

SPARTAN STORES INC
Form 4
November 07, 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 *
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)
11/05/2008

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)
Vice President Finance

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 (A) or (D) Price			
Common Stock	11/05/2008		M	8,428 A \$ 10.25	51,631	D	
Common Stock	11/05/2008		M	6,250 A \$ 2.29	57,881	D	
Common Stock	11/05/2008		M	1,563 A \$ 3.25	59,444	D	
Common Stock	11/05/2008		M	2,250 A \$ 11.5	61,694	D	
Common Stock	11/05/2008		M	3,000 A \$ 13.7	64,694	D	

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Common Stock ⁽¹⁾	11/05/2008	S	21,258	D	\$ 25.75	43,436	D	
Common Stock						9,000	I	By spouse's trust

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 (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	11/05/2008		M	214	05/09/2003 05/09/2011	Common Stock	214
Stock Option (Right to Buy)	\$ 10.25	11/05/2008		M	4,107	05/09/2004 05/09/2011	Common Stock	4,107
Stock Option (Right to Buy)	\$ 10.25	11/05/2008		M	4,107	05/09/2005 05/09/2011	Common Stock	4,107
Stock Option (Right to Buy)	\$ 2.29	11/05/2008		M	6,250	05/07/2007 05/07/2013	Common Stock	6,250
Stock Option (Right to Buy)	\$ 3.25	11/05/2008		M	781	05/12/2007 05/11/2014	Common Stock	781

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Stock Option (Right to Buy)	\$ 3.25	11/05/2008	M	782	05/12/2008	05/11/2014	Common Stock	782
Stock Option (Right to Buy)	\$ 11.5	11/05/2008	M	750	05/11/2006	05/11/2015	Common Stock	750
Stock Option (Right to Buy)	\$ 11.5	11/05/2008	M	750	05/11/2007	05/11/2015	Common Stock	750
Stock Option (Right to Buy)	\$ 11.5	11/05/2008	M	750	05/11/2008	05/11/2015	Common Stock	750
Stock Option (Right to Buy)	\$ 13.7	11/05/2008	M	1,500	05/10/2007	05/10/2016	Common Stock	1,500
Stock Option (Right to Buy)	\$ 13.7	11/05/2008	M	1,500	05/10/2008	05/10/2016	Common Stock	1,500

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 Finance	

Signatures

/s/ Daniel C. Persinger, by Power of Attorney
11/07/2008

**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 \$25.75. The actual sales prices ranged from \$25.51 to \$25.99. Details regarding aggregated sales transactions will be provided 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.

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