

SPECTRUM CONTROL INC  
 Form 4  
 February 09, 2007

**FORM 4**

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

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).

**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 \*  
**HOWANITZ LAWRENCE G**

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
**8031 AVONIA ROAD**  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
**02/08/2007**

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

**FAIRVIEW, PA 16415**  
 (City) (State) (Zip)

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

**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	(D)	Price			
Common Stock	02/08/2007		M		18,000	A	\$ 5.05	18,000	D	
Common Stock	02/08/2007		S		12,400	D	\$ 11.9	5,600	D	
Common Stock	02/08/2007		S		900	D	\$ 11.9489	4,700	D	
Common Stock	02/08/2007		S		4,700	D	\$ 11.864	0	D	
Common Stock								400	I	Spouse & Child

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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)	8. Amount or Number of Shares
Options	\$ 5.05	02/08/2007		M	18,000	<u>(1)</u> 01/31/2008	Common Stock	18,000
Options	\$ 8.68					<u>(2)</u> 01/19/2009	Common Stock	16,500
Options	\$ 7.6					<u>(3)</u> 01/19/2010	Common Stock	15,000
Options	\$ 6.31					<u>(4)</u> 11/01/2010	Common Stock	30,000

## 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  
02/09/2007

\_\_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) All of the options are currently exercisable.

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- (2) 2/3rds of the options are currently exercisable and the final 1/3rd are exercisable on 1/19/08.
- (3) 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.
- (4) 1/3rd of the options are exercisable on 11/1/07, 1/3rd are exercisable on 11/1/08, and the final 1/3rd are exercisable on 11/1/09.
- (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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