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CARACI PH Form 4 October 03, 2 FORN Check th if no long subject to Section 1 Form 4 o Form 5 obligatio may cont <i>See</i> Instru 1(b).	2017 1 4 UNITED S is box ger 5 STATEM 16. or Filed purs Section 17(a	ENT OF Suant to So a) of the P	Was CHAN ection 1 ublic U	shington IGES IN SECUF 6(a) of th	, D.C. 20 BENEF RITIES the Securit ding Con	549 ICIA ies E	LOV Exchar y Act	COMMISSIO VNERSHIP O nge Act of 1934 of 1935 or Sect 940	N OMB Number Expires: Estimate burden h respons	Januar ed average nours per	0287
	Address of Reporting F		Symbol	r Name and CENTER			ng	5. Relationship Issuer	of Reporting	Person(s) to	
(Last) 7501 WISC FLOOR	(First) (M ONSIN AVENUE	liddle)	3. Date of (Month/D	f Earliest T Day/Year)	-	бгој		X_ Director		able) 10% Owner Other (specify	
BETHESDA	(Street) A, MD 20814			endment, Da nth/Day/Yea	-	1		6. Individual or Applicable Line) _X_ Form filed b Form filed b Person		g Person	
(City)		(Zip)	Tabl	e I - Non-I	Derivative	Secu	rities A	cquired, Disposed	of. or Benefi	cially Owned	1
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	ed Date, if	3.	4. Securit onAcquired Disposed	ies (A) o of (D	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	
Common Shares				Code V	Amount	(D)	Price	(insu: 5 and 4) 51,987	I <u>(1)</u>	Self-Trus	t
Common Shares								2,802	Ι	Wife's IR	A
Series C Preferred Stock								3,202	I	Wife's Tr	ust
Common Shares								21,964	Ι	Wifes-Tru	ust
Series C Preferred								2,515	D (2)		

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Stock

Common Shares

50,316

D (2)

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)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 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)				e	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	
Phantom Stock (3)	\$ 63.28 (4)					(5)	(5)	Common Stock	23,888.282	
Stock Option	\$ 41.82					05/13/2011	05/13/2021	Common Stock	2,500	
Stock Option	\$ 39.29					05/04/2012	05/04/2022	Common Stock	2,500	
Stock Option	\$ 44.42					05/10/2013	05/10/2023	Common Stock	2,500	
Stock Option	\$ 47.03					05/09/2014	05/09/2024	Common Stock	2,500	
Stock Option	\$ 51.07					05/08/2015	05/08/2025	Common Stock	2,500	
Stock Option	\$ 57.74					05/06/2016	05/06/2026	Common Stock	2,500	
Stock Option	\$ 59.41					05/05/2017	05/05/2027	Common Stock	2,500	

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

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Director 10% Owner Officer Other

CARACI PHILIP D 7501 WISCONSIN AVENUE **15TH FLOOR** BETHESDA, MD 20814

Signatures

Scott V. Schneider, by Power of Attorney

10/03/2017

**Signature of Reporting Person

Date

Explanation of Responses:

If the form is filed by more than one reporting person, see Instruction 4(b)(v).

X

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Self-Trust. Reporting person is a Trustee
- (2) Self-IRA

Pursuant to the issuer's Deferred Compensation Plan under its 2004 Stock Plan and the Deferred Fee Agreement executed by the reporting person, the reporting person has elected to defer receipt of his director's fees, and receive phantom stock, the amount of which is

- (3) calculated as the quotient of the dollar value of fees deferred, divided by the fair market value of the issuer's shares on the date the phantom stock is received.
- (4) 1 for 1
- The conversion of phantom stock into shares of the issuer's common stock is governed pursuant to terms of the issuer's Deferred (5) Compensation Plan under its 2004 Stock Plan, as amended, and the reporting person's Deferred Fee Agreement.
 - Includes 210.380 shares (\$57.3997/share) awarded July 31, 2017 as dividend reinvestments on shares of phantom stock held by the
- (6) reporting person pursuant to the issuer's Deferred Compensation Plan under its 2004 Stock Plan and shares of phantom stock issued under the issuer's Deferred Compensation Stock Plan for Directors.

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.