Edgar Filing: GRUENWALD JOHN THOMAS - Form 4

GRUENWALI Form 4 June 21, 2010	O JOHN THOM	IAS	-								
FORM Check this b if no longer subject to Section 16. Form 4 or Form 5 obligations may continu <i>See</i> Instruction 1(b).	Filed purs Section 17(a	ENT OF Suant to S	Was CHAN ection 10 Public Ut	hington, GES IN I SECUR	D.C. 205 BENEFI ITIES e Securiti ling Comj	C IAI CIAI es Ex pany	COW Control Control	COMMISSION NERSHIP OF e Act of 1934, 7 1935 or Section 0	OMB Number: Expires: Estimated a burden hou response		
(Print or Type Res	sponses)										
GRUENWALD JOHN THOMAS Symbol SPECT			Symbol	er Name and Ticker or Trading TRUM CONTROL INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) 8031 AVONIA			3. Date of (Month/D 06/18/20	-	ansaction			_X_ Director Officer (give below)		Owner er (specify	
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person					
FAIRVIEW, F	PA 16415							Form filed by M Person	lore than One Re	porting	
(City)	(State) (Zip)	Table	e I - Non-D	erivative S	ecurit	ties Acq	uired, Disposed of	, or Beneficial	ly Owned	
	2. Transaction Date Month/Day/Year)	2A. Deem Execution any (Month/D	Date, if	3. Transactio Code (Instr. 8) Code V	4. Securiti m(A) or Dis (Instr. 3, 4)	posed	of (D)		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common 0 Stock 0	06/18/2010			М	24,000	A	\$ 6.31	59,206	D		

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.

 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. Transactio Code (Instr. 8)	5. Number of begin to be a constrained by the securities of the securities (Month/Day/Year) and the securities (Month/Day/Year) and the securities (Month/Day/Year) and the securities of the securities (Month/Day/Year) and the securities of the se		Expiration Date		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha	
Non-qualified Stock Options	\$ 6.31	06/18/2010		М	24,000	(1)	11/01/2010	Common Stock	24,0	
Options	\$ 8.38					(2)	04/10/2013	Common Stock	12,0	
Options	\$ 6.43					(3)	04/09/2014	Common Stock	12,0	
Options	\$ 13.91					(4)	04/15/2015	Common Stock	6,00	

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Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
GRUENWALD JOHN THOMAS							
8031 AVONIA ROAD	Х						
FAIRVIEW, PA 16415							
Signatures							

John P. Leemhuis, Jr. Attorney in fact for J. Thomas Gruenwald

**Signature of Reporting Person

06/21/2010 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) All of the options currently are exercisable.
- (2) 1/3rd of the options are currently exercisable, 1/3rd are exercisable 04/10/11 and the final 1/3rd are exercisable 04/10/12.
- (3) 1/3rd of the options are exercisable 04/9/11, 1/3rd are exercisable 04/9/12 and the final 1/3rd are exercisable 04/9/13.
- (4) 1/3rd of the options are exercisable 04/15/12, 1/3rd are exercisable 04/15/13 and the final 1/3rd are exercisable 04/15/14.
- (5) Granted under the Spectrum Control, Inc. 1996 Non-Employee Directors' Stock Option Plan which is a Rule 16(b)(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. 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.

Reporting Owners