

SPARTAN STORES INC
Form 4
August 04, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
EIDSON DENNIS

(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)
08/02/2006

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)
Exec. VP Merchandising & Mktg.

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 Ownership (Instr. 4)
			Code	V	Amount (A) or Price (D)		
Common Stock	08/02/2006		M		5,000 A \$ 2.435	74,734	D
Common Stock	08/02/2006		M		1,563 A \$ 3.25	76,297	D
Common Stock	08/02/2006		F		2,792 D \$ 14.98	73,505	D
Common Stock	08/03/2006		S		2,871 D \$ 15.8	70,634	D
Common Stock	08/03/2006		S		300 D \$ 15.81	70,334	D

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Common Stock	08/03/2006		S	100	D	\$ 15.82	70,234	D	
Common Stock	08/03/2006		S	100	D	\$ 15.85	70,134	D	
Common Stock	08/03/2006		S	400	D	\$ 15.92	69,734	D	
Common Stock							1,576.817	I	By 401(k) Plan

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)	\$ 2.435	08/02/2006		M	5,000	03/17/2006 03/16/2013	Common Stock	5,000
Stock Option (Right to Buy)	\$ 2.435					03/17/2007 03/16/2013	Common Stock	5,000
Stock Option (Right to Buy)	\$ 3.25	08/02/2006		M	1,563	05/12/2006 05/11/2014	Common Stock	1,563
Stock Option (Right to Buy)	\$ 3.25					05/12/2007 05/11/2014	Common Stock	1,562

Stock Option (Right to Buy)	\$ 3.25	05/12/2008	05/11/2014	Common Stock	1,563
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
EIDSON DENNIS C/O 850-76TH STREET SW GRAND RAPIDS, MI 49518			Exec. VP Merchandising & Mktg.	

Signatures

/s/ Alex J. DeYonker, by Power of Attorney	08/04/2006
<small>**Signature of Reporting Person</small>	<small>Date</small>

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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