

SPARTAN STORES INC  
 Form 4  
 November 03, 2008

**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 \*  
 COUCH DAVID DES

(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)  
 10/30/2008

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)

VP Information Technology

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 (A) or (D) Price   |   |  |  |
| Common Stock <sup>(1)</sup>     | 10/30/2008                           |  | S                              | 32,123 D \$ 25.44   | 44,471.83   | D  |  |
| Common Stock                    | 10/31/2008                           |  | M                              | 6,250 A \$ 2.29   | 50,721.83   | D  |  |
| Common Stock <sup>(2)</sup>     | 10/31/2008                           |  | S                              | 6,250 D \$ 27.13  | 44,471.83   | D  |  |
| Common Stock                    | 10/31/2008                           |  | M                              | 25,000 A \$ 7.44  | 69,471.83   | D  |  |
| Common Stock                    |                                      |  |                                |   | 4,000   | I  | By trust                                   |

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

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(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 Acquired (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) | Title   | Amount or Number of Shares    |
| Stock Option (Right to Buy)                | \$ 2.29  | 10/31/2008                           |  | M                              |   | 1,563  |     | 05/06/2004 05/05/2013<br>Common Stock                         | 1,563                         |
| Stock Option (Right to Buy)                | \$ 2.29  | 10/31/2008                           |  | M                              |   | 1,563  |     | 05/06/2005 05/05/2013<br>Common Stock                         | 1,563                         |
| Stock Option (Right to Buy)                | \$ 2.29  | 10/31/2008                           |  | M                              |   | 1,562  |     | 05/06/2006 05/05/2013<br>Common Stock                         | 1,562                         |
| Stock Option (Right to Buy)                | \$ 2.29  | 10/31/2008                           |  | M                              |   | 1,562  |     | 05/06/2007 05/05/2013<br>Common Stock                         | 1,562                         |
| Stock Option (Right to Buy)                | \$ 7.44  | 10/31/2008                           |  | M                              |   | 8,333  |     | 10/11/2001 10/10/2011<br>Common Stock                         | 8,333                         |
| Stock Option (Right to Buy)                | \$ 7.44  | 10/31/2008                           |  | M                              |   | 8,333  |     | 10/11/2002 10/10/2011<br>Common Stock                         | 8,333                         |
| Stock Option                               | \$ 7.44  | 10/31/2008                           |  | M                              |   | 8,334  |     | 10/11/2003 10/10/2011<br>Common Stock                         | 8,334                         |

(Right to Buy)

## Reporting Owners

| Reporting Owner Name / Address  | Relationships |           |                           |       |
|---|---------------|-----------|---------------------------|-------|
|   | Director      | 10% Owner | Officer                   | Other |
| COUCH DAVID DES<br>C/O 850 - 76TH STREET SW<br>GRAND RAPIDS, MI 49518 |               |           | VP Information Technology |       |

## Signatures

/s/ Daniel C. Persinger, By Power of Attorney 11/03/2008

\_\_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) Represents the aggregate number of shares sold at a weighted average price of \$25.44. The actual prices ranged from \$25.00 to \$25.90. Details regarding aggregated transactions will be made available upon request.
- (2) Represents the aggregate number of shares sold at a weighted average price of \$27.13. The actual prices ranged from \$26.97 to \$27.19. Details regarding aggregated transactions will be made available upon request.

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.