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COLEMAN I	RUSSELL F										
Form 4											
March 08, 20	19										
										OMB APPROVAL	
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							COMMISSION	OMB Number:	3235-0287	
Check this									Expires:	January 31,	
if no longer subject to Section 16. STATEMENT OF (GES IN I SECUR		CIA	LOW	NERSHIP OF	Estimated a burden hou	Estimated average burden hours per	
Form 4 or Form 5	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,						response	0.5			
obligation							-				
may conti				•	•	- ·		f 1935 or Sectio	n		
See Instru- 1(b).	ction	30(h)) of the Inv	vestment	Compan	y Aci	t of 194	40			
(Print or Type R	esponses)										
1. Name and Ac COLEMAN	Symbol	Name and		Fradin	ıg	5. Relationship of Reporting Person(s) to Issuer					
			DEAN I	FOODS C	U [DF]			(Check all applicable)			
(Last)	(First)	(Middle)		Earliest Tra	ansaction						
				Month/Day/Year)				Director 10% Owner X Officer (give title Other (specify			
2711 NORTH HASKELL AVENUE, SUITE 3400			03/06/2019					below) below) EVP, General Counsel			
	(Street)		4. If Ame	ndment, Dat	te Original			6. Individual or Jo	oint/Group Filin	1g(Check	
				th/Day/Year)	-			Applicable Line)			
DALLAS, T	X 75204		X	. ,				_X_ Form filed by (One Reporting Pe More than One Re		
		(7:)						1013011			
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ities Acc	quired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	any				4. Securities Acquired m(A) or Disposed of (D) (Instr. 3, 4 and 5)			Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount	(A) or (D)		Reported Transaction(s) (Instr. 3 and 4)			
Common Stock	03/06/2019			F	489 <u>(1)</u>		\$ 3.13	21,743	D		

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

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.

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

1. Title of 3. Transaction Date 3A. Deemed 5. Number of 6. Date Exercisable and 7. Title and Amount of 2 4. Derivative Conversion (Month/Day/Year) Execution Date, if TransactionDerivative Expiration Date **Underlying Securities** Security (Month/Day/Year) (Instr. 3 and 4) or Exercise any Code Securities (Instr. 3) Price of (Month/Day/Year) (Instr. 8) Acquired (A) or Derivative Disposed of (D) Security (Instr. 3, 4, and 5) Amount or Date Expiration Title Number of Date Exercisable (D) Code V Shares (A) Restricted Common (4) (4) Stock \$0 03/06/2019 A 111,821 111,821 Stock Units (2) (3)

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Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
COLEMAN RUSSELL F 2711 NORTH HASKELL AVENUE SUITE 3400 DALLAS, TX 75204			EVP, General Counsel				
Signatures							
Kay F. Stockler Attorney-in-Fact	03/07/20	19					
<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) Shares were surrendered to satisfy tax obligations of the Reporting Person in connection with the time-based vesting of his 2016 Performance Stock Unit award.
- (2) The Reporting Person received an award of restricted stock units (RSUs), which represents the right to receive shares of Common Stock of the Issuer in the future, subject to the terms and conditions of the related award agreement.
- (3) RSUs convert into common stock on a one-for-one basis.
- (4) This RSU award vests annually, on a pro rata basis, over a 3-year period.

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.