

SINDONI EDWARD J
 Form 4
 March 08, 2007

FORM 4

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

OMB APPROVAL

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

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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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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.