

ARDEN REALTY INC

Form 4

March 01, 2005

FORM 4
UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
SOBEL ANDREW J

(Last) (First) (Middle)

**11601 WILSHIRE
BOULEVARD, 4TH FLOOR**

(Street)

LOS ANGELES, CA 90025-1740

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol
ARDEN REALTY INC [ARI]

3. Date of Earliest Transaction
(Month/Day/Year)
02/28/2005

4. If Amendment, Date Original
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
__X__ Officer (give title below) ____ Other (specify
below)

Exec VP-Strategic Plan. & Ops

6. Individual or Joint/Group Filing(Check
Applicable Line)
__X__ Form filed by One Reporting Person
____ 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. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction 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 Ownership (Instr. 4)
Common stock	02/28/2005		M	8,834 A	\$ 25.6 117,595	D	
Common stock	02/28/2005		S	8,834 D	108,761	D	
Common stock	02/28/2005		M	8,040 A	\$ 20.81 116,801	D	
Common stock	02/28/2005		S	8,040 D	\$ 34 108,761	D	

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

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(9-02)

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. Transaction 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 Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock option (right to buy)	\$ 25.6	02/28/2005		M	8,834	02/14/2003 02/14/2012	common stock	8,834
Stock option (right to buy)	\$ 20.81	02/28/2005		M	8,040	01/28/2004 01/28/2013	common stock	8,040

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
SOBEL ANDREW J 11601 WILSHIRE BOULEVARD 4TH FLOOR LOS ANGELES, CA 90025-1740	Exec VP-Strategic Plan. & Ops

Signatures

/s/ David A. Swartz
Attorney-in-Fact

02/28/2005

**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) 1,200 options sold at \$34.01; 7,634 options sold at \$34.00;

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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.

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