

NETTER CHRISTOPHER
Form 4
March 20, 2006

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Responses)

1. Name and Address of Reporting Person *
NETTER CHRISTOPHER

(Last) (First) (Middle)

7501 WISCONSIN AVENUE, 15TH FLOOR

(Street)

BETHESA 20814

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SAUL CENTERS INC [BFS]

3. Date of Earliest Transaction (Month/Day/Year)
03/16/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

Sr. Vice President-Leasing

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Shares					329	I	Wife-IRA
Common Shares					139	D (2)	
Common Shares	03/16/2006		M	7,500 D	\$ 24.91 7,500	D	
Common Shares	03/16/2006		S	2,200 D	\$ 43.8 5,300	D	
Common Shares	03/16/2006		S	1,400 D	\$ 43.81 3,900	D	

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Common Shares	03/16/2006	S	700	D	\$ 43.85	3,200	D
Common Shares	03/16/2006	S	900	D	\$ 43.88	2,300	D
Common Shares	03/16/2006	S	700	D	\$ 43.91	1,600	D
Common Shares	03/16/2006	S	1,500	D	\$ 43.92	100	D
Common Shares	03/16/2006	S	100	D	\$ 44.09	0	D
Common Shares	03/16/2006	M	3,750	D	\$ 25.78	3,750	D
Common Shares	03/16/2006	S	2,000	D	\$ 43.8	1,750	D
Common Shares	03/16/2006	S	550	D	\$ 43.85	1,200	D
Common Shares	03/16/2006	S	1,000	D	\$ 43.9	200	D
Common Shares	03/16/2006	S	200	D	\$ 44.09	0	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.

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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. Transaction Code (Instr. 8)	5. Number of Derivative 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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 24.91	03/16/2006		M	7,500	05/23/2004 ⁽¹⁾	05/23/2013	Common Stock	7,500
	\$ 25.78	03/16/2006		M	3,750	04/26/2005 ⁽¹⁾	04/26/2014		3,750

Employee
Stock
Option

Common
Stock

Employee
Stock \$ 33.22
Option

05/06/2005⁽¹⁾ 05/06/2015

Common
Stock 15,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NETTER CHRISTOPHER 7501 WISCONSIN AVENUE 15TH FLOOR BETHESA 20814			Sr. Vice President-Leasing	

Signatures

Scott V. Schneider, by Power of
Attorney

03/20/2006

**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 option will vest 25% per year over four years from the date of grant.
- (2) IRA

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.