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SMITH DA Form 4 February 12	AVID JAMES										
								OMB A	OMB APPROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMB Number:	3235-0287				
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). TATEMENT 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 Sect 30(h) of the Investment Company Act of 1940							e Act of 1934, 1935 or Section	Expires: January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type	e Responses)										
SMITH DAVID JAMES Symbol ARC				issuer Name and Ticker or Trading bol CHER DANIELS MIDLAND [ADM]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)			Transaction	ı		Director		o Owner	
			(Month/Day/Year) 02/10/2006					XOfficer (give titleOther (specify below) below) Executive Vice President			
				f Amendment, Date Original d(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
DECATUR, IL 62526				Form filed by Person					More than One Reporting		
(City)	(State)	(Zip)	Tab	ole I - Non	-Derivative	e Seci	irities Acqu	uired, Disposed of,	or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution I any	1			(D)	Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	02/10/2006			М	49,498	А	\$ 12.5333	338,363	D		
Common Stock	02/10/2006			F	28,561	D	\$ 31.3	309,802	D		
Common Stock								25,890.2698 (1)	Ι	Employee Benefit Plan	

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

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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 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. 5. Number of Transactio/Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		e Expiration Date (Month/Day/Year) (A) ed of		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
Employee Stock Option (right to buy)	\$ 12.5333	02/10/2006		М	49,498	(2)	08/02/2006	Common Stock	49,498

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
SMITH DAVID JAMES 4666 FARIES PARKWAY DECATUR, IL 62526			Executive Vice President				
Signatures							

'y'

Stuart E. Funderburg, Attorney-in-Fact for David James Smith	02/13/2006	
**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).
- Between August 8, 2005 and February 10, 2006, the reporting person acquired 294.5404 shares of ADM Common Stock pursuant to an (1)employee benefit plan. The information in this report is based on a plan statement dated February 10, 2006.
- (2) The option became exercisable in 25% increments annually commencing on August 2, 2002.

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.