

PanAmSat Holding CORP
 Form 4
 July 06, 2006

FORM 4

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

OMB APPROVAL

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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 *
FROWNELTER JAMES B

 (Last) (First) (Middle)

C/O PANAMSAT HOLDING CORPORATION, 20 WESTPORT ROAD

 (Street)

WILTON, CT 06820

 (City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
PanAmSat Holding CORP [PA]

3. Date of Earliest Transaction
 (Month/Day/Year)
07/03/2006

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

5. Relationship of Reporting Person(s) to Issuer

 (Check all applicable)

 Director 10% Owner
 Officer (give title below) Other (specify below)
President and COO

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

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	07/03/2006		J ⁽¹⁾	V Amount (D) \$ 99,691 25.0093	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 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474 (9-02)

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. 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 Securities (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 3.43	07/03/2006		J ⁽¹⁾	86,306	⁽²⁾	08/19/2014	Common Stock, par value \$0.01 per share	86,306
Stock Options	\$ 4.04	07/03/2006		J ⁽¹⁾	43,153	⁽²⁾	08/19/2014	Common Stock, par value \$0.01 per share	43,153
Stock Options	\$ 4.21	07/03/2006		J ⁽¹⁾	302,050	⁽²⁾	08/19/2014	Common Stock, par value \$0.01 per share	302,050
Stock Options	\$ 4.21	07/03/2006		J ⁽¹⁾	201,366	⁽²⁾	08/19/2014	Common Stock, par value \$0.01 per share	201,366
Stock Options	\$ 4.21	07/03/2006		J ⁽¹⁾	213,350	⁽²⁾	10/07/2014	Common Stock, par value \$0.01 per share	213,350
Stock Options	\$ 4.21	07/03/2006		J ⁽¹⁾	142,234	⁽²⁾	10/07/2014	Common Stock, par value \$0.01 per share	142,234
Deferred Stock Units	⁽⁴⁾	07/03/2006		J ⁽¹⁾	176,824	⁽⁴⁾	⁽⁴⁾	Common Stock, par value \$0.01 per share	176,824

