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DEWHURS	T MORAY P											
Form 4												
November 2												
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									PROVAL			
Check th	UNITED	SIAIE				D.C. 205		NGE U	01/11/11/05/01	OMB Number:	3235-0287	
if no long	ger			CECI	.		CIA			Expires:	January 31, 2005	
subject to Section 16. Form 4 or			GES IN BENEFICIAL OW				LOWF	NEKSHIP OF	Estimated a burden hour response	verage		
Form 5 obligatio may cont <i>See</i> Instr 1(b).	ns Section 17(a	a) of the		tility H	old	ling Com	pany	Act of	e Act of 1934, 1935 or Sectior 0			
(Print or Type]	Responses)											
DEWHURST MORAY P Symbo				. Issuer Name and Ticker or Trading mbol EXTERA ENERGY INC [NEE]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (N	Middle)					. [1 1	512]	(Check all applicable)			
(Last)	(TISC) (T	vildule)	(Month/D	of Earliest Transaction					Director 10% Owner			
				/21/2011					XOfficer (give titleOther (specify below) below) Vice Chairman & CFO			
	(Street)		4. If Ame	ndment,	Da	te Original			6. Individual or Jo	int/Group Filin	g(Check	
			Filed(Mor	nth/Day/Y	(ear))			Applicable Line) _X_ Form filed by O			
JUNO BEA	CH, FL 33408								Form filed by M Person	lore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Noi	n-D	erivative S	Securi	ties Acqu	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Date 2A. Deemed ear) Execution Date, if any (Month/Day/Year)		Code (Instr. 3, 4 and 5)			l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership Form: Direct	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
a				Code	V	Amount	(D)	Price	(IIISU: 5 allu 4)			
Common Stock	11/21/2011			M <u>(1)</u>		20,000	А	\$ 26.32	254,583 <u>(2)</u>	D		
Common Stock	11/21/2011			S <u>(3)</u>		20,000	D	\$ 54.84 (4)	234,583 <u>(2)</u>	D		
Common Stock									2,875	Ι	By Thrift Plans Trust	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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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 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. Transactic Code (Instr. 8)	5. Number of onDerivative 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)	\$ 26.32	11/21/2011		M <u>(1)</u>	20,000	<u>(5)</u>	02/11/2012	Common Stock	20,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
DEWHURST MORAY P NEXTERA ENERGY, INC. 700 UNIVERSE BOULEVARD JUNO BEACH, FL 33408			Vice Chairman & CFO				
Signatures							
Alissa E. Ballot (Attorney-in-Fact)	11,	/22/2011					
<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) Options exercised pursuant to Rule 10b5-1 trading plan adopted by the reporting person on February 24, 2011.

Includes a total of 27,551 shares deferred pursuant to the terms of a deferred stock grant under Issuer's Amended and Restated Long Term(2) Incentive Plan (the "Deferred Stock Grant"). Under the terms of the Deferred Stock Grant, shares are distributable in stock at the end of the deferral period.

(3) Sales effected pursuant to Rule 10b5-1 trading plan adopted by the reporting person on February 24, 2011.

Weighted average sale price. Reporting person sold 20,000 shares through a trade order executed by a broker-dealer at prices ranging
(4) from \$54.652 to \$55.25 per share. The reporting person hereby undertakes to provide full information regarding the number of shares sold at each separate price upon request by the U.S. Securities and Exchange Commission staff, the Issuer, or a security holder of the Issuer.

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(5) The option, representing a right to buy 100,000 shares, became exercisable in three substantially equal annual installments beginning on February 11, 2003, which was the first anniversary of the date on which the option was granted.

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.