#### **INGLES MARKETS INC**

Form 4 April 06, 2007

## FORM 4

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

OMB Number: 3235-0287 January 31,

**OMB APPROVAL** 

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: 2005
Estimated average burden hours per

0.5

response...

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

Form 4 or Form 5 obligations may continue. See Instruction

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

2. Issuer Name and Ticker or Trading

INGLES MARKETS INC [IMKTA]

Symbol

1(b).

(Print or Type Responses)

Freeman Ronald B

1. Name and Address of Reporting Person \*

(14)	(F:4)	(A.C. J.JL.)	2.5.	CE 1: . TE	,.			(Che	ck an applicabl	.e)		
(Last)	(First)	(Middle)		f Earliest T	ransaction							
2913 US HIGHWAY 70 WEST			(Month/Day/Year) 04/04/2007					X Director 10% Owner X Officer (give titleX Other (specify below) below)  Chief Financial Officer / Profit Sharing Plan Trustee				
	(Street)		4. If Ame	4. If Amendment, Date Original					6. Individual or Joint/Group Filing(Check			
BLACK MOUNTAIN, NC 28711			Filed(Month/Day/Year)					Applicable Line) _X_ 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 Dat (Month/Day/Year)	Execution any	ned	3. Transactic Code (Instr. 8)	4. Securi or(A) or Do (Instr. 3,	ties A ispose	cquired ed of (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		
Class A Common Stock	04/04/2007			J <u>(1)</u>	302	D	\$ 41.21	39,198	I	Employee Benefit Plan Trustee (1)		
Class A Common Stock	04/04/2007			J <u>(1)</u>	987	D	\$ 41.31	38,211	I	Employee Benefit Plan Trustee (1)		
Class A Common Stock	04/04/2007			<u>J(1)</u>	430	D	\$ 41.35	37,781	I	Employee Benefit Plan		

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								Trustee (1)
Class A Common Stock	04/04/2007	<u>J(1)</u>	1,000	D	\$ 41.38	36,781	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/04/2007	<u>J(1)</u>	1,500	D	\$ 41.45	35,281	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/04/2007	<u>J(1)</u>	2,190	D	\$ 41.46	33,091	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/04/2007	<u>J(1)</u>	491	D	\$ 41.47	32,600	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/04/2007	<u>J(1)</u>	1,100	D	\$ 41.62	31,500	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/04/2007	<u>J(1)</u>	1,700	D	\$ 41.76	29,800	I	Employee Benefit Plan Trustee (1)
Class A Common Stock (2)	04/04/2007	<u>J(1)</u>	1,500	D	\$ 41.8	28,300	I	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.

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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exercisable and	7. Title and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionNumber		Expiration Date	Amount of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/Year)	Underlying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8) Derivative		e	Securities	(Instr. 5)	Bene
	Derivative				Securities	· · · · · · · · · · · · · · · · · · ·	(Instr. 3 and 4)		Owne
	Security				Acquired				Follo
					(A) or				Repo
					Disposed				Trans
					of (D)				(Instr

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(Instr. 3, 4, and 5)

Date Expiration or Number of Shares

Code V (A) (D)

Expiration Title Of Shares

Trustee

## **Reporting Owners**

**BLACK MOUNTAIN, NC 28711** 

Reporting Owner Name / Address

Director 10% Owner Officer Other

Freeman Ronald B
2913 US HIGHWAY 70 WEST X Chief Financial Officer

Profit Sharing Plan

**Signatures** 

Reporting Person

/s/ Ronald B.
Freeman

\*\*Signature of 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).

Sharing Plan (the "Plan") for making distributions to Plan participants. The number of shares reported as sold and as beneficially owned reflect the total number of shares sold or owned by the Plan for the benefit of all Plan participants. The reporting person is a trustee of the Plan. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his or her pecuniary interest therein, if any, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose except to the extent of his or her pecuniary interest therein.

The reported transactions constitute sales of Class A Common Stock to meet the liquidity needs of the Ingles Markets Investment/Profit

(2) Mr. Freeman directly held 1,594 shares of Class A Common Stock on April 4, 2007.

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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