SPARTAN STORES INC

Form 4

October 20, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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

Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Add STAPLES DA	•	ing Person *	2. Issuer Name and Ticker or Trading Symbol SPARTAN STORES INC [SPTN]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle) C/O 850 - 76TH STREET SW			3. Date of Earliest Transaction	(Sheek all approunts)		
			(Month/Day/Year) 10/18/2006	Director 10% Owner _X_ Officer (give title Other (specify below) Executive Vice President & CFO		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
GRAND RAP	IDS, MI 49	518	Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(0',)	(0, ,)	(77.				

(Cit	y) (State)	(Zip) Tab	le I - Non-I	Derivative	Securi	ities Acqu	ired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	(Month/Day/Year		3. Transaction Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)	(Ilisu: 1)	
Commo Stock	on 10/18/2006		M	1,562	A	\$ 11.5	83,691	D	
Commo Stock	on 10/18/2006		M	17,146	A	\$ 16.57	100,837	D	
Commo Stock	on 10/18/2006		M	32,854			133,691	D	
Commo	on 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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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. Transact Code (Instr. 8)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code V	V	(A)	(D)	Date Exercisable	Expiration Date	Title	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	\$ 16.57	10/18/2006		M			4,287	07/11/2004	07/10/2011	Common Stock	4,287

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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						

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).

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.

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^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).