SPECTRUM CONTROL INC
Form 4
December 05, 2007

FORM 4

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

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
HOWANITZ LAWRENCE G

(Last) (First) (Middle)

8031 AVONIA ROAD

(Street)

FAIRVIEW, PA 16415

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
SPECTRUM CONTROL INC [SPEC]

3. Date of Earliest Transaction (Month/Day/Year)
12/03/2007

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

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								400	I	Spouse & Child

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

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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)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options	$ 8.68							(1)	01/19/2009	Common Stock	16,500
Options	$ 7.6							(2)	01/19/2010	Common Stock	15,000
Options	$ 6.31							(3)	11/01/2010	Common Stock	30,000
Incentive Stock Options	$ 15	12/03/2007		A		15,000		(4)	12/03/2012	Common Stock	15,000

Reporting Owners

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

Signatures

John P. Leemhuis, Jr., by power of attorney	12/05/2007
**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) 2/3rds of the options are currently exercisable and the final 1/3rd are exercisable on 1/19/08.

(2) 1/3rd of the options are currently exercisable, 1/3rd are exercisable on 1/19/08, and the final 1/3rd are exercisable on 1/19/09.

(3) 1/3rd of the options are currently exercisable, 1/3rd are exercisable on 11/1/08, and the final 1/3rd are exercisable on 11/1/09.

(4) 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.

(5) * 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.
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