

FORM 4

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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response...	0.5

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 KRAMER JAMES S			2. Issuer Name and Ticker or Trading Symbol ASTRONICS CORP [ATRO]			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) _____ VP Luminescent Systems, Inc.		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 07/16/2014			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		
130 COMMERCE WAY			4. If Amendment, Date Original Filed (Month/Day/Year)					
(Street) EAST AURORA, NY 14052			(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 Common Stock	07/16/2014		S		3,000	D	\$ 54.4	65,766	D	
\$.01 PV Common Stock	07/16/2014		M		267	D	\$ 54.02	65,499	D	
\$.01 PV Common Stock	07/16/2014		M		4,200	A	\$ 3.43	69,699	D	
\$.01 PV Class B Stock								148,027	D	
\$.01 PV Common Stock								220	I	By Spouse (U)
\$.01 PV Class B Stock								351	I	By Spouse (U)

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

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 control number. SEC 1474 (9-02)

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		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option	\$ 3.43	07/16/2014		M		4,200	02/18/2006	02/18/2015	\$.01 PV Com Stk	8,750	\$ 3.43	4,550	D	
Option	\$ 3.43						02/18/2006	02/18/2015	\$.01 PV Cl B Stk	7,852		7,852	D	
Option	\$ 5.18						12/13/2006	12/13/2015	\$.01 PV Com Stk	6,100		6,100	D	
Option	\$ 5.18						12/13/2006	12/13/2015	\$.01 PV Cl B Stk	5,474		5,474	D	
									\$.01					

Option	\$ 9.15							12/12/2007	12/12/2016	PV Com Stk	4,030		4,030	D	
Option	\$ 9.15							12/12/2007	12/12/2016	\$.01 PV Cl B Stk	3,615		3,615	D	
Option	\$ 20.98							12/19/2008	12/19/2017	\$.01 PV Com Stk	2,010		2,010	D	
Option	\$ 20.98							12/19/2008	12/19/2017	\$.01 PV Cl B Stk	1,802		1,802	D	
Option	\$ 5.19							12/09/2009	12/09/2018	\$.01 PV Com Stk	11,800		11,800	D	
Option	\$ 5.19							12/09/2009	12/09/2018	\$.01 PV Cl B Stk	6,112		6,112	D	
Option	\$ 5.18							12/03/2010	12/03/2019	\$.01 PV Com Stk	11,750		11,750	D	
Option	\$ 5.18							12/03/2010	12/03/2019	\$.01 PV Cl B Stk	6,087		6,087	D	
Option	\$ 14.01							12/02/2011	12/02/2020	\$.01 PV Com Stk	4,350		4,350	D	
Option	\$ 14.01							12/02/2011	12/02/2020	\$.01 PV Cl B Stk	2,254		2,254	D	
Option	\$ 24.81							12/01/2012	12/01/2021	\$.01 PV Com Stk	3,200		3,200	D	
Option	\$ 24.81							12/01/2012	12/01/2021	\$.01 PV Cl B Stk	1,216		1,216	D	
Option	\$ 16.79							11/29/2013	11/29/2022	\$.01 PV Com Stk	5,700		5,700	D	
Option	\$ 16.79							11/29/2013	11/29/2022	\$.01 PV Cl B Stk	1,140		1,140	D	
Option	\$ 51.93							12/11/2014	12/11/2023	\$.01 PV Com Stk	2,330		2,330	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KRAMER JAMES S 130 COMMERCE WAY EAST AURORA, NY 14052			VP Luminescent Systems, Inc.	

Signatures

/s/David C. Burney, as Power of Attorney for James S. Kramer

07/17/2014

Signature of Reporting Person

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) Mr. Kramer disclaims any beneficial interest in the shares owned by his wife.

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

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