

SPECTRUM CONTROL INC
 Form 4
 April 11, 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 *
 GRUENWALD JOHN THOMAS

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)

3. Date of Earliest Transaction (Month/Day/Year)
 04/09/2007

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

8031 AVONIA ROAD

(Street)

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

FAIRVIEW, PA 16415

(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	(A) or (D)	Price
Common Stock	04/09/2007		M		12,000	A	\$ 7.28
					19,500		
Common Stock	04/09/2007		F		6,009	D	\$ 14.54
					13,491		

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

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SEC 1474 (9-02)

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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 Security (Instr. 3 and 4)
Options	\$ 7.28	04/09/2007		M	12,000	(1) 04/11/2007	Common Stock 12,000
Options	\$ 5.28					(2) 04/16/2008	Common Stock 12,000
Options	\$ 8.66					(3) 04/12/2009	Common Stock 12,000
Non-qual. Stock Options	\$ 7.44					(4) 04/07/2010	Common Stock 12,000
Non-qualified Stock Options	\$ 6.31					(5) 11/01/2010	Common Stock 24,000

Reporting Owners

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

Signatures

John P. Leemhuis, Jr. Attorney in fact for J. Thomas Gruenwald 04/11/2007

__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 currently are exercisable.

(2) 2/3rds of the options currently are exercisable and the final 1/3rd are exercisable 4/16/07.

(3) 1/3rd of the options currently are exercisable, 1/3rd are exercisable 4/16/07 and the final 1/3rd are exercisable 4/16/08.

(4) 1/3rd of the options currently are exercisable, 1/3rd are exercisable 4/07/08 and the final 1/3rd are exercisable 4/07/09.

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(5) 1/3rd of the options are exercisable 11/1/07, 1/3rd are exercisable 11/1/08 and the final 1/3rd are exercisable 11/1/09.

(6) 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.

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