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CANTRELL	WILLIAM N	ſ								
Form 4										
April 02, 200										PPROVAL
FORM	4 UNITE	CD STATE		ITIES Al hington,			NGE	COMMISSION		3235-0287
Check thi			vv a5	iiiigtoii,	D.C. 20.	547			Expires:	January 31,
if no longer subject to Section 16. Form 4 or			OF CHAN	GES IN I SECUR	Estimated burden hor response	urs per				
Form 5 obligatior may conti <i>See</i> Instru 1(b).	inue. Section	17(a) of the		ility Hold	ing Com	ipany	Act o	ge Act of 1934, of 1935 or Sectio 40	on	
(Print or Type R	Responses)									
	ddress of Report	-	Symbol	Name and			ıg	5. Relationship o Issuer		
(Last)	(First)	(Middle)		3. Date of Earliest Transaction					ck all applicabl	le)
C/O TECO I BOX 111	ENERGY, IN	C., P. O.	(Month/Da 03/31/20	-				Director X Officer (giv below) President		% Owner her (specify System
	(Street)			ndment, Dat th/Day/Year)	e Original			6. Individual or J Applicable Line) _X_ Form filed by Form filed by	One Reporting P	erson
TAMPA, FL	2 33601-0111							Person		
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ities Ac	quired, Disposed o	of, or Beneficia	ally Owned
(Instr. 3) any		ion Date, if))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial	
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	03/31/2009			D <u>(1)</u>	3,700	D	\$0	55,251	D	
Common Stock	03/31/2009			F <u>(2)</u>	1,468	D	\$0	53,783	D	
Common Stock								57,562	I	By Trust
Common Stock								28,499	Ι	By Wife's Trust

Common

Stock

1

By ESOP

8,064.309

Ι

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Common Stock	1,507.243	Ι	By Savings Plan
Common Stock	5,388.63	Ι	By TRASOP

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 Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)		4. Transactio	5.	6. Date Exer Expiration D		7. Tit Amou		8. Price of Derivative	9. Nu Deriv
Security	or Exercise	(Wondi/Day/Tear)	any	Code	of	(Month/Day/		Unde	rlying	Security	Secu
(Instr. 3)	Price of Derivative		(Month/Day/Year)	(Instr. 8)	Derivative Securities			Secur (Instr	. 3 and 4)	(Instr. 5)	Bene
	Security				Acquired (A) or						Follo Repo
					Disposed of (D)						Trans (Instr
					(Instr. 3, 4, and 5)						
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
CANTRELL WILLIAM N C/O TECO ENERGY, INC. P. O. BOX 111 TAMPA, FL 33601-0111			President - Peoples Gas System					
Signatures								
By David E. Schwartz, by Pow Attorney	er of	0	4/02/2009					
**Signature of Reporting Person	L		Date					
Evalenction of De								

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) Disposition to issuer in connection with forfeiture of performance-based restricted stock.

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(2) Shares withheld for taxes due upon vesting of performance-based restricted stock.

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.