KADANT INC Form 4 March 11, 2014

FORM 4

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

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

3235-0287 Number: January 31, Expires: 2005

OMB APPROVAL

OMB

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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(b).

(Last)

1. Name and Address of Reporting Person * Powell Jeffrey L

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to

Issuer

KADANT INC [KAI]

(Check all applicable)

KADANT INC., ONE

(Street)

(First)

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

Director 10% Owner _X__ Officer (give title _ __ Other (specify

(Middle)

below) EXECUTIVE VICE PRESIDENT

TECHNOLOGY PARK DRIVE

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

Filed(Month/Day/Year)

03/10/2014

Applicable Line) _X_ 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. Transactio Code (Instr. 8)	4. Securities Acquired tion(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	03/10/2014		M	3,526	A	<u>(1)</u>	10,567	D	
Common Stock	03/10/2014		F	1,148	D	\$ 40.07	9.419	D	
Common Stock	03/10/2014		M	3,551	A	<u>(2)</u>	12,970	D	
Common Stock	03/10/2014		F	1,156	D	\$ 40.07	11,814	D	
Common Stock	03/10/2014		M	3,519	A	<u>(3)</u>	15,333	D	

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Common Stock 03/10/2014 F 1,146 D \$ 14,187 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) 3. Transaction Date (Month/Day/Year) Execution Date, if any Code Securities (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		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)		
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Restricted Stock Unit	\$ 0	03/10/2014		M	3,526	<u>(1)</u>	03/10/2014	Common Stock	3,526 (1)
Restricted Stock Unit	\$ 0	03/10/2014		M	3,551	(2)	03/10/2015	Common Stock	3,551 (2)
Restricted Stock Unit	\$ 0	03/10/2014		M	3,519	(3)	03/10/2016	Common Stock	3,519 (3)

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Powell Jeffrey L KADANT INC. ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886			EXECUTIVE VICE PRESIDENT				

Signatures

by Sandra L. Lambert for Jeffrey L.
Powell
03/11/2014

**Signature of Reporting Person Date

Reporting Owners 2

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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) The shares represent the partial settlement under a RSU award granted 3/9/2011. One-third of the RSU vested on 3/10/2014 and was converted to vested common stock on a one-for-one basis on the vesting date.
- (2) The shares represent the partial settlement under a RSU award granted 3/7/2012. One-third of the RSU vested on 3/10/2014 and was converted to vested common stock on a one-for-one basis on the vesting date.
- (3) The shares represent the partial settlement under a RSU award granted 3/6/2013. One-third of the RSU vested on 3/10/2014 and was converted to vested common stock on a one-for-one basis on the vesting date.

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.