

STAPLES DAVID M

Form 4

February 09, 2006

FORM 4
UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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

OMB APPROVAL

OMB
Number: 3235-0287
Expires: January 31,
2005
Estimated average
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(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)
02/07/2006

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)

Exec. Vice President & CFO

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ 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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price		
Common Stock	02/07/2006		M		9,680	A	\$ 7.44	80,458	D
Common Stock	02/07/2006		M		26,250	A	\$ 8.07	106,708	D
Common Stock	02/07/2006		M		1,562	A	\$ 3.25	108,270	D
Common Stock	02/07/2006		S		2,208	D	\$ 11.55	106,062	D
Common Stock	02/08/2006		S		17,662	D	\$ 11.36	88,400	D

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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. 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)	Date Exercisable	Expiration Date	Title	
Stock Option (Right to Buy)	\$ 7.44	02/07/2006		M	9,680	10/11/2001	10/10/2010	Common Stock	16,666
Stock Option (Right to Buy)	\$ 7.44					10/11/2002	10/10/2010	Common Stock	16,666
Stock Option (Right to Buy)	\$ 7.44					10/11/2003	10/10/2010	Common Stock	16,666
Stock Option (Right to Buy)	\$ 8.07	02/07/2006		M	8,750	05/08/2003	05/07/2012	Common Stock	8,750
Stock Option (Right to Buy)	\$ 8.07	02/07/2006		M	8,750	05/08/2004	05/07/2012	Common Stock	8,750
Stock Option (Right to Buy)	\$ 8.07	02/07/2006		M	8,750	05/08/2005	05/07/2012	Common Stock	8,750
Stock Option (Right to	\$ 8.07					05/08/2006	05/07/2012	Common Stock	8,750

Buy)

Stock

Option
(Right to
Buy)

\$ 3.25

02/07/2006

M

1,562

05/12/2005

05/11/2014

Common
Stock

1,562

Stock

Option
(Right to
Buy)

\$ 3.25

05/12/2006

05/11/2014

Common
Stock

1,562

Stock

Option
(Right to
Buy)

\$ 3.25

05/12/2007

05/11/2014

Common
Stock

1,563

Stock

Option
(Right to
Buy)

\$ 3.25

05/12/2008

05/11/2014

Common
Stock

1,563

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			Exec. Vice President & CFO	

Signatures

/s/ Gordon R. Lewis, by attorney
in fact

02/09/2006

**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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