## Edgar Filing: CLARK RONALD K - Form 4

Form 4											
January 26, 2									omb af	PPROVAL	
FORM		SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						3235-0287			
Check th if no long subject to Section 1 Form 4 c Form 5	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934,						Lanuary 31Expires:2005Estimated averageburden hours perresponse0.5				
obligatio may cont <i>See</i> Instr 1(b).	tinue. Section 1	7(a) of the	Public U		ling Con	npany	y Act of	f 1935 or Section	1		
(Print or Type ]	Responses)										
CLARK RONALD K Symbo			Symbol	er Name <b>and</b> Ticker or Trading O HOLDINGS INC [POM]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Chec					c all applicable)			
			(Month/E 01/25/2	-				Director 10% Owner Officer (give title Other (specify below) below) Vice President & Controller			
				ndment, Date Original hth/Day/Year)				<ul> <li>6. Individual or Joint/Group Filing(Check Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> </ul>			
WASHING	TON, DC 200	68						Person	lore than One Ke	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ar) Executio any	med on Date, if Day/Year)	3. Transactic Code (Instr. 8) Code V	(Instr. 3,	ispose 4 and (A) or	d of (D) 5)	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 Stock				Code V	Amount	(D)	Price	925	Ι	By 401-k plan	
Common Stock	01/25/2010			F	662	D	\$ 16.64	12,370	D		

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

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 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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
Direc	tor	10% Owner	Officer	Other				
CLARK RONALD K 701 NINTH STREET, NW WASHINGTON, DC 20068			Vice President & Controller					
Signatures								
Ronald K. Clark by Ellen Sheriff Ro Attorney-in-Fact	gers	5,	01/26/2010					
**Signature of Reporting Perso	on		Date					
Explanation of Respo	n	696.						

## 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).

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.