HOWANITZ LAWRENCE G

Form 4 June 03, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

30(h) of the Investment Company Act of 1940

OMB Number:

3235-0287

OMB APPROVAL

Expires:

January 31, 2005

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Estimated average burden hours per

response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading **HOWANITZ LAWRENCE G** Issuer Symbol SPECTRUM CONTROL INC (Check all applicable) [SPEC] (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) below) 8031 AVONIA ROAD 06/01/2010 Vice-President (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting

FAIRVIEW, PA 16415

(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 3. 4. Securities 5. Amount of 6. Ownership 7. Nature of Security (Month/Day/Year) Execution Date, if TransactionAcquired (A) or Securities Form: Direct Indirect (Instr. 3) Code Disposed of (D) Beneficially (D) or Beneficial (Instr. 3, 4 and 5) Indirect (I) Ownership (Month/Day/Year) (Instr. 8) Owned Following (Instr. 4) (Instr. 4) Reported (A) Transaction(s) or (Instr. 3 and 4) Code V Amount (D) Price Common Spouse & 400 Ι Stock Child

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

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Person

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. Transactic Code (Instr. 8)	5. Number of or 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options	\$ 6.31					<u>(1)</u>	11/01/2010	Common Stock	30,000
Options	\$ 9.3					(2)	12/03/2012	Common Stock	7,500
Options	\$ 5.75					(3)	01/07/2014	Common Stock	21,000
Options	\$ 12.72	06/01/2010		A	10,200	<u>(4)</u>	06/01/2015	Common Stock	10,200

Reporting Owners

Reporting Owner Name / Address	Relationships					
Topolong o Whor I while / I wanted	Director	10% Owner	Officer	Other		
HOWANITZ LAWRENCE G						
8031 AVONIA ROAD			Vice-President			
FAIRVIEW, PA 16415						

Signatures

John P. Leemhuis, Jr., by power of attorney 06/03/2010

**Signature of Reporting Person

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).

Date

- (1) All of the options are currently exercisable.
- (2) 1/3rd of the options are exercisable 12/3/2009, 1/3rd are exercisable on 12/3/2010, and the final 1/3rd are exercisable on 12/3/2011.
- (3) 1/3rd of the options are exercisable 1/7/2011, 1/3rd are exercisable on 1/7/2012, and the final 1/3rd are exercisable on 1/7/2013.
- (4) 1/3rd of the options are exercisable 6/1/2012, 1/3rd are exercisable on 6/1/2013, and the final 1/3rd are exercisable on 6/1/2014.
- (5) All are granted under the Spectrum Contol, Inc. Employee Stock Option Plan which is a Rule 16b-3 Plan.

Remarks:

All are granted under the Spectrum Control, Inc. Employee Stock Option Plan which is a Rule 16b-3 plan. Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

Reporting Owners 2

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