

TETON ENERGY CORP  
Form 4  
March 22, 2007

**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 \*  
ARLETH KARL F

(Last) (First) (Middle)  
410 17TH ST., SUITE 1850  
(Street)

DENVER, CO 80202

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
TETON ENERGY CORP [TEC]

3. Date of Earliest Transaction (Month/Day/Year)  
03/20/2007

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 CEO

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	03/20/2007		S		120	D	\$ 4.57
Common Stock	03/20/2007		S		4,036	D	\$ 4.56
Common Stock	03/20/2007		S		14,819	D	\$ 4.55
Common Stock	03/20/2007		S		15,361	D	\$ 4.6
Common Stock	03/20/2007		S		4,819	D	\$ 4.65
							252,564
							248,528
							233,709
							218,348
							213,529

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Common Stock	03/21/2007	S	2,513	D	\$ 4.75	211,016	D
Common Stock	03/21/2007	S	327	D	\$ 4.73	210,689	D
Common Stock	03/21/2007	S	2,063	D	\$ 4.7	208,626	D
Common Stock	03/21/2007	S	503	D	\$ 4.68	208,123	D
Common Stock	03/21/2007	S	117	D	\$ 4.71	208,006	D
Common Stock	03/21/2007	S	666	D	\$ 4.69	207,340	D
Common Stock	03/21/2007	S	5,572	D	\$ 4.65	201,768	D
Common Stock	03/21/2007	S	352	D	\$ 4.64	201,416	D
Common Stock	03/21/2007	S	377	D	\$ 4.63	201,039	D
Common Stock	03/21/2007	S	1,708	D	\$ 4.6	199,331	D

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

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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 Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu... Deriv... Secur... Bene... Own... Follo... Repo... Trans... (Instr...
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V	(A)	(D)

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ARLETH KARL F 410 17TH ST., SUITE 1850 DENVER, CO 80202			President and CEO	

## Signatures

/s/ Karl F.  
Arleth

03/22/2007

\_\_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).

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.