Edgar Filing: RAMPEY LARRY G - Form 4

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Form 4	-										
March 18, 20	Δ									PPROVAL	
	UNITEL) STATES		ITIES Al hington,			NGE (COMMISSION	OMB Number:	3235-0287	
Check this if no longe subject to Section 16 Form 4 or	er STATE	N BENEFICIAL OWNERSHIP OF IRITIES				Expires:January 31 2005Estimated averageburden hours per response0.5					
Form 5 obligation may conti <i>See</i> Instru 1(b).	s Section 17	Public Ut	ction 16(a) of the Securities Exchange Act of 1934, ablic Utility Holding Company Act of 1935 or Section f the Investment Company Act of 1940								
(Print or Type R	esponses)										
RAMPEY LARRY G Symbols RAM			Symbol	M ENERGY RESOURCES INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (Middle) 3. Date of (Month/D SKELLY DRIVE - SUITE 03/12/20			-				Director 10% Owner Officer (give title Other (specify below) below) below) Senior Vice President			
650	(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				
TULSA, OK	74135							Form filed by M Person	Iore than One Re	porting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deeme Execution I any (Month/Day/Year)		•			Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)					
G				Code V	Amount	(A) or (D)	Price \$	Reported Transaction(s) (Instr. 3 and 4)			
Common Stock	03/12/2010			F	6,390	D	1.63 (1)	390,185	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)

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	Under Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address		Relationships						
		Director	10% Owner	Officer	Other			
RAMPEY LARRY G 5100 E SKELLY DRI TULSA, OK 74135			Senior Vice President					
Signatures								
LARRY G. RAMPEY	03/18/2010							

<u>**</u>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) Based on the closing price of the issuer's common stock on the Nasdaq Capital Market on March 12, 2010.

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.