Edgar Filing: Rochford Living Trust Lloyd Timothy Rochford, Trustee - Form 4

Rochford Living Trust Lloyd Timothy Rochford, Trustee Form 4 September 30, 2009

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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obligations

1(b).

(City)

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 may continue. 30(h) of the Investment Company Act of 1940 See Instruction

(Print or Type Responses)

1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading Rochford Living Trust Lloyd Symbol Timothy Rochford, Trustee ARENA RESOURCES INC [ard] (Last) (First) (Middle) 3. Date of Earliest Transaction

(Zip)

(Month/Day/Year) _X__ Director 10% Owner X_ Officer (give title Other (specify 09/25/2009 below) below) Chairman

Table I. Non Donivetive Conveities Assured Disposed of an Doneficially Or

Issuer

(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 Form filed by More than One Reporting Person

5. Relationship of Reporting Person(s) to

(Check all applicable)

RANCHO MIRAGE, CA 92270

(State)

5 CLANCY LANE SOUTH

(- 3)	(******)	1 abi	e I - Non-L	perivative Se	ecuriti	es Acqu	iirea, Disposea oi	, or Beneficiali	y Ownea
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securitie	s Acqı	uired	5. Amount of	6.	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transactio	on(A) or Disp	osed c	of (D)	Securities	Ownership	Indirect
(Instr. 3)		any	Code	(Instr. 3, 4	and 5)		Beneficially	Form: Direct	Beneficial
		(Month/Day/Year)	(Instr. 8)				Owned	(D) or	Ownership
							Following	Indirect (I)	(Instr. 4)
					()		Reported	(Instr. 4)	
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	09/25/2009	09/25/2009	M	200,000 (1)	A	\$ 4.15	650,200	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)

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. P Der Sec (Ins
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option	\$ 4.15					01/02/2006	07/02/2010	Common Stock	50,000 (2)	
Stock Option	\$ 19.23					01/22/2008	07/22/2012	Common Stock	150,000 (2)	
Stock Option	\$ 37.85					12/17/2008	06/17/2013	Common Stock	25,000 (2)	

Reporting Owners

Reporting Owner Name / Address	Relationships				
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other	
Rochford Living Trust Lloyd Timothy Rochford, Trustee					
5 CLANCY LANE SOUTH	X		Chairman		
RANCHO MIRAGE, CA 92270					

Signatures

Lloyd Timothy
Rochford

**Signature of Reporting

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) The common stock, reported in Table I, is owned in the name of Rochford Living Trust, of which Lloyd T. Rochford is the Trustee and beneficial owner.
- Options are exercisable for 20% of the underlying shares, per share, over five years. The options are currently held by Lloyd Timothy Rochford, individually.

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.

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