

HIGHWOODS PROPERTIES INC  
 Form 4  
 May 15, 2007

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**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 \*  
 Reames W Brian

2. Issuer Name and Ticker or Trading Symbol  
 HIGHWOODS PROPERTIES INC  
 [HIW]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 05/11/2007

\_\_\_\_ Director  
 Officer (give title below)  
 \_\_\_\_ 10% Owner  
 \_\_\_\_ Other (specify below)  
 Sr. Vice President

C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600

(Street)

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

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

RALEIGH, NC 27604

(City) (State) (Zip)

**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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	05/11/2007		M	500	A \$ 21.01	21,559	D
Common Stock	05/11/2007		S	500	D \$ 43.17	21,059	D
Common Stock	05/11/2007		M	200	A \$ 21.01	21,259	D
Common Stock	05/11/2007		S	200	D \$ 43.16	21,059	D
	05/11/2007		M	100	A	21,159	D

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Common Stock					\$ 21.01		
Common Stock	05/11/2007	S	100	D	\$ 43.15	21,059	D
Common Stock	05/11/2007	M	1,200	A	\$ 21.01	22,259	D
Common Stock	05/11/2007	S	1,200	D	\$ 43.14	21,059	D
Common Stock	05/11/2007	M	900	A	\$ 21.01	21,959	D
Common Stock	05/11/2007	S	900	D	\$ 43.13	21,059	D
Common Stock	05/11/2007	M	100	A	\$ 21.01	21,159	D
Common Stock	05/11/2007	S	100	D	\$ 43.11	21,059	D
Common Stock	05/11/2007	M	1,644	A	\$ 21.01	22,703	D
Common Stock	05/11/2007	S	1,644	D	\$ 43.1	21,059	D
Common Stock	05/11/2007	M	100	A	\$ 21.01	21,159	D
Common Stock	05/11/2007	S	100	D	\$ 42.93	21,059	D
Common Stock	05/11/2007	M	200	A	\$ 21.01	21,259	D
Common Stock	05/11/2007	S	200	D	\$ 42.92	21,059	D
Common Stock	05/11/2007	M	1,511	A	\$ 21.01	22,570	D
Common Stock	05/11/2007	S	1,511	D	\$ 42.91	21,059	D
Common Stock	05/11/2007	M	799	A	\$ 21.01	21,858	D
Common Stock	05/11/2007	S	799	D	\$ 42.9	21,059	D
Common Stock	05/11/2007	M	2,200	A	\$ 26.15	23,259	D
Common Stock	05/11/2007	S	2,200	D	\$ 43	21,059	D
	05/11/2007	M	2,746	A		23,805	D



## 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) Option vests ratably on the first through fourth anniversaries of grant date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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