

COWAN KENDALL W
Form 4
January 05, 2005

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
COWAN KENDALL W

2. Issuer Name and Ticker or Trading Symbol
ALAMOSA HOLDINGS INC
[APCS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

Chief Financial Officer

(Last) (First) (Middle)
5225 S LOOP 289
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
01/03/2005

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

6. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

LUBBOCK, TX 79424
(City) (State) (Zip)

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 Indirect Beneficial Ownership (Instr. 4)		
			Code	V	Amount	(A) or (D)	Price		
Common Stock	01/03/2005		M ⁽¹⁾		200,000	A	\$ 0.376	465,959	D
Common Stock	01/03/2005		M ⁽¹⁾		150,000	A	\$ 3.52	615,959	D
Common Stock	01/03/2005		M ⁽¹⁾		7,500	A	\$ 4.01	623,459	D
Common Stock	01/03/2005		S ⁽¹⁾		357,500	D	\$ 12.4078	265,959	D
Common Stock	01/04/2005		M ⁽¹⁾		55,000	A	\$ 4.01	320,959	D

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Common Stock	01/04/2005	M ⁽¹⁾	25,000	A	\$ 5.58	345,959	D
Common Stock	01/04/2005	S ⁽¹⁾	80,000	D	\$ 12.075	265,959	D
Common Stock	01/05/2005	M ⁽¹⁾	50,000	A	\$ 5.58	315,959	D
Common Stock	01/05/2005	S ⁽¹⁾	50,000	D	\$ 12.154	265,959	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)	
					Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Employee Stock Option (right to buy)	\$ 0.376	01/03/2005		M ⁽¹⁾		100,000	10/01/2004	10/01/2012	Common Stock	100,000
Employee Stock Option (right to buy)	\$ 0.376	01/03/2005		M ⁽¹⁾		100,000	11/01/2004	10/01/2012	Common Stock	100,000
Employee Stock Option (right to buy)	\$ 3.52	01/03/2005		M ⁽¹⁾		150,000	10/01/2003	10/01/2013	Common Stock	150,000
Employee Stock Option (right to buy)	\$ 4.01	01/03/2005		M ⁽¹⁾		7,500	07/01/2004	01/01/2014	Common Stock	7,500

Employee Stock Option (right to buy)	\$ 4.01	01/04/2005	<u>M(1)</u>	55,000	07/01/2004	01/01/2014	Common Stock	55,000
Employee Stock Option (right to buy)	\$ 5.58	01/04/2005	<u>M(1)</u>	25,000	08/02/2004	02/01/2014	Common Stock	25,000
Employee Stock Option (right to buy)	\$ 5.58	01/05/2005	<u>M(1)</u>	50,000	08/02/2004	02/01/2014	Common Stock	50,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
COWAN KENDALL W 5225 S LOOP 289 LUBBOCK, TX 79424			Chief Financial Officer	

Signatures

Kendall Cowan 01/05/2005

 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) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on May 25, 2004.
- (2) In addition, Reporting Person indirectly beneficially owns options to purchase 1,455,000 shares of common stock which have an exercise price of \$17.00, an expiration date of January 5, 2009 and various vesting dates.

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.