McCabe Family Trust Stanley McCabe, Trustee Form 4 July 15, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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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

(Print or Type Responses)

1(b).

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading McCabe Family Trust Stanley Issuer Symbol McCabe, Trustee ARENA RESOURCES INC [ARD] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction X_ Director (Month/Day/Year) 10% Owner Officer (give title Other (specify 1030 GENTER ST., UNIT 401 07/13/2010 below) (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check

Filed(Month/Day/Year)

LAJOLLA,, CA 92037-5545

(State)

(Zip)

(City)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

Person

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

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 A or(A) or Dispose (Instr. 3, 4 and	d of (D)	5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or	7. Nature of Indirect Beneficial Ownership
		(Code V	(A) or Amount (D)		Following Reported Transaction(s) (Instr. 3 and 4)	Indirect (I) (Instr. 4)	(Instr. 4)
Common Stock	07/13/2010	07/13/2010	M	90,000 A	\$ 19.23	490,000 (1)	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)

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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)	Execution Date, if Transactions any Code of (Month/Day/Year) (Instr. 8) If S		of Derivating Securities Acquired (A) or	Number Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,			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 Option	\$ 19.23					01/22/2008	07/22/2012	Common Stock	60,000 (2)	
Stock Option	\$ 37.85					12/17/2008	06/17/2013	Common Stock	25,000 (2)	

Reporting Owners

Relationships

Reporting Owner Name / Address 10% Director Officer Other

Owner McCabe Family Trust Stanley McCabe, Trustee

1030 GENTER ST., UNIT 401 LAJOLLA,, CA 92037-5545

Signatures

Stanley Myron 07/15/2010 **McCabe**

**Signature of Reporting Date 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 common stock reported in Table I, Column 5, is owned in the name of the McCabe Family Trust, of which Stanley McCabe is the **(1)** Trustee and beneficial owner.

X

(2) Options are exercisable for 20% of the underlying shares, per year, over five years. The options are currently held by Stanley McCabe.

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.

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