Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SPECTRUM CONTROL INC

Form 4

November 03, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB APPROVAL

OMB 3235-0287 Number:

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Check this box if no longer subject to Section 16. Form 4 or

SECURITIES Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(City)

(State)

(Zin)

(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) 8031 AVONIA	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/01/2005	_X_ Director 10% Owner Street Other (give title below)
	(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, PA 16415				Form filed by More than One Reporting Person

(City)	(State) (A	Table	e I - Non-D	erivative Securities Ac	quired, Disposed	of, or Beneficial	lly Owned
1.Title of Security	2. Transaction Date (Month/Day/Year)	Execution Date, if		4. Securities on Acquired (A) or	5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect
(Instr. 3)		any (Month/Day/Year)	Code (Instr. 8)	Disposed of (D) (Instr. 3, 4 and 5)	Beneficially Owned Following Reported	(D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
			Code V	(A) or Amount (D) Price	Transaction(s) (Instr. 3 and 4)		
Common Stock					1,425	D (9)	
Common Stock					94,868	D	

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. Transactic Code (Instr. 8)	5. Number of orDerivative 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 Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Options	\$ 8.75					<u>(1)</u>	12/21/2005	Common Stock	35,0
Options	\$ 5.27					<u>(2)</u>	03/07/2007	Common Stock	53,6
Options	\$ 5.05					<u>(3)</u>	01/31/2008	Common Stock	31,4
Options	\$ 8.68					<u>(4)</u>	01/19/2009	Common Stock	40,0
Options	\$ 7.6					<u>(5)</u>	01/19/2010	Common Stock	25,0
Options	\$ 7.6					<u>(6)</u>	01/19/2010	Common Stock	15,0
Non-qualified Stock Options	\$ 6.31	11/01/2005		A	50,000	<u>(7)</u>	11/01/2010	Common Stock	50,0

Reporting Owners

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

Signatures

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

11/03/2005

**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.

Reporting Owners 2

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- (2) 2/3rds of the options are currently exercisable and the remaining 1/3rd are exercisable 3/7/06.
- (3) 1/3rd of the options are currently exercisable, 1/3rd are exercisable on 1/31/06, and the final 1/3rd are exercisable on 1/31/07.
- (4) 1/3rd of the options are exercisable 1/19/06, 1/3rd are exercisable 1/19/07, and the remaining 1/3rd are exercisable 1/19/08.
- (5) 1/3rd of the options are exercisable 1/19/07, 1/3rd are exercisable 1/19/08, and the remaining 1/3rd are exercisable 1/19/09.
- (6) 1/3rd of the options are exercisable 1/19/07, 1/3rd are exercisable 1/19/08, and the remaining 1/3rd are exercisable 1/19/09.
- (7) 1/3rd of the options are exercisable 11/1/07, 1/3rd are exercisable 11/1/08, and the remaining 1/3rd are exercisable 11/1/09.
- (8) * All are Granted under Spectrum Contol, Inc. Employee Stock Option Plan which is a Rule 16b-3 Plan.
- (9) These shares are held jointly with the reporting persons spouse.

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.