

SPARTAN STORES INC

Form 4

October 20, 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

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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)

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
X Officer (give title below) ____ Other (specify below)

Executive 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)
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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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
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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