

STAPLES DAVID M
Form 4
February 09, 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)
02/07/2006

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. Vice President & 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 Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	02/07/2006		M		9,680 A \$ 7.44	80,458	D
Common Stock	02/07/2006		M		26,250 A \$ 8.07	106,708	D
Common Stock	02/07/2006		M		1,562 A \$ 3.25	108,270	D
Common Stock	02/07/2006		S		2,208 D \$ 11.55	106,062	D
Common Stock	02/08/2006		S		17,662 D \$ 11.36	88,400	D

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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)	8. Amount or Number of Shares
Stock Option (Right to Buy)	\$ 7.44	02/07/2006		M	9,680	10/11/2001 10/10/2010	Common Stock	16,666
Stock Option (Right to Buy)	\$ 7.44					10/11/2002 10/10/2010	Common Stock	16,666
Stock Option (Right to Buy)	\$ 7.44					10/11/2003 10/10/2010	Common Stock	16,666
Stock Option (Right to Buy)	\$ 8.07	02/07/2006		M	8,750	05/08/2003 05/07/2012	Common Stock	8,750
Stock Option (Right to Buy)	\$ 8.07	02/07/2006		M	8,750	05/08/2004 05/07/2012	Common Stock	8,750
Stock Option (Right to Buy)	\$ 8.07	02/07/2006		M	8,750	05/08/2005 05/07/2012	Common Stock	8,750
Stock Option (Right to Buy)	\$ 8.07					05/08/2006 05/07/2012	Common Stock	8,750

