

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

Chief Financial Officer

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

(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)

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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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 of 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

