

SPARTAN STORES INC
Form 4
August 02, 2006

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 *
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)
07/31/2006

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 V.P. & 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	(A) or (D)	Price
Common Stock	07/31/2006		M		10,320	A	\$ 7.44
Common Stock	07/31/2006		M		8,750	A	\$ 8.07
Common Stock	07/31/2006		M		12,500	A	\$ 2.29
Common Stock	07/31/2006		M		1,563	A	\$ 3.25
Common Stock	07/31/2006		F		17,356	D	\$ 14.32
							82,715
							91,465
							103,965
							105,528
							88,172

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Common Stock	08/01/2006	S	800	D	\$ 14.77	87,372	D
Common Stock	08/01/2006	S	200	D	\$ 14.78	87,172	D
Common Stock	08/01/2006	S	1,000	D	\$ 14.79	86,172	D
Common Stock	08/01/2006	S	300	D	\$ 14.8	85,872	D
Common Stock	08/01/2006	S	100	D	\$ 14.81	85,772	D
Common Stock	08/01/2006	S	1,243	D	\$ 14.82	84,529	D
Common Stock	08/01/2006	S	1,492	D	\$ 14.83	83,037	D
Common Stock	08/01/2006	S	300	D	\$ 14.84	82,737	D
Common Stock	08/01/2006	S	300	D	\$ 14.85	82,437	D
Common Stock	08/01/2006	S	400	D	\$ 14.86	82,037	D
Common Stock	08/01/2006	S	900	D	\$ 14.87	81,137	D
Common Stock	08/01/2006	S	700	D	\$ 14.88	80,437	D
Common Stock	08/01/2006	S	100	D	\$ 14.89	80,337	D
Common Stock	08/01/2006	S	1,434	D	\$ 14.91	78,903	D
Common Stock	08/01/2006	S	2,310	D	\$ 14.93	76,593	D
Common Stock	08/01/2006	S	500	D	\$ 14.94	76,093	D
Common Stock	08/01/2006	S	1,238	D	\$ 14.97	74,855	D
Common Stock	08/01/2006	S	100	D	\$ 14.98	74,755	D
Common Stock	08/01/2006	S	200	D	\$ 14.99	74,555	D
Common Stock	08/01/2006	S	1,060	D	\$ 15	73,495	D
	08/01/2006	S	600	D		72,895	D

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Common Stock					\$			
					15.01			
Common Stock	08/01/2006		S	400	D	\$	72,495	D
					15.02			
Common Stock	08/01/2006		S	100	D	\$	72,395	D
					15.03			

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

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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)	
					V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 7.44	07/31/2006		M		6,986	10/11/2001	10/10/2010	Common Stock	6,986
Stock Option (Right to Buy)	\$ 7.44	07/31/2006		M		3,334	10/11/2002	10/10/2010	Common Stock	16,667
Stock Option (Right to Buy)	\$ 7.44						10/11/2003	10/10/2010	Common Stock	16,667
Stock Option (Right to Buy)	\$ 8.07	07/31/2006		M		8,750	05/08/2006	05/07/2012	Common Stock	8,750
Stock Option (Right to Buy)	\$ 2.29	07/31/2006		M		12,500	05/07/2006	05/06/2013	Common Stock	12,500

