

OBRIEN THOMAS M
Form 4
May 22, 2007

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
OBRIEN THOMAS M

2. Issuer Name and Ticker or Trading Symbol
KADANT INC [KAI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

**ONE TECHNOLOGY PARK
DRIVE**

3. Date of Earliest Transaction (Month/Day/Year)
05/18/2007

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
CFO, EXECUTIVE VICE PRESIDENT

(Street)

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

WESTFORD, MA 01886

(City) (State) (Zip)

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	6. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	7. Nature of Ownership Indirect (D) or Indirect (I) (Instr. 4)
Common Stock	05/18/2007		M	300	A	\$ 14.5	15,395	D
Common Stock	05/18/2007		S	300	D	\$ 28.05	15,095	D
Common Stock	05/18/2007		M	600	A	\$ 14.5	15,695	D
Common Stock	05/18/2007		S	600	D	\$ 28.04	15,095	D
Common Stock	05/18/2007		M	800	A	\$ 14.5	15,895	D

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Common Stock	05/18/2007	S	800	D	\$ 28.03	15,095	D
Common Stock	05/18/2007	M	1,100	A	\$ 14.5	16,195	D
Common Stock	05/18/2007	S	1,100	D	\$ 28.02	15,095	D
Common Stock	05/18/2007	M	1,500	A	\$ 14.5	16,595	D
Common Stock	05/18/2007	S	1,500	D	\$ 28.01	15,095	D
Common Stock	05/18/2007	M	1,000	A	\$ 14.5	16,095	D
Common Stock	05/18/2007	S	1,000	D	\$ 28	15,095	D
Common Stock	05/18/2007	M	10,000	A	\$ 14.5	25,095	D
Common Stock	05/18/2007	S	10,000	D	\$ 28	15,095	D
Common Stock	05/18/2007	M	8,000	A	\$ 14.5	23,095	D
Common Stock	05/18/2007	S	8,000	D	\$ 28	15,095	D
Common Stock	05/18/2007	M	200	A	\$ 13.05	15,295	D
Common Stock	05/18/2007	S	200	D	\$ 28	15,095	D
Common Stock	05/18/2007	M	2,000	A	\$ 14.5	17,095	D

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

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SEC 1474
(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,	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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and 5)

	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right To Buy)								
\$ 14.5					01/02/2002	01/02/2009	Common Stock	25,300
05/18/2007	M							
25,300								
Employee Stock Option (Right To Buy)								
\$ 13.05					12/10/2001	12/10/2008	Common Stock	200
05/18/2007	M							
200								

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
OBRIEN THOMAS M ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886			CFO, EXECUTIVE VICE PRESIDENT	

Signatures

by Sandra L. Lambert for Thomas M. O'Brien 05/22/2007

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).

Remarks:

THE TRANSACTIONS REPORTED ON THIS FORM 4 WERE EXECUTED PURSUANT TO A RULE 10b-5-1 TRADING

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.