

Reames W Brian
Form 4
May 24, 2007

FORM 4

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

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

OMB APPROVAL

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(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)

05/22/2007

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

____X____ 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)
			Code	V	Amount	(A) or (D) Price			
Common Stock	05/22/2007		M		100	A \$ 26.15	21,159	D	
Common Stock	05/22/2007		S		100	D \$ 40.22	21,059	D	
Common Stock	05/22/2007		M		100	A \$ 26.15	21,159	D	
Common Stock	05/22/2007		S		100	D \$ 40.2	21,059	D	
	05/22/2007		M		800	A	21,859	D	

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Common Stock						\$ 26.15	
Common Stock	05/22/2007	S	800	D		\$ 40.13 21,059	D
Common Stock	05/22/2007	M	1,200	A		\$ 26.15 22,259	D
Common Stock	05/22/2007	S	1,200	D		\$ 40.12 21,059	D
Common Stock	05/22/2007	M	2,600	A		\$ 26.15 23,659	D
Common Stock	05/22/2007	S	2,600	D		\$ 40.11 21,059	D
Common Stock	05/22/2007	M	5,000	A		\$ 26.15 26,059	D
Common Stock	05/22/2007	S	5,000	D		\$ 40.1 21,059	D
Common Stock	05/22/2007	M	100	A		\$ 26.15 21,159	D
Common Stock	05/22/2007	S	100	D		\$ 40.08 21,059	D
Common Stock	05/22/2007	M	100	A		\$ 26.15 21,159	D
Common Stock	05/22/2007	S	100	D		\$ 40.06 21,059	D
Common Stock	05/22/2007	M	1,000	A		\$ 26.15 22,059	D
Common Stock	05/22/2007	S	1,000	D		\$ 40.05 21,059	D
Common Stock	05/22/2007	M	1,538	A		\$ 26.15 22,597	D
Common Stock	05/22/2007	S	1,538	D		\$ 40.04 21,059	D

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

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

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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)	8.
				Code V (A) (D)		Date Exercisable Expiration Date	Title Amount or Number of Shares	
Stock Option	\$ 40.11	05/22/2007		A	12,538	<u>(1)</u> 02/28/2014	Common Stock	12,538

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/W. Brian
Reames

05/24/2007

__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.

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