Edgar Filing: PostRock Energy Corp - Form 4

PostRock En Form 4	nergy Corp									
July 03, 201								OMB A	PPROVAL	
FORM 4UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549Check this box if no longer subject to 								N OMB Number:	3235-0287	
								Estimated burden hoi response	Estimated average burden hours per response 0.5	
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> AVERY NATHAN M			2. Issuer Name and Ticker or Trading Symbol PostRock Energy Corp [PSTR]				5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle) 4900 WOODWAY DR, STE. 575			3. Date of Earliest Transaction (Month/Day/Year) 07/01/2013			(Check all applicable) <u>X</u> Director Officer (give title <u>10%</u> Owner below) Other (specify below)				
(Street) HOUSTON, TX 77056			4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
(City)	(State)	(Zip)	Tał	ole I - Non-l	Derivativ	e Securities A	Person Acquired, Disposed	of. or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deema Execution any (Month/Da	ed Date, if	3. Transactic Code (Instr. 8) Code V	4. Secur onAcquired Disposed (Instr. 3,	ties l (A) or l of (D) 4 and 5) (A) or	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	
Reminder: Rej	port on a separate line	e for each cla	ass of sec	urities bene	Pers infor requ	ons who re mation con red to resp ays a curre	or indirectly. spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not orm	SEC 1474 (9-02)	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if TransactionDerivative		Expiration Date	Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired (A) or		

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	Derivative Security			Disposed of (D) (Instr. 3, 4, and 5)						
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock	<u>(1)</u>	07/01/2013	А		7,189.54		(1)	(1)	Common Stock	7,189.54

Reporting Owners

Reporting Owner Name / Address			•		
	Director	10% Owner	Officer	Other	
AVERY NATHAN M 4900 WOODWAY DR, STE. 575 HOUSTON, TX 77056	Х				
Signatures					
Nathan Avery by Stephen L. DeGiu Attorney	07/03/2013				
**Signature of Reporting Per	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).

Relationships

- Each share of phantom stock is issued under the issuer's deferred compensation plan and is the economic equivalent of one share of
- (1) common stock. The shares of phantom stock become payable, in cash or common stock, at the election of the reporting person, upon the reporting person's termination of service as a director.

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.