

OWEN DAVID C
Form 4
November 03, 2004

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 *
OWEN DAVID C

2. Issuer Name and Ticker or Trading Symbol
VISTA EXPLORATION CORP
[VXPL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
11011 KING STREET
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
10/29/2004

Director 10% Owner
 Officer (give title below) Other (specify below)
CEO

OVERLAND PARK, KS 66210

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 Beneficial Ownership (Instr. 4)
Common Stock	02/10/2004		P	V	200,000 \$ 0.0305	A (1) (2)	I by MDN,LP
Common Stock	08/19/2004		G		20,000 \$ 0	D (1) (2)	I By spouse

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

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(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	Am Nur Sha
Stock Options	\$ 1	07/29/2004		S		50,000		01/14/2004	12/31/2009	Common Stock	50
Stock Options	\$ 1	04/28/2004		S		250,000		04/28/2004	04/28/2009	Common Stock	25
Stock Options	\$ 1	10/29/2004		A		500,000		10/29/2004	12/31/2012	Common Stock	50

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
OWEN DAVID C 11011 KING STREET OVERLAND PARK, KS 66210	X	X	CEO	

Signatures

David C. Owen 11/02/2004

**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).
the Reporting person disclaims ownership of these securities except to the extent of his pecuniary interest in the holder thereof, and this
- (1) report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose.
- (2) Reporting person is also the indirect beneficial owner of 50,000 shares held by DBM,LP; 50,000 shares held by Emerson B. Wells, LP; 604,000 shares held by Owen Enterprises, LLC; and 400,000 shares held as trustee for the david and Laura Trust UAD 6/4/97.
- (3) Reporting person is also the indirect beneficial owner of 1,000,000 options held by Owen Enterprises, LLP.

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.