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MDC HOLD Form 4	DINGS INC										
November 2									OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AN Washington, I									OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Seckion 16. Filed pursuant to Section Section 17(a) of the Public 30(h) of the Secking Secking 17(a) of the Secking 30(b) of the Secking Secking 17(a) of the Secking 17(a) of				GES IN SECUR 6(a) of the ility Hold	BENEFI ITIES e Securit ling Com	e Act of 1934, 1935 or Sectior	Estimated average burden hours per response 0.5				
(Print or Type I	Responses)										
REECE PARIS G III Sy			Symbol	Name and			-	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				(Check	c all applicable)		
4350 S. MC 500	NACO STRE	ET, SUITE	(Month/D 11/21/2					Director X Officer (give below) EVP, CFO		Owner er (specify fficer	
	(Street)			ndment, Da 1th/Day/Year	-	l		6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Pe	rson	
DENVER, 0	CO 80237							Person	ore than One Ke	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	Derivative S	Securi	ities Acqu	uired, Disposed of	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ransaction Date 2A. Deemed nth/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. 7. Nature of Ownership Indirect Form: Direct Beneficial (D) or Ownership Indirect (I) (Instr. 4) (Instr. 4)		
Common Stock \$.01 Par Value	11/21/2006			Code V M	Amount 27,529	(D) A	Price \$ 21.39	(Instr. 3 and 4) 280,438	D		
Common Stock \$.01 Par Value	11/21/2006			S	27,529	D	\$ 55.09 (1)	252,909	D		
Common Stock \$.01 Par Value								2,898 (2)	Ι	401(K) Plan	

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. Transactio 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 Amou Underlying Secur (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Am or Nur of S
Non-Statutory Stock Option (right to buy) (3)	\$ 21.39	11/21/2006		М	27,529	11/18/2004	11/18/2007	Common Stock \$.01 Par Value	27

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
REECE PARIS G III 4350 S. MONACO STREET SUITE 500 DENVER, CO 80237			EVP, CFO, PrincAcctgOfficer				
Signatures							
Paris G Reece							

III 11/21/2006

<u>**</u>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) Shares sold at an average price of \$55.0878 per share pursuant to a single sale order. See Table of Transactions attached hereto for details of sales.
- (2) Shares are held in Reporting Person's 401(k) Savings Plan account which changes on a monthly basis.
- Granted on November 18, 2002 under the Company's Employee Equity Incentive Plan. This option vests as to 25% of the shares covered
 (3) thereby on November 18, 2004; 25% of the shares covered thereby on November 18, 2005; and 50% of the shares covered thereby on November 18, 2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners

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