

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

[ ] Check box if no longer subject to Section 16.

Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person

Topol, Sidney  
20 Sylvan Road  
Woburn, MA 01801

2. Issuer Name and Ticker or Trading Symbol

Alpha Industries, Inc. AHA

3. IRS or Social Security Number of Reporting Person (Voluntary)

4. Statement for Month/Year

03/31/98

If Amendment, Date of Original (Month/Year)

Relationship of Reporting Person to Issuer (Check all applicable)

(x) Director ( ) 10% Owner ( ) Officer (give title below)

( ) Other (specify below)

Table I -- Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security	2. Transaction Date	3. Transaction Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Securities Acquired (A) or Disposed of (D) Price	6. Amount of Securities Beneficially Owned at End of Year	7. Director or Indirect Beneficial Ownership
Common Stock	03/16/98	M	3000	5.875	34000	D

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Year	10. Director or Indirect Beneficial Ownership
Director Stock Option	5.875	03/16/98	M	3000	09/12/95 - 09/12/04	Common Stock 3000		17000	D

/s/ James C. Nemiah, under POA  
SIGNATURE OR REPORTING PERSON  
James C. Nemiah, under POA to be filed with S.E.C.  
DATE  
03/23/98