

OBRIEN THOMAS M

Form 4

May 22, 2007

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
OBRIEN THOMAS M

(Last) (First) (Middle)

**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)

05/18/2007

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
____X____ Officer (give title ____ Other (specify
below) below)

CFO, EXECUTIVE VICE PRESIDENT

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	05/18/2007		M		300	A	\$ 14.5 15,395
Common Stock	05/18/2007		S		300	D	\$ 28.05 15,095
Common Stock	05/18/2007		M		600	A	\$ 14.5 15,695
Common Stock	05/18/2007		S		600	D	\$ 28.04 15,095
Common Stock	05/18/2007		M		800	A	\$ 14.5 15,895

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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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(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	05/18/2007	M			25,300	01/02/2002	01/02/2009	Common Stock	25,300
Employee Stock Option (Right To Buy)	\$ 13.05	05/18/2007	M			200	12/10/2001	12/10/2008	Common Stock	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.

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