Owen Laura E
Form 3/A
November 03, 2004

FORM 3

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

OMB APPROVAL

OMB Number:	3235-0104
Expires:	January 31, 2005
Estimated average burden hours per response...	0.5

INITIAL STATEMENT OF 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 *
Â Owen Laura E

(Last) (First) (Middle)

11011 KING STREET,Â SUITE 260

(Street)

OVERLAND PARK,Â KSÂ 66201

(City) (State) (Zip)

2. Date of Event Requiring Statement (Month/Day/Year)
07/22/2004

3. Issuer Name **and** Ticker or Trading Symbol
VISTA EXPLORATION CORP [VXPL]

4. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director
__X__ 10% Owner
__X__ Officer (give title below)
_____ Other (specify below)
VP Marketing & Administration

5. If Amendment, Date Original Filed(Month/Day/Year)
07/22/2004

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1.Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	50,000	I (1)	by DBM, LP
Common Stock	50,000	I	by Emerson B. Wells, LP
Common Stock	250,000	I	by MDN,LP
Common Stock	250,000	I	by Owen & Associates, Inc. Profit Sharing Plan
Common Stock	604,000	I	by Owen Enterprises, LLC
Common Stock	400,000	I	by trustee for the David and Laura Owen Trust U/A/D 6/14/97

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

SEC 1473 (7-02)

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.

Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Owen Laura E 11011 KING STREET SUITE 260 OVERLAND PARK,Â KSÂ 66201	Â	Â X	Â VP Marketing & Administration	Â

Signatures

Laura E. Owen	11/02/2004
**Signature of Reporting Person	Date

Explanation of Responses:

***** If the form is filed by more than one reporting person, *see* Instruction 5(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) Original Form 3 neglected to disclose indirect beneficial ownership of spouse and entities controlled by spouse.

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.