

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 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person BOUSHIE RAYMOND W			2. Issuer Name and Ticker or Trading Symbol ASTRONICS CORP [ATRO]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> 10% Owner <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/03/2014					
124 LAUREL LANE			4. If Amendment, Date Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
(Street)								
PONTE VEDRA BEACH, FL 32082								
(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			
\$.01 PV Com Stk	03/04/2014		S		3,805	D	\$68.71	12,200	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)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: 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				
Option	\$ 4.88							09/05/2009	03/05/2019	\$.01 PV Com Stk	4,000		4,000	D	
Option	\$ 4.88							09/05/2009	03/05/2019	\$.01 PV CL B Stk	2,072		2,072	D	
Option	\$ 5.82							09/02/2010	03/02/2020	\$.01 PV Com Stk	5,000		5,000	D	
Option	\$ 5.82							09/20/2010	03/02/2020	\$.01 PV CL B Stk	2,590		2,590	D	
Option	\$ 14.2							08/28/2011	02/28/2021	\$.01 PV Com Stk	2,500		2,500	D	
Option	\$ 14.2							08/28/2011	02/28/2021	\$.01 PV CL B Stk	1,296		1,296	D	
Option	\$ 24.99							08/28/2012	02/28/2022	\$.01 PV Com Stk	3,000		3,000	D	
Option	\$ 24.99							08/28/2012	02/28/2022	\$.01 PV CL B Stk	1,140		1,140	D	
										\$.01					

Option	\$ 23.08						08/22/2013	02/22/2023	PV Com Stk	3,000		3,000	D	
Option	\$ 23.08						08/22/2013	02/22/2023	\$.01 PV CL B Stk	600		600	D	
Option	\$ 65.36	03/03/2014		A ⁽¹⁾		2,000	09/03/2014	03/03/2024	\$.01 PV Com Stk	2,000	\$ 65.36	2,000	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BOUSHIE RAYMOND W 124 LAUREL LANE PONTE VEDRA BEACH, FL 32082	X			

Signatures

/s/David C. Burney as Power of Attorney for Raymond W. Boushie		03/05/2014
<small>**Signature of Reporting Person</small>		<small>Date</small>

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) Granted pursuant to the Company's 2005 Directors Stock Option Plan.

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

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