Edgar Filing: Pangburn Joseph H. - Form 4

Pangburn Josej Form 4												
January 07, 20						OMB AF	PROVAL					
	UNITED	STATES	S SECURITIES AND EXCHANGE COMMISS Washington, D.C. 20549						OMB Number:	3235-0287		
Check this b if no longer subject to Section 16. Form 4 or Form 5	STATE	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES										
obligations may continu <i>See</i> Instruct 1(b).	section 17	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 Res	sponses)											
1. Name and Add Pangburn Jose		H. Symbol			Ticker or			5. Relationship of Reporting Person(s) to Issuer				
			nt Office Realty Trust, Inc.				(Check all applicable)					
(Last)(First)(Middle)3. Date o(Month/I5565 GLENRIDGECONNECTOR, STE. 450								Director 10% Owner X_ Officer (give title Other (specify below) EVP- Southwest Region				
	(Street) 4. If Amendment, Date Original		l			int/Group Filing(Check						
ATLANTA, C	GA 30342		Filed(Mon	th/Day/Year))			Applicable Line) _X_ Form filed by C Form filed by M Person	One Reporting Pe Iore than One Re			
(City)	(State)	(Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned		
	. Transaction Dat Month/Day/Year)) Execution any		3. Transactio Code (Instr. 8) Code V	(Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common 0 Stock 0	01/03/2019			F	361 <u>(1)</u>	D	\$ 17.15	31,054	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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Executio any	med on Date, if Day/Year)	4. Transactio Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	ate	Amo Unde Secur	le and unt of rlying rities : 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
_					Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Repo	rting O	wners										
Reporting	ing Owner Na	ame / Address			Relation	onships						
		I	Director	10% Owne	er Office	er		Other				

EVP- Southwest Region

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Pangburn Joseph H. 5565 GLENRIDGE CONNECTOR STE. 450 ATLANTA, GA 30342

Signatures

/s/ Laura P. Moon as Attorney-in-Fact for Joseph H. 01/07/2019 Pangburn **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).

In connection with the vesting of 1,216 shares of deferred stock on January 3, 2019 (representing 20% of an initial grant made on January (1)3, 2014), 361 shares were forfeited by the employee and delivered to the Company to satisfy tax withholding obligations.

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.