

HELMS LUKE S
Form 4
September 10, 2010

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 *
HELMS LUKE S

2. Issuer Name and Ticker or Trading Symbol
ABM INDUSTRIES INC /DE/
[ABM]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
551 FIFTH AVENUE, SUITE 300
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
09/09/2010

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

NEW YORK, NY 10176

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

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

(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 or Price		
Common Stock	09/09/2010		M		10,000 A \$ 13.89	73,229 ⁽¹⁾	D
Common Stock	09/09/2010		S		2,000 D \$ 21.32	71,229	D
Common Stock	09/09/2010		S		700 D \$ 21.39	70,529	D
Common Stock	09/09/2010		S		400 D \$ 21.41	70,129	D
Common Stock	09/09/2010		S		100 D \$ 21.4	70,029	D

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Common Stock	09/09/2010	S	200	D	\$ 21.33	69,829	D
Common Stock	09/09/2010	S	500	D	\$ 21.34	69,329	D
Common Stock	09/09/2010	S	200	D	\$ 21.37	69,129	D
Common Stock	09/09/2010	S	100	D	\$ 21.35	69,029	D
Common Stock	09/09/2010	S	800	D	\$ 21.36	68,229	D
Common Stock	09/09/2010	S	500	D	\$ 21.38	67,729	D
Common Stock	09/09/2010	S	200	D	\$ 21.45	67,529	D
Common Stock	09/09/2010	S	400	D	\$ 21.46	67,129	D
Common Stock	09/09/2010	S	100	D	\$ 21.47	67,029	D
Common Stock	09/09/2010	S	500	D	\$ 21.48	66,529	D
Common Stock	09/09/2010	S	200	D	\$ 21.5	66,329	D
Common Stock	09/09/2010	S	400	D	\$ 21.51	65,929	D
Common Stock	09/09/2010	S	200	D	\$ 21.52	65,729	D
Common Stock	09/09/2010	S	1,000	D	\$ 21.44	64,729	D
Common Stock	09/09/2010	S	600	D	\$ 21.42	64,129	D
Common Stock	09/09/2010	S	900	D	\$ 21.43	63,229 ⁽¹⁾	D

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)

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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. Amount or Number of Shares
Stock Options (2)	\$ 13.89	09/09/2010		M	10,000	(3) 11/01/2010	Common Stock	10,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HELMS LUKE S 551 FIFTH AVENUE SUITE 300 NEW YORK, NY 10176	X			

Signatures

By: Barbara L. Smithers, by power of attorney
Date: 09/10/2010

__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) Includes 8,589 unvested RSUs, 1,663 vested RSUs, the receipt of which has been deferred and DERs relating to the unvested and vested RSUs, adjusted to reflect the cumulative effect of fractional shares.
- (2) Non-employee director stock options.
- (3) 20% on 11/1/2001, and 20% on the anniversary date each of the following four years.

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