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MIZEL LA Form 4											
FORN	ЛЛ	STATES S	SECU	RITIES A	AND EX	CHANGE	COMMISSIO		PPROVAL		
Check t	this how		Wa	shington	, D.C. 20	549		Number:	3235-0287		
if no los subject Section Form 4	nger to STATEN 16. or	AENT OF	Estimated burden hou response	Expires:January 31Expires:2005Estimated averageburden hours perresponse0.5							
obligations may continue Section 17(a) of the Public Utili					6(a) of the Securities Exchange Act of 1934, tility Holding Company Act of 1935 or Section evestment Company Act of 1940						
(Print or Type	e Responses)										
1. Name and Address of Reporting Person <u>*</u> MIZEL LARRY A			2. Issuer Name and Ticker or Trading Symbol MDC HOLDINGS INC [MDC]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Middle)					(Check all applicable)				
3600 S YOSEMITE ST, STE 900			(Month/Day/Year) 11/22/2004			X DirectorX 10% Owner X Officer (give title Other (specify below) Chairman of the Board and CEO					
(Street) DENVER, CO 80237			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 Form filed by More than One Reporting 					
							Person				
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution E any (Month/Day	Date, if	3. Transactio Code (Instr. 8)	Disposed (Instr. 3,	(A) or of (D) 4 and 5) (A) or	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	(D) Price					
Reminder: Re	eport on a separate line	e for each clas	ss of sec	urities bene	-	-	-				
					inforr requi	nation cont red to resp ays a curre	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not rm	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Secur
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	f			
				Code V	(A) (E) Date Exercisable	Expiration Date	Title	Am or Nur of S
Non-Statutory Stock Option $\frac{(1)}{2}$	\$ 80.79	11/22/2004		А	60,000	11/22/2007	11/22/2014	Common Stock \$.01 Par Value	60
Non-Statutory Stock Option $\frac{(2)}{2}$	\$ 84.63	11/22/2004		А	60,000	11/22/2007	11/22/2014	Common Stock \$.01 Par Value	60
Non-Statutory Stock Option (3)	\$ 88.48	11/22/2004		A	60,000	11/22/2007	11/22/2014	Common Stock \$.01 Par Value	60

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
MIZEL LARRY A 3600 S YOSEMITE ST STE 900 DENVER, CO 80237	Х	Х	Chairman of the Board and CEO	
Signatures				
Joseph H. Fretz, Attorney-in-Fact	1	1/22/2004		

**Signature of Reporting Person

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Date

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- Granted on November 22, 2004 under the Company's 2001 Equity Incentive Plan. This option vests as to 20% of the shares covered
 (1) thereby on November 22, 2007; and cumulatively as to an additional 20% on each of November 22, 2008, 2009, 2010 and 2011. These shares were granted at 105% of the November 22, 2004 market close price.

Granted on November 22, 2004 under the Company's 2001 Equity Incentive Plan. This option vests as to 20% of the shares covered
(2) thereby on November 22, 2007; and cumulatively as to an additional 20% on each of November 22, 2008, 2009, 2010 and 2011. These shares were granted at 110% of the November 22, 2004 market close price.

Granted on November 22, 2004 under the Company's 2001 Equity Incentive Plan. This option vests as to 20% of the shares covered
(3) thereby on November 22, 2007; and cumulatively as to an additional 20% on each of November 22, 2008, 2009, 2010 and 2011. These shares were granted at 115% of the November 22, 2004 market close price.

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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.