

SINDONI EDWARD J  
 Form 4  
 March 08, 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 \*  
 SINDONI EDWARD J

(Last) (First) (Middle)

KADANT INC., ONE  
 TECHNOLOGY PARK DRIVE

(Street)

WESTFORD, MA 01886

(City) (State) (Zip)

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

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 03/06/2007

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)

EXECUTIVE VP AND COO

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)	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)
			Code	V	Amount	(A) or (D)	Price
Common Stock	03/06/2007		M		2,200	A	\$ 14.5
							21,782
Common Stock	03/06/2007		S		2,200	D	\$ 22.5
							19,582
Common Stock	03/06/2007		M		300	A	\$ 14.5
							19,882
Common Stock	03/06/2007		S		300	D	\$ 22.46
							19,582
Common Stock	03/06/2007		M		500	A	\$ 14.5
							20,082

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Common Stock	03/06/2007	S	500	D	\$ 22.45	19,582	D
Common Stock	03/06/2007	M	800	A	\$ 14.5	20,382	D
Common Stock	03/06/2007	S	800	D	\$ 22.42	19,582	D
Common Stock	03/06/2007	M	400	A	\$ 14.5	19,982	D
Common Stock	03/06/2007	S	400	D	\$ 22.41	19,582	D
Common Stock	03/06/2007	M	1,600	A	\$ 14.5	21,182	D
Common Stock	03/06/2007	S	1,600	D	\$ 22.4	19,582	D
Common Stock	03/06/2007	M	200	A	\$ 14.5	19,782	D
Common Stock	03/06/2007	S	200	D	\$ 22.39	19,582	D
Common Stock	03/06/2007	M	100	A	\$ 14.5	19,682	D
Common Stock	03/06/2007	S	100	D	\$ 22.38	19,582	D
Common Stock	03/06/2007	M	100	A	\$ 14.5	19,682	D
Common Stock	03/06/2007	S	100	D	\$ 22.37	19,582	D
Common Stock	03/06/2007	M	200	A	\$ 14.5	19,782	D
Common Stock	03/06/2007	S	200	D	\$ 22.35	19,582	D
Common Stock	03/06/2007	M	1,500	A	\$ 14.5	21,082	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)

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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
Employee Stock Option (Right To Buy)	\$ 14.5	03/06/2007		M	7,900	01/02/2003	01/02/2009	Common Stock	7,900

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SINDONI EDWARD J KADANT INC. ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886			EXECUTIVE VP AND COO	

## Signatures

by Sandra L. Lambert for Edward J. Sindoni 03/08/2007

\*\*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.