HIGHWOODS PROPERTIES INC

Form 4

September 12, 2006

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

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or

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

Form 5 obligations may continue. See Instruction

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

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * Reames W Brian

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to

Issuer

HIGHWOODS PROPERTIES INC

[HIW]

(Check all applicable)

Sr. Vice President

09/08/2006

(Middle)

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

X_ Officer (give title below)

Director

10% Owner Other (specify

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

(First)

(Street)

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

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Person

RALEIGH, NC 27604

(City)	(State)	(Zip) Tabl	e I - Non-D	Perivative S	Securi	ties Acqu	iired, Disposed of	, or Beneficial	y 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. Securit or(A) or Dis (Instr. 3, 4	sposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	09/08/2006		Code V M	Amount 300	(D)	Price \$ 22.19	(Instr. 3 and 4) 90,560	D	
Common Stock	09/08/2006		S	300	D	\$ 37.31	90,260	D	
Common Stock	09/08/2006		M	800	A	\$ 22.19	91,060	D	
Common Stock	09/08/2006		S	800	D	\$ 37.3	90,260	D	
	09/08/2006		M	900	A		91,160	D	

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Common Stock					\$ 22.19		
Common Stock	09/08/2006	S	900	D	\$ 37.29	90,260	D
Common Stock	09/08/2006	M	5,300	A	\$ 22.19	95,560	D
Common Stock	09/08/2006	S	5,300	D	\$ 37.25	90,260	D
Common Stock	09/08/2006	M	100	A	\$ 22.19	90,360	D
Common Stock	09/08/2006	S	100	D	\$ 37.33	90,260	D
Common Stock	09/08/2006	M	600	A	\$ 22.19	90,860	D
Common Stock	09/08/2006	S	600	D	\$ 37.26	90,260	D
Common Stock	09/08/2006	M	300	A	\$ 22.19	90,560	D
Common Stock	09/08/2006	S	300	D	\$ 37.34	90,260	D
Common Stock	09/08/2006	M	400	A	\$ 22.19	90,660	D
Common Stock	09/08/2006	S	400	D	\$ 37.27	90,260	D
Common Stock	09/08/2006	M	700	A	\$ 22.19	90,960	D
Common Stock	09/08/2006	S	700	D	\$ 37.28	90,260	D
Common Stock	09/08/2006	M	21,300	D	\$ 37.08	68,960	D

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	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction Derivative		Expiration Date
Security	or Exercise		any	Code	Securities	(Month/Day/Year)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired	

Sec

(In

7. Title and Amount of 8. I Underlying Securities De

(Instr. 3 and 4)

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Derivative (A) or Security Disposed of (D)

(Instr. 3, 4, and 5)

Code V (A) (D) Date Expiration

Exercisable Date

Title Amount or

Number of Shares

9,400

Options \$ 22.19 09/08/2006 M 9,400 (1) 12/31/2006 Common Stock

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Reames W Brian

C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC 27604

Sr. Vice President

Signatures

/s/Mack D. Pridgen, III for William B.
Reames

09/12/2006

**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) 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. 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.

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