## FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number:	3235-0287								
Estimated average burden									
hours per response	: 0.5								

1. Title of Security (Instr. 3) 2. Transa					2A. Deemed	3.	4. Securities Acquired (A	) or	5. Amount of		6. Ownership	7. Nature	
	Та	ble I - No	n-Derivat	tive S	ecurities Acq	uired, Dis	posed of, or Benef	ficially	Owned				
(City) (State) (Zip)													
,		20014							Form filed I Person	by More	e than One Re	porting	
(Street) BETHESDA	MD	20814						X Form filed by One Reporting Person				son	
				4. If Amendment, Date of Original Filed (Month/Day/Year)					6. Individual or Joint/Group Filing (Check Applicable Line)				
SUITE 1300													
4747 BETHESDA AVENUE					7/2022		Dayricar		E v P, Gel	lierdi C		ει.	
(Last) (First) (Middle)					te of Earliest Trans	action (Month	(Day/Voar)		below)	noral (	below Counsel & Se	,	
				1				x	Officer (giv	e title		(specify	
<u>Aslaksen Julie P</u>				$ \frac{HO}{1}$	ST HOTELS	& RESU	<u>RTS, INC.</u> [ HST		Director	e)	10% 0	Dwner	
1. Name and Address of Reporting $Person^*$					uer Name <b>and</b> Tick				ationship of Ro all applicable	Reporting Person(s) to Issuer			
Instruction 1(b).			Filed		nt to Section 16(a) ction 30(h) of the Ir		es Exchange Act of 1934 mpany Act of 1940	ļ				0.5	
to Section 16. Fe obligations may	orm 4 or Form 5										ted average bur per response:	den 0.5	
Check this box i	f no longer subject	STA	TEMEN	t OI	F CHANGE	OMB N	lumber:	3235-0287					

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code ( 8)		Disposed Of (D) (Instr. 3, 4 and			Securities Beneficially	Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150. 4)
Common Stock	02/07/2022		F		4,766	D	\$17.84	80,818	D	

	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)		ransaction ode (Instr. Derivative		6. Date Exerc Expiration D (Month/Day/	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

## By: /s/ William K. Kelso,

02/08/2022 Attorney-in-Fact For: Julie P. <u>Aslaksen</u>

\*\* Signature of Reporting Person Date

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

 $^{\ast}$  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.

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 Number.