L 3 COMMUNICATIONS HOLDINGS INC

Form 4 April 19, 2006

FORM 4

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

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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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading LANZA FRANK C Issuer Symbol L 3 COMMUNICATIONS (Check all applicable) HOLDINGS INC [LLL] (Last) (First) (Middle) 3. Date of Earliest Transaction _X__ Director 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) C/O L-3 COMMUNICATIONS 04/17/2006 Chairman and CEO CORPORATION, 600 THIRD **AVENUE** (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting NEW YORK, NY 10016 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

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1.Title of	2. Transaction Date		3.		•	uired (A) or	5. Amount of	6.	7. Nature of Indirect
Security (Instr. 3)	(Month/Day/Year)	Execution Date, if any	Code	ionDisposed of (D) (Instr. 3, 4 and 5)			Securities Beneficially	Ownership Form:	Beneficial
(Ilisti. 3)		(Month/Day/Year)	(Instr. 8)	(IIIsti. 3, 4	and 3)		Owned	Direct (D)	Ownership
							Following	or Indirect	(Instr. 4)
					(A)		Reported	(I)	
					or		Transaction(s)	(Instr. 4)	
			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	04/17/2006		M(1)	110,000	A	\$ 3.235	3,325,542 (2)	D	
						\$			
Common Stock	04/17/2006		S(1)	110,000	D		3,215,542 (2)	D	

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

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number.

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. Transactio Code (Instr. 8)	5. Number of on 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 or Number of Shares
4/30/97 Stock Option	\$ 3.235	04/17/2006		M <u>(1)</u>		110,000	<u>(4)</u>	04/30/2007	Common Stock	110,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			

X

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Chairman and CEO

LANZA FRANK C
C/O L-3 COMMUNICATIONS CORPORATION

600 THIRD AVENUE NEW YORK, NY 10016

Signatures

/s/ Christopher C.
Cambria
04/17/2006

**Signature of Reporting 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 transactions reported on this Form 4 were effected on behalf of the Reporting Person pursuant to a Rule 10b5-1 plan as previously announced in a press release issued by the Issuer on February 3, 2006.
- (2) Does not include options held as of April 17, 2006 to purchase 1,648,572 shares of common stock, which options are exercisable within 60 days of April 17, 2006.
- (3) Represents weighted average selling price of 52 transactions executed on the same date.
- (4) On April 30, 1997, Mr. Lanza was granted options to purchase 2,285,714 shares of common stock, which options vested over a 3-year period from the date of issuance in increments of 761,905 shares of common stock per year.

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