

SPARTAN STORES INC

Form 4

August 02, 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
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(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
X Officer (give title below) ____ Other (specify
below)

Exec. V.P. Retail Operations

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	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.

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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)	\$ 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	\$ 3.25					05/12/2007 05/11/2014	Common Stock	1,094

Buy)

Stock

Option
(Right to Buy) \$ 3.25

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).

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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