

# FORM 4

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

OMB APPROVAL  
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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).

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or  
Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person * <b>KAPLAN LAWRENCE S</b>  (Last) (First) (Middle) <b>C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600</b>  (Street) <b>RALEIGH, NC 27604</b>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <b>HIGHWOODS PROPERTIES INC [HIW]</b>  3. Date of Earliest Transaction (MM/DD/YYYY) <b>5/10/2007</b>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
4. If Amendment, Date Original Filed (MM/DD/YYYY)		6. Individual or Joint/Group Filing (Check Applicable Line)  <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock (U)	5/10/2007		S		539	D	\$42.61	5873.03	D	
Common Stock (U)	5/10/2007		S		100	D	\$42.58	5773.03	D	
Common Stock (U)	5/10/2007		S		800	D	\$42.57	4973.03	D	
Common Stock (U)	5/10/2007		S		1000	D	\$42.54	3973.03	D	
Common Stock (U)	5/10/2007		P		139	A	\$42.59	4112.03	D	
Common Stock (U)	5/10/2007		P		100	A	\$42.61	4212.03	D	
Common Stock (U)	5/10/2007		P		500	A	\$42.62	4712.03	D	
Common Stock (U)	5/10/2007		P		200	A	\$42.63	4912.03	D	
Common Stock (U)	5/10/2007		P		1000	A	\$42.64	5912.03	D	
Common Stock (U)	5/10/2007		P		300	A	\$42.67	6212.03	D	
Common Stock (U)	5/10/2007		P		200	A	\$42.68	6412.03	D	
Holding								1000	I	Spouse

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

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

#### Explanation of Responses:

- (1) The reporting person engaged in the reported transactions for estate planning purposes. These transactions did not result in any increase or decrease in the reporting person's beneficial ownership of common stock on a net basis. As a result of discussions with the issuer prior to the reported transactions, the reporting person was aware that profits if any, derived therefrom would be subject to disgorgement to the issuer pursuant to Section 16(b). After review of the various transactions, after taking into account broker fees, both the reporting person and the issuer have concluded that the reporting person did not receive a "profit" as calculated pursuant to Section 16(b) with respect to any of these transactions.

#### Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KAPLAN LAWRENCE S C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600	X			

RALEIGH, NC 27604				
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**Signatures**

/s/Lawrence S. Kaplan  
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Signature of Reporting Person

5/14/2007  
Date

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

\* 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).

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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