

STURKEN CRAIG C
Form 4
January 22, 2009

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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

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)
01/20/2009

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)	(A) or (D)	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	Price			
Common Stock <u>(1)</u>	01/20/2009		M		26,500	A \$ 13.7	185,055	D	
Common Stock <u>(1) (2)</u>	01/20/2009		S		30,460	D \$ 20.28	154,595	D	
Common Stock <u>(1) (3)</u>	01/20/2009		S		2,207	D \$ 21.05	152,388	D	
Common Stock <u>(1) (4)</u>	01/21/2009		S		6,738	D \$ 20.23	145,650	D	
Common Stock							3,860.031	I	By 401(k) Plan

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 13.7	01/20/2009		M	13,250	05/10/2007	05/09/2016	Common Stock	13,250
Stock Option (Right to Buy)	\$ 13.7	01/20/2009		M	13,250	05/10/2008	05/09/2016	Common Stock	13,250
Stock Option (Right to Buy)	\$ 13.7					05/10/2009	05/09/2016	Common Stock	13,250
Stock Option (Right to Buy)	\$ 13.7					05/10/2010	05/09/2016	Common Stock	13,250

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

01/22/2009

__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 \$20.00 to \$20.99. Details regarding aggregated sale transactions will be provided upon request.
- (3) Represents the aggregate number of shares sold at a weighted average price of \$21.05. The actual sale prices ranged from \$21.00 to \$21.21. Details regarding aggregated sale transactions will be provided upon request.
- (4) Represents the aggregate number of shares sold at a weighted average price of \$20.22. The actual sale prices ranged from \$20.00 to \$20.51. 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. 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.