

INGLES MARKETS INC
Form 4
September 10, 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 *
Freeman Ronald B

(Last) (First) (Middle)

2913 US HIGHWAY 70 WEST

(Street)

BLACK MOUNTAIN, NC 28711

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
INGLES MARKETS INC [IMKTA]

3. Date of Earliest Transaction
(Month/Day/Year)
09/08/2008

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)
Chief Financial Officer / Profit Sharing Plan Trustee

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 or Price				
Class A Common Stock	09/08/2008		J ⁽¹⁾		191	D	\$ 25.37 976,773	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008		J ⁽¹⁾		200	D	\$ 25.395 976,573	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008		J ⁽¹⁾		2,000	D	\$ 25.4075 974,573	I	Employee Benefit Plan

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Class A Common Stock	09/08/2008	J ⁽¹⁾	300	D	\$ 25.4333	974,273	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008	J ⁽¹⁾	906	D	\$ 25.4513	973,367	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008	J ⁽¹⁾	700	D	\$ 25.4643	972,667	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008	J ⁽¹⁾	1,000	D	\$ 25.469	971,667	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008	J ⁽¹⁾	808	D	\$ 25.4797	970,859	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008	J ⁽¹⁾	1,000	D	\$ 25.497	969,859	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/08/2008	J ⁽¹⁾	1,094	D	\$ 25.558	968,765	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock ⁽²⁾	09/08/2008	J ⁽¹⁾	1,000	D	\$ 25.572	967,765	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene
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