

SPARTAN STORES INC
Form 4
October 20, 2006

FORM 4

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

OMB APPROVAL

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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 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.

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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 (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
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
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

