

Vuono Carl E
Form 4
March 02, 2010

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 *
Vuono Carl E

2. Issuer Name and Ticker or Trading Symbol
L 3 COMMUNICATIONS HOLDINGS INC [LLL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
03/01/2010

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
SEE REMARKS

C/O L-3 COMMUNICATIONS CORPORATION, 600 THIRD AVENUE

(Street)

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

NEW YORK, NY 10016

(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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	03/01/2010		M	4,000 A	\$ 62.91	17,559 <u>(1)</u> <u>(2)</u>	D
Common Stock	03/01/2010		M	8,000 A	\$ 53.745	25,559 <u>(1)</u> <u>(2)</u>	D
Common Stock	03/01/2010		M	5,000 A	\$ 29	30,559 <u>(1)</u> <u>(2)</u>	D
Common Stock	03/01/2010		M	12,000 A	\$ 34	42,559 <u>(1)</u> <u>(2)</u>	D
	03/01/2010		S	29,000 D		13,559 <u>(1)</u> <u>(2)</u>	D

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Common Stock \$ 91.86
(3)

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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
07/31/00 Employee Stock Option (Right to Buy)	\$ 29	03/01/2010		M	5,000	(4) 07/31/2010		Common Stock	5,000
07/12/01 Employee Stock Option (Right to Buy)	\$ 34	03/01/2010		M	12,000	(4) 07/21/2011		Common Stock	12,000
03/25/02 Employee Stock Option (Right to Buy)	\$ 53.745	03/01/2010		M	8,000	(4) 03/25/2012		Common Stock	8,000
03/25/02 Employee Stock Option (Right to Buy)	\$ 62.91	03/01/2010		M	4,000	(4) 03/25/2012		Common Stock	4,000

