

SPARTAN STORES INC
Form 4
October 20, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
STAPLES DAVID M

(Last) (First) (Middle)

C/O 850 - 76TH STREET SW

(Street)

GRAND RAPIDS, MI 49518

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SPARTAN STORES INC [SPTN]

3. Date of Earliest Transaction
(Month/Day/Year)
10/18/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
Executive Vice President & CFO

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	10/18/2006		M		1,562 A \$ 11.5	83,691	D
Common Stock	10/18/2006		M		17,146 A \$ 16.57	100,837	D
Common Stock	10/18/2006		M		32,854 A \$ 10.25	133,691	D
Common Stock	10/18/2006		S		51,562 D \$ 19.35	82,129	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474
(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 (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
Stock Option (Right to Buy)	\$ 11.5	10/18/2006		M	1,562	05/11/2006 05/10/2015	Common Stock	1,562
Stock Option (Right to Buy)	\$ 11.5					05/11/2007 05/10/2015	Common Stock	1,562
Stock Option (Right to Buy)	\$ 11.5					05/11/2008 05/10/2015	Common Stock	1,563
Stock Option (Right to Buy)	\$ 11.5					05/11/2009 05/10/2015	Common Stock	1,563
Stock Option (Right to Buy)	\$ 16.57	10/18/2006		M	4,286	07/11/2002 07/10/2011	Common Stock	4,286
Stock Option (Right to Buy)	\$ 16.57	10/18/2006		M	4,286	07/11/2003 07/10/2011	Common Stock	4,286
Stock Option (Right to Buy)	\$ 16.57	10/18/2006		M	4,287	07/11/2004 07/10/2011	Common Stock	4,287

Buy)										
Stock Option (Right to Buy)	\$ 16.57	10/18/2006	M	4,287	07/11/2005	07/10/2011	Common Stock	4,287		
Stock Option (Right to Buy)	\$ 10.25	10/18/2006	M	8,213	05/09/2002	05/08/2011	Common Stock	8,213		
Stock Option (Right to Buy)	\$ 10.25	10/18/2006	M	8,213	05/09/2003	05/08/2011	Common Stock	8,213		
Stock Option (Right to Buy)	\$ 10.25	10/18/2006	M	8,214	05/09/2004	05/08/2011	Common Stock	8,214		
Stock Option (Right to Buy)	\$ 10.25	10/18/2006	M	8,214	05/09/2005	05/08/2011	Common Stock	8,214		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
STAPLES DAVID M C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			Executive Vice President & CFO	

Signatures

/s/ Gordon R. Lewis, by Power of Attorney
10/20/2006

**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).

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.