ASPEN EXPLORATION CORP Form SC 13G July 29, 2004

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# SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

#### SCHEDULE 13G

Under the Securities Exchange Act of 1934 (Amendment No. 1)\*

Aspen Exploration Corporation

(Name of Issuer)	
	Common Stock
(Title of Class of Securities)	
	045 295 30 0
(CUSIP Number)	
	June 28, 2004
(Date of Event which Requires Filing of t	his Statement)

\* The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

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.

CUSIP NO.	

(1) Names of Reporting Persons, S.S. or I.R.S. Identification Nos. of Above Persons

TriPo	wer Resources, Inc.		
(2) Checof a Gro	ek the Appropriate Box if a up*	Member (a) [ ] (b) [ ]	
(3) SEC	Use Only		
(4) Citiz	enship or Place of Organiza	ation	
<b>U.S.</b> <i>A</i>	Λ.		
Number of Shares		(5) Sole Voting Power 900,000	
Beneficially Owned		(6) Shared Voting Power0	
by Eac	h Reporting	(7) Sole Dispositive Power 900.000	
Person	With	(8)Shared Dispositive Power0	
(9) Aggı	regate Amount Beneficially	Owned by Each Reporting Person	
900	,000 shares		
(10) Che	eck if the Aggregate Amour	nt in the Row (9) Excludes Certain Shares* []	
(11) Per	cent of Class Represented b	by Amount in Row (9) <u>13.31%</u>	
(12) Typ	oe of Reporting Person*	CO	
	*	SEE INSTRUCTION BEFORE FILLING OU	T!
Item 1.			
(a)	Name of Issuer:		
	Aspen Exploration Corpor	ation	
(b)	Address of Issuer's Principal Executive Offices:		
	Suite 208, 2050 South Oneida Street, Denver, Colorado 80224-2426.		
Item 2.			
(a)	Name of Person Filing:		
	TriPower Resources, Inc.		
(b)	Address of Principal Business Office or, if none, Residence		

Post Office Box 859, Ardmore, Oklahoma 73402

(c) Citizenship or Place of Organization				
United States	United States			
(d) Title of Class of Securities				
Common Sto	ck			
(e) CUSIP Numb	(e) CUSIP Number			
045 295 30 0				
	nt is filed pursuant to Sections 240.13d-1(b) or 240.13d-2(b) or (c), check erson filing is a:			
(a)	Broker or dealer registered under section 15 of the Act (15 U.S.C. 780);			
(b)	Bank as defined in section 3(a)(6) of the Act (15 U.S.C. 78c);			
(c)	Insurance company as defined in section 3(a)(19) of the Act (15 U.S.C. 78c);			
(d)	Investment company registered under section 8 of the Investment Company Act of 1940 (15 U.S.C. 80a-8;			
(e)	An investment adviser in accordance with Section 240.13d-1(b)(1)(ii)(E);			
(f)	An employee benefit plan or endowment fund in accordance with Section 240.13d-1(b)(1)(ii)(F);			
(g)	A parent holding company or control person in accordance with Section 240.13d-1(b)(1)(ii)(G);			
(h)	A savings association as defined in Section 3(b) of the Federal Deposit Insurance Act (12 U.S.C. 1813);			
(i)	A church plan that is excluded from the definition of an investment company under section 3(c)(14) of the Investment Company Act of 1940 (15 U.S.C. 80a-3);			
(j)	Group, in accordance with Section 240.13d-1(b)(1)(ii)(J)			
Item 4. Ownership				
(a) Amount beneficial	y owned: <b>900,000 shares</b>			
(b) Percent of Class: 13.31%				
(c) Number of shares a	as to which the person has:			
(i) Sole Voting Power 900,000				
(ii) Shared Voting Power				

	(iii)	Sole Dispositive Power 900,000
	(iv)	Shared Dispositive Power
Item 5	. Ownersh	ip of Five Percent or Less of a Class
	Not appl	icable
Item 6	o. Ownersh	ip of More than Five Percent on Behalf of Another Person
	Not appl	icable
Item 7		ation and Classification of the Subsidiary Which Acquired the Security Being ed on By the Parent Holding Company.
	Not appl	icable
Item 8	3. Identifica	ation and Classification of Members of the Group
	Not appl	icable
Item 9	. Notice of	Dissolution of Group
	Not appl	icable
Item 1	0. Certifica	ation
	he followin 40.13d-1(b	ng certification shall be included if the statement is filed pursuant to Section
acquii with t	red and are he effect of	below I certify that, to the best of my knowledge and belief, the securities referred to above were held in the ordinary course of business and were not acquired and are not held for the purpose of or f changing or influencing the control of the issuer of the securities and were not acquired and are not on with or as a participant in any transaction having that purpose or effect.
	he followin 40.13d-1(c	ng certification shall be included if the statement is filed pursuant to Section
acquii the se	ed and are	below I certify that, to the best of my knowledge and belief, the securities referred to above were not not held for the purpose of or with the effect of changing or influencing the control of the issuer of d were not acquired and are not held in connection with or as a participant in any transaction having ffect.
		SIGNATURE
		able inquiry and to the best of my knowledge and belief, I certify that the information set forth in this complete and correct.
		July 29, 2004
		(Date)

/s/ John Gibbs
(Signature)  John Gibbs, President
(Name/Title)