

INGLES MARKETS INC

Form 4

September 28, 2006

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
LANNING JAMES W

(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)

09/27/2006

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)

President / 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	(A) or (D)	Price			
Class A Common Stock	09/27/2006		J ⁽¹⁾		600	D	\$ 26.6404	33,093	I	By Employee Benefit Plan Trust ⁽¹⁾
Class A Common Stock	09/27/2006		J ⁽¹⁾		400	D	\$ 26.7	32,693	I	By Employee Benefit Plan Trust ⁽¹⁾
Class A Common	09/27/2006		J ⁽¹⁾		800	D	\$ 26.7325	31,893	I	By Employee

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Stock								Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	500	D	\$ 26.784	31,393	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	200	D	\$ 26.67	31,193	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	1,000	D	\$ 26.5208	30,193	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	800	D	\$ 26.4012	29,393	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	400	D	\$ 26.3225	28,993	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	100	D	\$ 26.34	28,893	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	200	D	\$ 26.025	28,693	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	360	D	\$ 26.0339	28,333	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/27/2006	<u>J(1)</u>	140	D	\$ 26.0885	28,193	I	By Employee Benefit

Class A Common Stock	09/27/2006	J ⁽¹⁾	303	D	\$ 26.0266	27,890	I	Plan Trust (1) By Employee Benefit Plan Trust (1)
Class A Common Stock	09/27/2006	J ⁽¹⁾	800	D	\$ 26.04	27,090	I	By Employee Benefit Plan Trust (1)
Class A Common Stock						6,250	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 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 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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Report Transaction (Instr. 6)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
LANNING JAMES W 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 28711	X President Profit Sharing Plan Trustee

Signatures

James W.
Lanning

09/28/2006

__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 reported transactions constitute a sale of Class A Common Stock to meet the liquidity needs of the Ingles Markets Investment/Profit 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.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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