

FREQUENCY ELECTRONICS INC
 Form 4
 July 24, 2013

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 *
 LALICATA ADRIAN

(Last) (First) (Middle)

C/O FREQUENCY ELECTRONICS, INC., 55 CHARLES LINDBERGH BLVD

(Street)

MITCHEL FIELD, NY 11553

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
 FREQUENCY ELECTRONICS INC [FEIM]

3. Date of Earliest Transaction (Month/Day/Year)
 07/22/2013

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
 Vice President

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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)
				Code	V Amount or Price (A) or (D)			
Common Stock	07/22/2013		M		6,000 A \$ 3.15	6,050	D	
Common Stock	07/22/2013		F		1,783 D \$ 10.6	4,267	D	
Common Stock	07/22/2013		M		6,000 A \$ 4.6	10,267	D	
Common Stock	07/22/2013		F		2,604 D \$ 10.6	7,663	D	

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

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(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)	Amount or Number of Shares
Stock Appreciation Rights ⁽¹⁾	\$ 3.15	07/22/2013		M	6,000	01/29/2009 01/28/2019	Common Stock	6,000 ⁽¹⁾
Stock Appreciation Rights ⁽²⁾	\$ 4.6	07/22/2013		M	6,000	10/27/2009 10/26/2019	Common Stock	6,000 ⁽²⁾

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LALICATA ADRIAN C/O FREQUENCY ELECTRONICS, INC. 55 CHARLES LINDBERGH BLVD MITCHEL FIELD, NY 11553			Vice President	

Signatures

/s/Alan Miller by power of attorney 07/24/2013

**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) The Reporting Person exercised stock appreciation right based on 6,000 shares of Frequency Electronics common stock and received 4,217 shares which is equivalent to the appreciated value of the common stock since the grant date.

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- (2) The Reporting Person exercised stock appreciation right based on 6,000 shares of Frequency Electronics common stock and received 3,396 shares which is equivalent to the appreciated value of the common stock since the grant date.

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.