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HOUSTON I Form 4 June 08, 200	EXPLORATION 7	CO										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION										OMB APPROVAL		
UNITED STATES SECUR				RITIES AND EXCHANGE COMMISSION shington, D.C. 20549					Number:	3235-0287 January 31,		
if no long	er.		E CHAN	CESINI	DENIEF	CIA			Expires:	2005		
subject to Section 1 Form 4 or	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						Estimated burden hou	urs per				
Form 4 or Form 5 obligations may continue. See Instruction 1(b). Form 5 obligations may continue. See Instruction 1(b). Form 5 obligations 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							. 0.0					
(Print or Type F	Responses)											
MCKESSY STEPHEN W Symbol			Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer					
			HOUSTON EXPLORATION CO [THX]					(Check all applicable)				
(Month/Da			ay/rear) helow)				ve title 10% Owner Other (specify below)					
520-1 MAIN ST. 06/06/20				007								
				ndment, Date Original th/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 				
RIDGEFIELD, CT 06877				Form filed by More than One Reporting Person					eporting			
(City)	(State) ((Zip)	Table	e I - Non-D	erivative S	Secur	ities Ac	quired, Disposed o	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)			3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A)				SecuritiesHBeneficially(OwnedIFollowing(Reported(6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
						or		Transaction(s) (Instr. 3 and 4)				
common				Code V	Amount	(D)	Price	````				
stock (\$0.01 par value)	06/06/2007			М	495	A	<u>(1)</u>	8,283	D			
common stock (\$0.01 par value)	06/06/2007			D	8,283	D	<u>(2)</u>	0	D			

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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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. Transactio Code (Instr. 8)	5. Number on f 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 Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
stock option (right to buy)	\$ 35.11	06/06/2007		D	2,000	<u>(3)</u>	09/22/2013	common stock	2,000
stock option (right to buy)	\$ 54.85	06/06/2007		D	2,000	<u>(3)</u>	09/20/2014	common stock	2,000
phantom stock	<u>(1)</u>	06/06/2007		М	495	06/06/2007	06/06/2007	common stock	495

Reporting Owners

Reporting Owner Name / Address				
i o	Director	10% Owner	Officer	Other
MCKESSY STEPHEN W 520-1 MAIN ST. RIDGEFIELD, CT 06877	Х			
0:				

Signatures

/s/ Karol L. Adams by Power of Attorney for Stephen W. McKessy	06/08/2007
**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)

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Pursuant to The Houston Exploration Company?s (the "Company") post-2004 director deferred compensation plan, the reporting person?s phantom stock rights are exchanged for a cash distribution upon termination from the Company?s Board of Directors. Each share of phantom stock was the economic equivalent of one share of the Company?s common stock.

Pursuant to the Agreement and Plan of Merger, dated as of January 7, 2007 (the "Merger Agreement"), by and among Forest Oil Corporation ("Forest"), MJCO Corporation, a wholly owned subsidiary of Forest, and The Houston Exploration Company (the "Company"), at the effective time ("Merger I Effective Date") of the merger contemplated therein, each outstanding share of the

- (2) Company?s common stock was converted into the right to receive (i) .84 shares of Forest?s common stock and (ii) \$26.25 in cash. This represents \$60.02 per share of consideration to be received by the Company?s stockholders based on the average closing price of Forest?s common stock during the ten-day valuation period specified in the Merger Agreement. The mix of cash and stock consideration to be received by each of the Company?s stockholders will be determined by stockholder elections, subject to proration. As a result of the proration procedures that have not yet been completed as of the date of this filing, it
- Pursuant to the Merger Agreement, at the Merger I Effective Time, each non-qualified stock option became immediately and fully vested(3) and was cancelled and converted into the right to receive a cash amount equal to the excess of \$60.02 over the option exercise price multiplied by the number of shares subject to such option.

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.