

SOUTHWORTH RICHARD A
Form 4
January 19, 2010

FORM 4

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
SOUTHWORTH RICHARD A

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)
01/14/2010

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

FAIRVIEW, PA 16415

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

(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					1,425	D ⁽⁶⁾	
Common Stock	01/14/2010		M		40,000	A	\$ 7.6 182,331 D
Common Stock	01/14/2010		F		29,119	D	\$ 10.44 153,212 D

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

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information contained in this form are not
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SEC 1474
(9-02)

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. 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)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Options	\$ 7.6	01/14/2010		M	25,000	<u>(1)</u> 01/19/2010	Common Stock 25,000
Options	\$ 7.6	01/14/2010		M	15,000	<u>(1)</u> 01/19/2010	Common Stock 15,000
Non-qualified Stock Options	\$ 6.31					<u>(2)</u> 11/01/2010	Common Stock 50,000
Options	\$ 9.3					<u>(3)</u> 12/03/2012	Common Stock 20,000
Options	\$ 5.75					<u>(4)</u> 01/07/2014	Common Stock 40,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SOUTHWORTH RICHARD A 8031 AVONIA ROAD FAIRVIEW, PA 16415	X		President	

Signatures

John P. Leemhuis, Jr. Attorney in fact for Richard A. Southworth

01/19/2010

____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.

(2) All of the options are currently exercisable.

(3) 1/3rd of the options are currently exercisable, 1/3rd are exercisable 12/3/2010, and the remaining 1/3rd are exercisable 11/1/2011.

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- (4) 1/3rd of the options are exercisable 1/7/2011, 1/3rd are exercisable 1/7/2012, and the remaining 1/3rd are exercisable 1/7/2013.
- (5) All are granted under the Spectrum Contol, Inc. Employee Stock Option Plan which is a Rule 16b-3 Plan.
- (6) These shares are held jointly with the reporting persons spouse.

Remarks:

All are Granted under Spectrum Contol, 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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