

INGLES MARKETS INC
Form 4
December 26, 2007

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
INGLES MARKETS INC
INVESTMENT/PROFIT SHARING
PLAN TRUST

(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)
12/21/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___X___ 10% Owner
___ Officer (give title below) ___ Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
X 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 Ownership (Instr. 4)
				Code	V Amount (D) Price			
Class A Common Stock	12/21/2007		S	300	D \$ 25.69	1,123,500	D	
Class A Common Stock	12/21/2007		S	1,000	D \$ 25.66	1,122,500	D	
Class A Common Stock	12/21/2007		S	1,500	D \$ 25.65	1,121,000	D	
Class A Common	12/21/2007		S	819	D \$ 25.64	1,120,181	D	

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Stock							
Class A Common Stock	12/21/2007	S	900	D	\$ 25.63	1,119,281	D
Class A Common Stock	12/21/2007	S	700	D	\$ 25.62	1,118,581	D
Class A Common Stock	12/21/2007	S	875	D	\$ 25.6	1,117,706	D
Class A Common Stock	12/21/2007	S	200	D	\$ 25.59	1,117,506	D
Class A Common Stock	12/21/2007	S	100	D	\$ 25.57	1,117,406	D
Class A Common Stock	12/21/2007	S	600	D	\$ 25.56	1,116,806	D
Class A Common Stock	12/21/2007	S	1,106	D	\$ 25.55	1,115,700	D
Class A Common Stock	12/21/2007	S	300	D	\$ 25.52	1,115,400	D
Class A Common Stock	12/21/2007	S	100	D	\$ 25.51	1,115,300	D
Class A Common Stock	12/21/2007	S	400	D	\$ 25.5	1,114,900	D
Class A Common Stock	12/21/2007	S	900	D	\$ 25.49	1,114,000	D
Class A Common Stock	12/21/2007	S	1,600	D	\$ 25.48	1,112,400	D
Class A Common Stock	12/21/2007	S	400	D	\$ 25.46	1,112,000	D

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**

SEC 1474
(9-02)

