#### RINDOM DAVID E

Form 4 March 02, 2010

## FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

3235-0287

Expires:

5 Relationship of Reporting Person(s) to

January 31, 2005

0.5

Estimated average burden hours per

**OMB APPROVAL** 

response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue. See Instruction

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

1(b).

Common

Stock

(Print or Type Responses)

1 Name and Address of Reporting Person \*

02/26/2010

RINDOM DAVID E			S	Issuer  (Check all applicable)			
(First) (M	, -, -, -, -, -, -, -, -, -, -, -, -, -,		ansaction	Director 10% Owner			
1300 MAIN STREET, P.O. BOX 130				_X_ Officer (give title Other (specify below) Vice President			
(Street)			Č	Individual or Joint/Group Filing(Check     Applicable Line)     X Form filed by One Reporting Person			
, KS 66002							
(State) (	Zip) Tal	ole I - Non-D	Perivative Securities Ac	quired, Disposed	of, or Beneficia	lly Owned	
2. Transaction Date (Month/Day/Year)	Execution Date, is	Code (Instr. 8)	Disposed of (D) (Instr. 3, 4 and 5) (A) or	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)	
	AVID E  (First) (M  STREET, P.O. B  (Street)  , KS 66002  (State) (  2. Transaction Date	AVID E Symbol MGP I  (First) (Middle) 3. Date of (Month/) STREET, P.O. BOX 02/26/2  (Street) 4. If Am Filed(Month/) Filed(Month/)  2. Transaction Date (Month/) (Month/) 2. Transaction Date (Month/) (Month/) Execution Date, if any	AVID E  Symbol  MGP INGREDIE  (First) (Middle) 3. Date of Earliest Tr  (Month/Day/Year)  STREET, P.O. BOX  O2/26/2010  (Street) 4. If Amendment, Da  Filed(Month/Day/Year)  , KS 66002  (State) (Zip) Table I - Non-D  2. Transaction Date 2A. Deemed 3.  (Month/Day/Year) Execution Date, if Transactiany Code  (Month/Day/Year) (Instr. 8)	AVID E  Symbol  MGP INGREDIENTS INC [MGPI]  (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year)  STREET, P.O. BOX 02/26/2010  (Street) 4. If Amendment, Date Original Filed(Month/Day/Year)  , KS 66002  (State) (Zip) Table I - Non-Derivative Securities Ac  2. Transaction Date 2A. Deemed 3. 4. Securities (Month/Day/Year) Execution Date, if TransactionAcquired (A) or any Code Disposed of (D) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5)  (A) or	AVID E  Symbol  MGP INGREDIENTS INC [MGPI]  (First) (Middle) 3. Date of Earliest Transaction  (Month/Day/Year)  STREET, P.O. BOX  02/26/2010  (Street) 4. If Amendment, Date Original  Filed(Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of (Month/Day/Year)  2. Transaction Date 2A. Deemed 3. 4. Securities  (Month/Day/Year) Execution Date, if TransactionAcquired (A) or Securities any  Code Disposed of (D)  (Month/Day/Year) Gunth (Instr. 8) (Instr. 3, 4 and 5)  Owned  Following  Reported  Transaction(s)  (Instr. 3 and 4)	AVID E  Symbol  MGP INGREDIENTS INC [MGPI]  (Check all applicable	

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

S

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

50,831

Ι

SEC 1474 (9-02)

By Trust

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1,561

D

(1)

#### Edgar Filing: RINDOM DAVID E - Form 4

1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)		4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Title a		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security	(	any (Month/Day/Year)	Code (Instr. 8)	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Month/Day/		Underly Securitie (Instr. 3	ring es	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	lumber		

# **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

RINDOM DAVID E 1300 MAIN STREET P.O. BOX 130 ATCHISON, KS 66002

Vice President

### **Signatures**

David E. Rindom 03/02/2010

\*\*Signature of Date
Reporting Person

### **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) 600 shares sold at \$7.16; 600 shares sold at \$7.17; 228 shares sold at \$7.20; and 133 shares sold at \$7.25

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