

STURKEN CRAIG C
Form 4
January 14, 2009

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
STURKEN CRAIG C

2. Issuer Name and Ticker or Trading Symbol
SPARTAN STORES INC
[("SPTN")]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
C/O 850 - 76TH STREET SW
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
01/12/2009

Director 10% Owner
 Officer (give title below) Other (specify below)
Executive Chairman

GRAND RAPIDS, MI 49518

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock <u>(1)</u>	01/12/2009		M		14,062 A \$ 11.5	189,121	D
Common Stock <u>(1) (2)</u>	01/12/2009		S		30,566 D \$ 20.28	158,555	D
Common Stock						3,860.031	I By 401(k) Plan

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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number.

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)	\$ 11.5	01/12/2009		M	4,687	05/11/2006 05/10/2015	Common Stock	4,687
Stock Option (Right to Buy)	\$ 11.5	01/12/2009		M	4,687	05/11/2007 05/10/2015	Common Stock	4,687
Stock Option (Right to Buy)	\$ 11.5	01/12/2009		M	4,688	05/11/2008 05/10/2015	Common Stock	4,688
Stock Option (Right to Buy)	\$ 11.5					05/11/2009 05/10/2015	Common Stock	4,688

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
STURKEN CRAIG C C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518	X		Executive Chairman	

Signatures

/s/ Daniel C. Persinger, by Power of Attorney
01/14/2009

**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) The transactions reported on this Form 4 were executed as part of a prearranged trading plan pursuant to Rule 10b5-1 promulgated under the Securities Exchange Act of 1934.
- (2) Represents the aggregate number of shares sold at a weighted average price of \$20.28. The actual sale prices ranged from \$20.11 to \$20.55. Details regarding aggregated sale 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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