

GERMAN MICHAEL I
Form 4
July 15, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 *
GERMAN MICHAEL I

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)
CONNECTICUT NATURAL GAS CORPORATION, 77 HARTLAND STREET, 4TH FLOOR

3. Date of Earliest Transaction (Month/Day/Year)
07/13/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
President-Subsidiary

(Street)
EAST HARTFORD, CT 06108

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
				Code V Amount (D) Price			
Common Stock	07/13/2005		M	50,000 A \$ 26.7188	96,028.7029 (1)	D	
Common Stock	07/13/2005		D	50,000 D \$ 28.9	46,028.7029 (1)	D	
Common Stock					1,418.6102	I	By 401(k) Plan

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

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SEC 1474 (9-02)

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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. Transaction Code (Instr. 8)	5. Number 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 Security (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy) / SAR ⁽¹⁾	\$ 28.7188					06/07/1999	05/21/2007	Common Stock	10,9
Employee Stock Option (right to buy) / SAR ⁽¹⁾	\$ 26.7188	07/13/2005		M	50,000	02/19/1999 ⁽²⁾	02/19/2009	Common Stock	50,0
Employee Stock Option (right to buy) / SAR ⁽¹⁾	\$ 23.89					02/12/2004 ⁽³⁾	02/12/2014	Common Stock	20,0

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
GERMAN MICHAEL I CONNECTICUT NATURAL GAS CORPORATION 77 HARTLAND STREET, 4TH FLOOR EAST HARTFORD, CT 06108			President-Subsidiary	

Signatures

Michael I.
German

07/15/2005

 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) 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

(2) 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

(3) 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.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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