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ASPEN EXPLORATION CORP  
Form 8-K  
October 01, 2003

SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

FORM 8-K

Current Report Pursuant to Section 13 or 15(d) of  
The Securities Act of 1934

Date of Report September 30, 2003  
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ASPEN EXPLORATION CORPORATION  
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(Exact name of registrant as specified in its charter)

Delaware ----- (State or other jurisdiction of Incorporation)	0-9494 ----- (Commission File Number)	84-0811316 ----- (I.R.S. Employer Identification No.)
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2050 S. Oneida St., Suite 208, Denver, CO 80224  
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Registrant's telephone number 303-639-9860  
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N/A  
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(Former name or former address, if changed since last report.)

Item 5. Other Events and Regulation FD Disclosure  
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On September 29, 2003, Aspen Exploration Corporation issued a news release,

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a copy of which is attached hereto as Exhibit 99.1.

Item 7. Financial Statements and Exhibits  
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(a) Financial Statements of Businesses Acquired

None.

(b) Pro forma Financial Information

None.

(c) Exhibits

99.1 News Release issued September 29, 2003.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ASPEN EXPLORATION CORPORATION

Date: September 30, 2003

By: /s/ Robert A. Cohan

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Robert A. Cohan, President