity securities acquired with reinvested dividends which are exempt from reporting under Rule 16a-11.
- The option is exercisable in three installments regarding the original number of options granted as follows: (a) in aggregate as to no more (6) than 33 1/3% on February 12, 2003; (b) in aggregate as to no more than 66 2/3% on January 1, 2004; and (c) on January 1, 2005 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.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

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