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HIGHWOODS PROPERTIES INC Form 5 February FOF

Form 5 February 14	4 2005										
								OMB A	PPROVAL		
FORM 5 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									3235-0362		
	nis box if		Washington, D.C. 20549					Number: Expires:	January 31,		
to Section Form 4 of 5 obligat may con	or Form ANI tions tinue.	CATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES					Expires. Estimated burden ho response	ours per			
See Instruction1(b).Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or SectionReported30(h) of the Investment Company Act of 1940TransactionsReported											
1. Name and Address of Reporting Person <u>*</u> 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) C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600			3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2004				Director 10% Owner X_ Officer (give title Other (specify below) below) Sr. Vice President				
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Reporting (check applicable line)				
RALEIGH	I, NC 27604						_X_ Form Filed by Form Filed by Person	One Reporting More than One I			
(City)	(State)	(Zip)	Ta	ble I - Non-De	rivative Se	ecurities Aco	quired, Disposed (of, or Beneficia	ally Owned		
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deem Execution any (Month/D		Date, if	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price		5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			

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.

SEC 2270 (9-02)

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)	Number		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of 8 Underlying Securities 1 (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Stock Warrants (right to buy) <u>(1)</u>	\$ 28	Â	Â	Â	Â	Â	04/01/1996	04/01/2006	Common Stock	30,000

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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	Â	Â	Sr. Vice President	Â				
Signatures								
Cynthia M. Latvala, for W. Brian Reames	02/14/	2005						
<u>**</u> Signature of Reporting Person	Da	te						
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) Derivative Security Benefically Owned was not noted at the time of the Initial Form 3 Statement filed on 10/01/2004.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.