

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

OMB APPROVAL

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person * <u>STRIANESE MICHAEL T</u>  (Last) (First) (Middle) <u>600 THIRD AVE</u>  (Street) <u>NEW YORK NY 10016</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>L 3 COMMUNICATIONS HOLDINGS INC [ LLL ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner  <input checked="" type="checkbox"/> Officer (give title below) Other (specify below)  <u>Sr. Vice President - Finance</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>02/12/2004</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

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	02/12/2004		M		5,700	A	\$18.75	6,653 <sup>(1)</sup>	D	
Common Stock	02/12/2004		S		5,700	D	\$55.66	953 <sup>(1)</sup>	D	
Common Stock	02/13/2004		M		24,300	A	\$18.75	25,253 <sup>(2)</sup>	D	
Common Stock	02/13/2004		S		24,300	D	\$55.05	953 <sup>(2)</sup>	D	

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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
10/25/99 Stock Option	\$18.75	02/12/2004		M			5,700	(3)	10/25/2009	Common Stock	5,700	\$0	26,300	D	
10/25/99 Stock Option	\$18.75	02/13/2004		M			24,300	(3)	10/25/2009	Common Stock	24,300	\$0	2,000	D	

Explanation of Responses:

1. Does not include options held as of February 12, 2004 to purchase 112,300 shares of common stock, which options are exercisable within 60 days of February 12, 2004.
2. Does not include options held as of February 13, 2004 to purchase 88,000 shares of common stock, which options are exercisable within 60 days of February 13, 2004.
3. On October 25, 1999, Mr. Strianese was granted an option to purchase 70,000 shares of common stock, which option vested over a 3-year period in increments of 23,333 shares of common stock per year.

/s/ Christopher C. Cambria  
(Authorized Signatory). 02/17/2004

\*\* Signature of Reporting Person Date

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

\* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

Michael T. Strianese  
Exhibit to Form 4  
L-3 Communications Holdings, Inc.  
February 17, 2003

AUTHORIZATION

The undersigned hereby appoints Christopher C. Cambria and Michael T. Strianese, each acting alone, his or her authorized representative to execute and file with the Securities and Exchange Commission, in the name and on behalf of the undersigned, any and all of the following documents pursuant to Section 16(a) of the Securities Exchange Act of 1934, as amended, and the Rules promulgated thereunder which relate to the securities of L-3 Communications Holdings, Inc.: (i) Initial Statement of Beneficial Ownership on Form 3, (ii) Statement of Changes in Beneficial Ownership on Form 4, and (iii) Annual Statement of Changes in Beneficial Ownership on Form 5. This Authorization shall take effect as of the date hereof and shall remain in full force and effect until the earlier of the tenth anniversary hereof or the revocation of this Authorization by the undersigned.

Date: January 6, 2004

By: /s/ Michael T. Strianese  
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Michael T. Strianese