

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 *
ADORNATO THEODORE

(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)
Exec. V.P. Retail Operations

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 (D) Price | | |
| Common Stock | 07/31/2006 | | M | | 3,750 A \$ 5.65 | 53,336 | D |
| Common Stock | 07/31/2006 | | M | | 1,094 A \$ 3.25 | 54,430 | D |
| Common Stock | 07/31/2006 | | F | | 2,672 D \$ 14.32 | 51,758 | D |
| Common Stock | 08/01/2006 | | S | | 100 D \$ 15.04 | 51,658 | D |
| Common Stock | 08/01/2006 | | S | | 100 D \$ 15.02 | 51,558 | D |

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| | | | | | | | |
|--------------|------------|---|-----|---|----------|--------|---|
| Common Stock | 08/01/2006 | S | 100 | D | \$ 15.01 | 51,458 | D |
| Common Stock | 08/01/2006 | S | 901 | D | \$ 15 | 50,557 | D |
| Common Stock | 08/01/2006 | S | 971 | D | \$ 14.97 | 49,586 | D |

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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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 (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) | \$ 5.65 | 07/31/2006 | | M | 3,750 | 12/08/2005 12/07/2013 | Common Stock | 3,750 |
| Stock Option (Right to Buy) | \$ 5.65 | | | | | 12/08/2006 12/07/2013 | Common Stock | 3,750 |
| Stock Option (Right to Buy) | \$ 5.65 | | | | | 12/08/2007 12/07/2013 | Common Stock | 3,750 |
| Stock Option (Right to Buy) | \$ 3.25 | 07/31/2006 | | M | 1,094 | 05/12/2006 05/11/2014 | Common Stock | 1,094 |
| Stock Option (Right to Buy) | \$ 3.25 | | | | | 05/12/2007 05/11/2014 | Common Stock | 1,094 |

Buy)

Stock

Option \$ 3.25
(Right to Buy)

05/12/2008 05/11/2014 Common Stock 1,094

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|------------------------------|-------|
| | Director | 10% Owner | Officer | Other |
| ADORNATO THEODORE C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518 | | | Exec. V.P. Retail Operations | |

Signatures

/s/ Alex J. DeYonker, by Power of Attorney 08/02/2006

**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).

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