

SPARTAN STORES INC
Form 4
June 19, 2006

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 *
STURKEN CRAIG C

(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)
01/20/2005

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)
Chairman, President and CEO

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 Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership Indirect Beneficial Ownership (Instr. 4)		
				(A) or (D)	Code	V	Amount	(D)	Price

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	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. P. Deriv. Sec
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)						(Instr. 3)	
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock	(1)	01/20/2005	A		76.923		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	02/03/2005	A		65.115		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	02/17/2005	A		58.749		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	03/03/2005	A		52.543		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	03/17/2005	A		52.591		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	03/31/2005	A		54.222		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	04/14/2005	A		55.05		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	04/28/2005	A		52.022		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	05/12/2005	A		49.521		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	05/26/2005	A		46.191		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	06/09/2005	A		44.722		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	06/23/2005	A		41.505		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	07/07/2005	A		38.385		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	07/21/2005	A		52.31		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	08/04/2005	A		48.588		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	08/18/2005	A		52.035		(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	09/01/2005	A		56.594		(1)	(1)	Common Stock	(1)	\$

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Phantom Stock	(1)	09/15/2005	A	59.902	(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	09/29/2005	A	57.525	(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	10/13/2005	A	64.38	(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	10/28/2005	A	60.023	(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	11/11/2005	A	61.899	(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	11/23/2005	A	59.542	(1)	(1)	Common Stock	(1)	\$
Phantom Stock	(1)	12/15/2005	A	56.325	(1)	(1)	Common stock	(1)	\$
Phantom Stock	(1)	12/22/2005	A	52.401	(1)	(1)	Common Stock	(1)	\$

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		Chairman, President and CEO	

Signatures

/s/ Alex A. DeYonker, by Power of Attorney
06/19/2006

__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).

This Form 4 reports the purchase of Spartan Stores phantom stock through bi-weekly salary deductions under the Spartan Stores, Inc.

(1) Supplemental Executive Retirement Plan ("Plan"). Shares of phantom stock are issued on a one-for-one basis and are payable in cash in accordance with the Plan following termination of employment.

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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