LEDSINGER CHARLES A JR

Form 4 April 06, 2009

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number:

3235-0287

Check this box if no longer

Expires:

January 31, 2005

0.5

subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per

Form 5 obligations may continue.

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

response...

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading LEDSINGER CHARLES A JR Issuer Symbol CHOICE HOTELS INTERNATIONAL INC /DE [CHH] (Last) (First) (Middle) 3. Date of Earliest Transaction _X__ Director

(Check all applicable)

(City)

(Street)

(State)

(Zip)

(Month/Day/Year)

Officer (give title

10% Owner Other (specify

10750 COLUMBIA PIKE

04/02/2009

below) Vice Chairman

4. If Amendment, Date Original

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

Filed(Month/Day/Year)

X Form filed by One Reporting Person

Form filed by More than One Reporting Person

SILVER SPRING, MD 20901

						-	•		•
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securition Dispose (Instr. 3, 4	ed of (5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	
Common Stock	04/02/2009		M(1)	63,902	A	\$ 8.375	552,885.1	D	
Common Stock	04/02/2009		S <u>(1)</u>	63,902	D	\$ 27.667 (2)	488,983.1	D	
Common Stock	04/03/2009		M <u>(1)</u>	1,098	A	\$ 8.375	490,081.1	D	
Common Stock	04/03/2009		S	1,098	D	\$ 27.5	488,983.1	D	
Common Stock							3,030	I	401 (k) Plan

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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)	4. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		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
Employee Stock Option	\$ 8.375	04/02/2009		M		63,902	(3)	02/07/2010	Common Stock	63,902
Employee Stock Option	\$ 8.375	04/03/2009		M		1,098	(3)	02/07/2010	Common Stock	1,098

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
LEDSINGER CHARLES A JR							
10750 COLUMBIA PIKE	X		Vice Chairman				
SILVER SPRING, MD 20901							

Signatures

Sandy Michel, attorney

in fact 04/06/2009

**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) The exercises and sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 plan adopted by the reporting person on December 10, 2007
- (2) Average price reflects series of transactions between \$27.50 and \$27.95.
- (3) Options vest in five equal installments beginning on the first anniversary of the grant date.

Reporting Owners 2

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