SPARTAN STORES INC

Form 4 May 17, 2006

FORM 4

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

OMB Number: 3235-0287

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

Section 16.
Form 4 or
Form 5
obligations

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

Estimated average burden hours per response... 0.5

may continue.

See Instruction

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * VAN HALL THOMAS A			2. Issuer Name and Ticker or Trading Symbol SPARTAN STORES INC [SPTN]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
			(Month/Day/Year)	Director 10% Owner		
C/O 850 - 76TH STREET SW			05/15/2006	X Officer (give title Other (specify below) Vice President of Finance		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting		
GRAND RAPIDS, MI 49518				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. Securion(A) or Di (Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	05/15/2006		M	6,000	A	\$ 8.07	48,184	D	
Common Stock	05/15/2006		M	6,250	A	\$ 2.29	54,434	D	
Common Stock	05/15/2006		M	781	A	\$ 3.25	55,215	D	
Common Stock	05/15/2006		F	7,371	D	\$ 13.295	47,844	D	
Common Stock	05/16/2006		S	5,660	D	\$ 13.787	42,184	D	

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By Wife's Common 13,000 Ι Stock 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. Transactic Code (Instr. 8)	5. Number on f 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)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 8.07	05/15/2006		M		6,000	05/08/2003	05/08/2012	Common Stock	6,000
Stock Option (Right to Buy)	\$ 8.07						05/08/2004	05/08/2012	Common Stock	6,250
Stock Option (Right to Buy)	\$ 8.07						05/08/2005	05/08/2012	Common Stock	6,250
Stock Option (Right to Buy)	\$ 8.07						05/08/2006	05/08/2012	Common Stock	6,250
Stock Option (Right to Buy)	\$ 2.29	05/15/2006		M		6,250	05/07/2006	05/07/2013	Common Stock	6,250
Stock Option (Right to	\$ 2.29						05/07/2007	05/07/2013	Common Stock	6,250

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Buy)								
Stock Option (Right to Buy)	\$ 3.25	05/15/2006	M	781	05/12/2006	05/12/2014	Common Stock	781
Stock Option (Right to Buy)	\$ 3.25				05/12/2007	05/12/2014	Common Stock	781
Stock Option (Right to Buy)	\$ 3.25				05/12/2008	05/12/2014	Common Stock	782

Reporting Owners

Reporting Owner Name / Address	Relationships					
F	Director	10% Owner	Officer	Other		
VAN HALL THOMAS A C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			Vice President of Finance			

Signatures

/s/ Gordon R. Lewis, attorney
in fact

**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. 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.

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