ANDERSON GENE H

Form 4

March 21, 2013

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

3235-0287 Number:

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

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).

(Print or Type Responses)

1. Name and Address of Reporting Person * ANDERSON GENE H			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)		3. Date of Earliest Transac (Month/Day/Year)			l		_X_ Director 10% Owner Officer (give title Other (specify			
C/O HIGH INC., 3100 SUITE 600	ERTIES, (03/19/2013					below)	below)			
	(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					
RALEIGH							Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	Secu	rities Ac	quired, Disposed	of, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed Execution I any (Month/Day	Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)		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)				
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	03/19/2013	03/19/201	13	M	3,689	A	\$ 18.89	68,466	D		
Common Stock	03/19/2013	03/19/201	13	M	4,586	A	\$ 29.48	73,052	D		
Common Stock	03/19/2013	03/19/201	13	S	8,275	D	\$ 38.64 (1) (2)	64,777	D		
Common Stock								3,897	I	By Spouse	

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Common Stock	63,947	I	By Partnership
O.P. Units	719,211	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 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. Transactic Code (Instr. 8)	5. Number conf Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day)	ate	7. Title and 2. Underlying S (Instr. 3 and	Securities	8. I Der Sec (Ins
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (right to buy)	\$ 18.89	03/19/2013	03/19/2013	M	3,689	(3)	02/28/2016	Common Stock	3,689	\$
Stock Option (right to buy)	\$ 29.48	03/19/2013	03/19/2013	M	4,586	(3)	03/02/2015	Common Stock	4,586	\$

Reporting Owners

Reporting Owner Name / Address	Kelationships					
. 9	Director	10% Owner	Officer	Other		
ANDERSON GENE H C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC 27604	X					

Signatures

/s/Willis B. Howard Attorney-in-fact for Gene H.
Anderson 03/21/2013

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**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) Represents the weighted average sale price. Sale prices range from \$38.56 \$38.73
- (2) Reporting person upon request by the Commission staff, the issuer, or a security holder of the issuer, will disclose full information regarding the number of shares purchased or sold at each separate price.
- (3) Options vest ratably over 4 years on March 1st of each year after the 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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