

Stueber Werner Eberhard
 Form 4
 March 06, 2007

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN 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 *
 Stueber Werner Eberhard

2. Issuer Name and Ticker or Trading Symbol
 MERCER INTERNATIONAL INC.
 [MERC]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 HAUPTSTRASSE 16
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/05/2007

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 Vice President

BLANKENSTEIN, 2M 07366
 (City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

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

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

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 Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	(A) or (D)	5. Amount or Price	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
Shares of Common Stock	03/05/2007		M	30,000	A	\$ 6.375	30,000	D	
Shares of Common Stock	03/05/2007		M	16,666	A	\$ 7.92	46,666	D	
Shares of Common Stock	03/05/2007		S	1,800	D	\$ 12.11	44,866	D	
Shares of Common	03/05/2007		S	1,000	D	\$ 12.12	43,866	D	

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Stock							
Shares of Common Stock	03/05/2007	S	3,800	D	\$ 12.01	40,066	D
Shares of Common Stock	03/05/2007	S	1,000	D	\$ 12.06	39,066	D
Shares of Common Stock	03/05/2007	S	1,000	D	\$ 12.04	38,066	D
Shares of Common Stock	03/05/2007	S	2,066	D	\$ 12.02	36,000	D
Shares of Common Stock	03/05/2007	S	2,000	D	\$ 12.03	34,000	D
Shares of Common Stock	03/05/2007	S	2,000	D	\$ 12.05	32,000	D
Shares of Common Stock	03/05/2007	S	5,000	D	\$ 12.07	27,000	D
Shares of Common Stock	03/05/2007	S	2,000	D	\$ 12.04	25,000	D
Shares of Common Stock	03/05/2007	S	3,000	D	\$ 12.05	22,000	D
Shares of Common Stock	03/05/2007	S	2,000	D	\$ 12.08	20,000	D
Shares of Common Stock	03/05/2007	S	4,500	D	\$ 12.06	15,500	D
Shares of Common Stock	03/05/2007	S	3,000	D	\$ 12.04	12,500	D
Shares of Common Stock	03/05/2007	S	4,000	D	\$ 12	8,500	D
Shares of Common stock	03/06/2007	S	6,500	D	\$ 12.03	2,000	D

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Shares of
Common Stock 03/06/2007 S 2,000 D \$ 12 0 D

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

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	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 Options	\$ 6.375	03/05/2007		M	30,000	01/19/2000 01/20/2010	Common Shares 30,000
Stock Options	\$ 7.92	03/05/2007		M	16,666	09/09/2005 09/09/2015	Common Shares 16,666

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Stueber Werner Eberhard HAUPTSTRASSE 16 BLANKENSTEIN, 2M 07366			Vice President	

Signatures

/s/ Werner Stueber 03/06/2007

**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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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