

[] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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

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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 * | | | | | | 2. Issuer Name and Ticker or Trading Symbol | | | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | | |
|---|---|-------------------|-------------------------------------|------------|-----------------------|--|----------------------------|----------------------------------|---|---------|---|--|---|---|---|---|---|--|
| ADLER THOMAS W | | | | | | HIGHWOODS PROPERTIES INC [HIW] | | | | | | | | X Director 10% Owner | | | | |
| (Last) | (First |) (M | liddle) | | 3. I | 3. Date of Earliest Transaction (MM/DD/YYYY) | | | | | | | Officer (give title below) Other (specify below) | | | | | |
| C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600 | | | | | | 7/26/2007 | | | | | | | | | | | | |
| (Street) | | | | | 4. I | 4. If Amendment, Date Original Filed (MM/DD/YYYY) | | | | | | | 6. Individual or Joint/Group Filing (Check Applicable Line) | | | | | |
| RALEIGH, NC 27604 (City) (State) (Zip) | | | | | | | | | | | | | X _ Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | | |
| | | | Table I | - Non- | -Der | ivati | ve Secu | ırities Ac | quir | ed, Di | sposed o | f, or | Ben | eficially Owne | d | | | |
| 1. Title of Security (Instr. 3) 2. Trans. D Common Stock 7/26/2007 | | | | | Execu | | 3. Trans. Co (Instr. 8) | de V | or Disposed of (D) For | | Amount of Securities Beneficially Owned ollowing Reported Transaction(s) nstr. 3 and 4) | | | Ownership Form: Benefici Direct (D) Ownersh | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | | | |
| | | | |)7 | A 1009 A (1)(2) 23594 | | | D | | | | | | | | | | |
| | Tab | le II - Der | ivative : | Securit | ies E | Bene | ficially | Owned (| e.g. | , puts, | calls, wa | arrai | nts, o | options, conve | rtible sec | urities) | • | |
| Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative | 3. Trans. Date | 3A. Deen Execution Date, if a | on (Instr. | | ns. Code 8) 5. Numb Derivati Acquire Dispose (Instr. 3 | | e Securities (A) or of (D) | 6. Date Exercisable and Expiration Date | | | 7. Title and A Securities Un Derivative S (Instr. 3 and | | Underlying Security | | derivative Securities Beneficially Owned | Ownership Form of Derivative Security: | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
| | Security | | | C | ode | V | (A) | (D) | Date Exer | | Expiration Date Title Amo Share | ount or Number of es | | Following Reported Transaction(s) (Instr. 4) | Direct (D) or Indirect (I) (Instr. 4) | | | |

Explanation of Responses:

- (1) Restricted stock is granted by the Company and not purchased by the reporting person.
- (2) Common shares vest in four (4) equal installments beginning on January 1, 2008 and on the following three (3) anniversaries of that date.

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | | | | |
|----------------------------------|---------------|-----------|---------|-------|--|--|--|--|
| reporting Owner Ivanie / Address | Director | 10% Owner | Officer | Other | | | | |
| ADLER THOMAS W | | | | | | | | |
| C/O HIGHWOODS PROPERTIES, INC. | X | | | | | | | |
| 3100 SMOKETREE COURT, SUITE 600 | Λ | | | | | | | |
| RALEIGH, NC 27604 | | | | | | | | |

Signatures

/s/Deborah A. Pike, Attorney-in-fact for Thomas W. Adler

**Signature of Reporting Person

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.

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.