

SPARTAN STORES INC
 Form 4
 November 03, 2008

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 *
 COUCH DAVID DES

(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)
 10/30/2008

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)

VP Information Technology

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)	(A) or (D)	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)
Common Stock ⁽¹⁾	10/30/2008		S	32,123	D	\$ 25.44 44,471.83	D	
Common Stock	10/31/2008		M	6,250	A	\$ 2.29 50,721.83	D	
Common Stock ⁽²⁾	10/31/2008		S	6,250	D	\$ 27.13 44,471.83	D	
Common Stock	10/31/2008		M	25,000	A	\$ 7.44 69,471.83	D	
Common Stock						4,000	I	By 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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(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
				Code	V	(A)	(D)	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 2.29	10/31/2008		M		1,563		05/06/2004 05/05/2013 Common Stock	1,563
Stock Option (Right to Buy)	\$ 2.29	10/31/2008		M		1,563		05/06/2005 05/05/2013 Common Stock	1,563
Stock Option (Right to Buy)	\$ 2.29	10/31/2008		M		1,562		05/06/2006 05/05/2013 Common Stock	1,562
Stock Option (Right to Buy)	\$ 2.29	10/31/2008		M		1,562		05/06/2007 05/05/2013 Common Stock	1,562
Stock Option (Right to Buy)	\$ 7.44	10/31/2008		M		8,333		10/11/2001 10/10/2011 Common Stock	8,333
Stock Option (Right to Buy)	\$ 7.44	10/31/2008		M		8,333		10/11/2002 10/10/2011 Common Stock	8,333
Stock Option	\$ 7.44	10/31/2008		M		8,334		10/11/2003 10/10/2011 Common Stock	8,334

(Right to Buy)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
COUCH DAVID DES C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			VP Information Technology	

Signatures

/s/ Daniel C. Persinger, By Power of Attorney 11/03/2008

__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).
- (1) Represents the aggregate number of shares sold at a weighted average price of \$25.44. The actual prices ranged from \$25.00 to \$25.90. Details regarding aggregated transactions will be made available upon request.
- (2) Represents the aggregate number of shares sold at a weighted average price of \$27.13. The actual prices ranged from \$26.97 to \$27.19. Details regarding aggregated transactions will be made available upon request.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.