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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).	STATES SECU Wa IENT OF CHAN suant to Section 1 a) of the Public U 30(h) of the In	shington NGES IN SECUF (6(a) of th (tility Hold	, D.C. 209 BENEFI RITIES ne Securit ding Com	549 CIA ies E ipany	L OWN xchange / Act of	NERSHIP OF e Act of 1934, 1935 or Sectior	OMB Number: Expires: Estimated a burden hour response		
(Print or Type Responses) 1. Name and Address of Reporting I Miller Jeffrey Douglas	Symbol	HIGHWOODS PROPERTIES INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (M 6125 WILKINSBURG RD.	Aiddle) 3. Date of (Month/I	3. Date of Earliest Transaction (Month/Day/Year) 03/05/2013				Director 10% Owner Officer (give title Other (specify below) below) V.P./General Counsel & Sec.			
(Street) RALEIGH, NC 27612	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 			
(City) (State)	(Zip) Tab	le I - Non-I	Derivative S	Securi	ities Acqu	uired, Disposed of	, or Beneficiall	y Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code	4. Securit or(A) or Dis (Instr. 3, 4)	sposed	l of (D)	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 Indirect Beneficial Ownership (Instr. 4)	
Common 03/05/2013 Stock	03/05/2013	M	14,087	A	\$ 29.05	75,506	D		
Common 03/05/2013 Stock	03/05/2013	S	14,087	D	\$ 37.79 (1) (2)	61,419	D		

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

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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 of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	rivative Expiration Date curities (Month/Day/Year) quired (A) Disposed of str. 3, 4,		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 I S (
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (right to buy)	\$ 29.05	03/05/2013	03/05/2013	М	14,087	(3)	02/25/2017	Common Stock	14,087	

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
Miller Jeffrey Douglas 6125 WILKINSBURG RD. RALEIGH, NC 27612			V.P./General Counsel & Sec.				
Signatures							
/s/Willis B. Howard Attorney-i Miller	n-fact for	Jeffrey D.	03/07/2013				

Explanation of Responses:

**Signature of Reporting Person

- * 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).

Date

- (1) Represents the weighted average sale price. Sale prices range from \$37.73- \$37.85
- (2) The reporting person upon request by the Commission staff, the issuer, or a security holder of the issuer, agrees to disclose full information regarding the number of shares 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. egacy Reserves LP.(2)The phantom units reported on this Form 4 are subject to vesting on February 18, 2020 and are payable in units.(3)Includes the remaining 89,310 phantom units and 54,783 phantom units from the phantom units granted on February 24, 2015 and June 22, 2016, respectively, which are all payable in units.(4)Represents maximum possible number of phantom units subject to cliff vesting after a three year period ending on February 18, 2020, or 200% of the target amount. The number of phantom units that vest on February 18, 2020 is subject to the achievement of certain objective, performance-based criteria during the three fiscal years prior to the vesting date. If none or only a portion of phantom units reported on this Form 4 are subject to vesting on February 18, 2020 and are payable in cash.(6)Includes the remaining 313,044 phantom units from the phantom units granted on June 22, 2016.(7)Includes the remaining 180,000 phantom units from the phantom units granted on June 22, 2016.

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Remarks:

Director, Executive Vice President and Chief Development Officer of Legacy Reserves GP, LLC, the general partner of Legacy 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.