

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

OMB
Number: 3235-0287
Expires: January 31,
2005
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(Print or Type Responses)

1. Name and Address of Reporting Person *
VAN HALL THOMAS A

(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)

Vice President of Finance

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D) Price			
Common Stock	10/18/2006		M		8,000	A \$ 10.25	55,501	D	
Common Stock	10/18/2006		M		8,572	A \$ 16.57	64,073	D	
Common Stock	10/18/2006		F		5,226	D \$ 20.41	58,847	D	
Common Stock	10/18/2006		S		8,572	D \$ 19.31	50,275	D	
Common Stock	10/19/2006		S		2,774	D \$ 19.49	47,501	D	

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Common Stock	13,000	I	By Wife's Trust
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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
Stock Option (Right to Buy)	\$ 10.25	10/18/2006		M	4,107	05/09/2002 05/08/2011	Common Stock	4,107
Stock Option (Right to Buy)	\$ 10.25	10/18/2006		M	3,893	05/09/2003 05/08/2011	Common Stock	4,107
Stock Option (Right to Buy)	\$ 10.25					05/09/2004 05/08/2011	Common Stock	4,107
Stock Option (Right to Buy)	\$ 10.25					05/09/2005 05/08/2011	Common Stock	4,107
Stock Option (Right to Buy)	\$ 16.57	10/18/2006		M	2,143	07/11/2002 07/10/2011	Common Stock	2,143
Stock Option (Right to	\$ 16.57	10/18/2006		M	2,143	07/11/2003 07/10/2011	Common Stock	2,143

Buy)

Stock

Option (Right to Buy)	\$ 16.57	10/18/2006	M	2,143	07/11/2004	07/10/2011	Common Stock	2,143
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Stock

Option (Right to Buy)	\$ 16.57	10/18/2006	M	2,143	07/11/2005	07/10/2011	Common Stock	2,143
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VAN HALL THOMAS A C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			Vice President of Finance	

Signatures

/s/ Gordon R. Lewis, by Power of Attorney	10/20/2006
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__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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