ENERGY EAST CORP

Form 4 March 10, 2006

FORM 4

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

OMB APPROVAL

Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue. See Instruction 1(b).

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 Responses)

1. Name and Address of Reporting Person * JASINSKI KENNETH M			2. Issuer Name and Ticker or Trading Symbol ENERGY EAST CORP [EAS]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Sheen all applicable)		
			(Month/Day/Year)	Director 10% Owner		
145 CORLIES DRIVE			03/08/2006	_X_ Officer (give title Other (specify below) Executive V.P. & CFO		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
PELHAM, NY	10803		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tal	ble I - Non	-Derivativ	e Secu	rities Acqui	red, Disposed of	or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securities Acquired (A) our Disposed of (D) (Instr. 3, 4 and 5) (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	03/08/2006		Code V	Amount 34,000	(D)	Price \$ 24.3086	15,000	D	
Common Stock	03/08/2006		S	9,200	D	\$ 24.3	5,800	D	
Common Stock	03/08/2006		S	1,300	D	\$ 24.33	4,500	D	
Common Stock	03/08/2006		S	1,700	D	\$ 24.32	2,800	D	
Common Stock	03/08/2006		S	500	D	\$ 24.34	2,300	D	

Common Stock	03/08/2006	S	2,300	D	\$ 24.31	0	D		
Common Stock	03/08/2006	S	200	D	\$ 24.31	0 (1)	I	By Self as Custodian for Daughter	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.									

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date		4.	5.	6. Date Exercisab	le and	7. Title and A	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio		Expiration Date	`	Underlying S	
Security (Instr. 2)	or Exercise Price of		any (Month/Doy/Voor)	Code	of Doministing	(Month/Day/Year)	(Instr. 3 and	4) :
(Instr. 3)	Derivative		(Month/Day/Year)	(Instr. 8)	Derivative Securities	;			(
	Security				Acquired				
	Security				(A) or				
					Disposed				
					of (D)				
					(Instr. 3,				
					4, and 5)				
									Amount
						Date Exercisable	Expiration	Title	or
				a		Dute Exercisuole	Date	Title	Number
				Code V	(A) (D)				of Shares
Employee									
Stock									
Option						(2)		Common	
(right to	\$ 26.7188					02/19/1999(2)	02/19/2009	Stock	50,000
buy)/								Stock	
SAR (4)									
SAK <u>· · ·</u>									
Employee									
Stock									
option								Common	
(right to	\$ 26.22					04/01/2005(3)	04/01/2015	Stock	11,244

Reporting Owners

buy)/ SAR (4)

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
			Executive V.P. & CFO				

Reporting Owners

2

JASINSKI KENNETH M 145 CORLIES DRIVE PELHAM, NY 10803

Signatures

Kenneth M. Jasinski 03/10/2006

**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) Beneficial ownership expressly disclaimed.
- 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 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.
 - 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.

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.

Signatures 3