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	Lugarri			CONCLO				
CONTINENT Form 4 October 07, 2	TAL RESOURCES INC							
FORM	4						PPROVAL	
Check this box					COMMISSION	OMB Number:	3235-0287	
if no long	or.	STATEMENT OF CHANGES IN BENEFICIAL OWN SECURITIES					January 31, 2005	
subject to Section 10 Form 4 or	5.						average rs per 0.5	
Form 5 obligations may continue. See Instruction 1(b). 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 R	esponses)							
1. Name and Ad Stark Jack H	2. Issuer Name Symbol CONTINEN	e and Ticker or	-	5. Relationship of Reporting Person(s) to Issuer				
		[CLR]	IAL KESUC	INCES INC	(Check all applicable)			
(Last)	(First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year)				Director 10% Owner X Officer (give title Other (specify below) below)			
P. O. BOX 1032, 302 N. 10/05/2011 INDEPENDENCE					Sr. V	P. Exploration		
	(Street)	4. If Amendmen Filed(Month/Day	h/Day/Year) Applicable I _X_ Form fi			or Joint/Group Filing(Check e) I by One Reporting Person by More than One Reporting		
Person Person								
(City)	(State) (Zip)	Table I - N	on-Derivative	Securities Acc	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. De (Month/Day/Year) Execut any (Month	on Date, if Trans Code /Day/Year) (Instr	saction(A) or Di (Instr. 3,		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	10/05/2011	F	4,088	D \$ 48.76	42,312 <u>(1)</u>	D		
Common Stock					440 (2)	Ι	By daughter	
Common Stock					140,688	I	Limited liability company owned by reporter and his spouse	

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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.

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.	6. Date Exerc	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration D	ate	Amou	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
						Date	Expiration		or		
						Exercisable Date		Title			
								of			
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
Stark Jack H P. O. BOX 1032 302 N. INDEPENDENCE ENID, OK 73702	Sr. V.P. Exploration			
Signatures				
/s/ Donald P. Fischbach, Attorney-In-Fact		10/07	//2011	

<u>**</u>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) Includes 13,200 shares of restricted common stock which vest on October 5, 2012 and 20,000 shares of restricted common stock which vest on November 15, 2013.
- (2) The reporting person disclaims beneficial ownership of all securities held by his daughter.

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.