Millican Bryan MacFarlane Form 4

August 09, 2005

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 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

(Print or Type Responses)

1(b).

(Last)

(City)

1. Name and Address of Reporting Person * Millican Bryan MacFarlane

(Zip)

CNF INC [CNF]

(Month/Day/Year)

Filed(Month/Day/Year)

08/08/2005

3. Date of Earliest Transaction

4. If Amendment, Date Original

(First) (Middle)

3240 HILLVIEW AVENUE

(Street)

(State)

PALO ALTO, CA 94304

2. Issuer Name and Ticker or Trading	5. Relationship of Reporting Person(s) to
Symbol	Issuer

(Check all applicable)

Director 10% Owner X_ Officer (give title Other (specify below) Senior Vice President

OMB APPROVAL

Estimated average

burden hours per

3235-0287

January 31,

2005

0.5

OMB

Number:

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response...

6. Individual or Joint/Group Filing(Check Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

	Tuble 1 Tion Betti unit o Securities Hequities, Suspense of, of Senemental Control										
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if any	3. 4. Securities Acquired (A) or TransactionDisposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				. ,	5. Amount of Securities Beneficially	6. Ownership Form:	7. Nature of Indirect Beneficial	
		(Month/Day/Year)		,		(A) or	D.	Owned Following Reported Transaction(s) (Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common Stock (1)	07/01/2005		Couc	V V	Amount 13.2551	(D)	Price \$ 46.4124	15,088.8509	I	by 401(k)	
Common Stock	08/08/2005		S		325 (2)	D	\$ 50.72	2,618	I	by Trust	
Common Stock	08/08/2005		S		2,400 (2)	D	\$ 50.68	218	I	by Trust	
Common Stock	08/08/2005		S		218 (2)	D	\$ 50.71	0	I	by Trust	

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

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SEC 1474 (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)	Code	TransactionDerivative		Expiration D (Month/Day/	6. Date Exercisable and Expiration Date (Month/Day/Year)		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	
Series B Preferred Stock	(3)	07/01/2005		J	V	10.719	(3)	<u>(3)</u>	Common Stock	10.719	\$
Series B Preferred Stock	(3)	07/01/2005		J	V	1.706	(3)	(3)	Common Stock	1.706	\$

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Millican Bryan MacFarlane 3240 HILLVIEW AVENUE PALO ALTO, CA 94304

Senior Vice President

Signatures

By: Gary S. Cullen, Attorney-in-Fact For: Bryan M.
Millican

08/09/2005

**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) These shares were acquired under the CNF Thrift and Stock Plan either as matching contributions or in lieu of cash dividends.
- (2) Shares were acquired on the open market before the employee became an officer.

These shares were acquired under the CNF Thrift and Stock Plan as matching contributions or in lieu of cash dividends on other Series B preferred. Each Series B share converts to 4.708 shares of common stock at the option of the Trustee. Upon termination of plan

participation each Series B preferred share, with a market value of \$152.10, is converted to the equivalent number of common shares, but in no event fewer than 4.708 shares.

Reporting Owners 2

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