

SPARTAN STORES INC

Form 4

November 03, 2008

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 *
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
__X__ Officer (give title below) ____ Other (specify below)

VP Information Technology

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 Indirect Beneficial 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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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.	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	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.