

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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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.

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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)	\$ 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.

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