KNEALE JAMES C

Form 4

November 09, 2009

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

burden hours per 0.5

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Check this box if no longer subject to Section 16. Form 4 or

Form 5 obligations may continue.

See Instruction

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

1(b).

Common Stock, par

value \$.0.01 11/06/2009

(Print or Type	Responses)								
1. Name and A KNEALE J	Address of Reporting AMES C	Syn	Issuer Name an ibol EOK INC /N			8	5. Relationship of Issuer	Reporting Pers	son(s) to
				_	-		(Chec	k all applicable	2)
(Last)	(First) (ate of Earliest T	ransaction			5.	100	
100 W. FIF	TH STREET		nth/Day/Year) 06/2009				Director _X_ Officer (give below)		Owner er (specify
	(Street)	4. If	Amendment, D	ate Origin	al		6. Individual or Jo	oint/Group Filin	g(Check
TULSA, Ol	K 74103	File	d(Month/Day/Yea	ur)			Applicable Line) _X_ Form filed by O Form filed by M Person	One Reporting Pe More than One Re	
(City)	(State)	(Zip)	Table I Non	Dorivotivo	Soon	ritios A can	iired, Disposed of	or Ronoficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed Execution Date any (Month/Day/Y	3. e, if Transacti Code	4. Secur or(A) or D (Instr. 3,	ities A ispose	equired ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect
Common Stock, par value \$.0.01	11/06/2009		Code V	Amount 9,958		Price \$ 16.88	(Instr. 3 and 4) 139,955	D	
Common Stock, par value \$.0.01	11/06/2009		S	9,958	D	\$ 37.62	129,997	D	

400

\$ 16.88 130,397

D

M

Common Stock, par value \$.0.01	11/06/2009	S	400	D	\$ 37.63	129,997	D
Common Stock, par value \$.0.01	11/06/2009	M	2,142	A	\$ 16.88	132,139	D
Common Stock, par value \$.0.01	11/06/2009	S	2,142	D	\$ 37.67	129,997	D
Common Stock, par value \$.0.01	11/06/2009	M	100	A	\$ 33.325	130,097	D
Common Stock, par value \$.0.01	11/06/2009	S	100	D	\$ 37.63	129,997	D
Common Stock, par value \$.0.01	11/06/2009	M	1,800	A	\$ 33.325	131,797	D
Common Stock, par value \$.0.01	11/06/2009	S	1,800	D	\$ 37.64	129,997	D
Common Stock, par value \$.0.01	11/06/2009	M	1,600	A	\$ 33.325	131,597	D
Common Stock, par value \$.0.01	11/06/2009	S	1,600	D	\$ 37.65	129,997	D
Common Stock, par value \$.0.01	11/06/2009	M	200	A	\$ 33.325	130,197	D
Common Stock, par value \$.0.01	11/06/2009	S	200	D	\$ 37.66	129,997	D
	11/06/2009	M	1,158	A		131,155	D

Common Stock, par value \$.0.01					\$ 33.325			
Common Stock, par value \$.0.01	11/06/2009	S	1,158	D	\$ 37.67	129,997	D	
Common Stock, par value \$.0.01						3,221	I	by Spouse
Common Stock, par value \$.0.01						42,260	I	by Thrift Plan

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)

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)	Code	onof Derivative Expiration Da		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amour Securit 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Share
Non-Qualified Stock Option (right to buy)	\$ 16.88	11/06/2009		M	9,958 (2)	02/20/2004	02/20/2013	Common Stock, par value \$.0.01	
Non-Qualified Stock Option (right to buy)	\$ 16.88	11/06/2009		M	400 (2)	02/20/2004	02/20/2013	Common Stock, par value \$.0.01	
	\$ 16.88	11/06/2009		M		02/20/2004	02/20/2013		2,1

Non-Qualified Stock Option (right to buy)				2,142 (2)			Common Stock, par value \$.0.01	
Non-Qualified Stock Option (right to buy)	\$ 33.325	11/06/2009	M	100	(3)	01/17/2012	Common Stock, par value \$.0.01	10
Non-Qualified Stock Option (right to buy)	\$ 33.325	11/06/2009	M	1,800	(3)	01/17/2012	Common Stock, par value \$.0.01	1,8
Non-Qualified Stock Option (right to buy)	\$ 33.325	11/06/2009	M	1,600	(3)	01/17/2012	Common Stock, par value \$.0.01	1,6
Non-Qualified Stock Option (right to buy)	\$ 33.325	11/06/2009	M	200	(3)	01/17/2012	Common Stock, par value \$.0.01	20
Non-Qualified Stock Option (right to buy)	\$ 33.325	11/06/2009	М	1,158	<u>(3)</u>	01/17/2012	Common Stock, par value \$.0.01	1,1

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

KNEALE JAMES C 100 W. FIFTH STREET TULSA, OK 74103

President

Signatures

By: Eric Grimshaw, Attorney in Fact For: James C.

Kneale 11/09/2009

**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) The reporting person disclaims ownership of the shares indirectly owned by his spouse.
- (2) Annual option grant under the Issuer's Long-Term Incentive Plan. This option vests in three equal annual installments beginning 02/20/04.
- (3) This is a reload option having the same terms as the original option and was exercisable six months from the date of grant.

Reporting Owners 4

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