Form 4	ARKETS INC										
May 29, 20									OMB A	PPROVAL	
FORM	4 UNITED	STATES						OMMISSION	OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or				Washington, D.C. 20549 CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						January 31, 2005 average urs per . 0.5	
Form 5 obligation may con <i>See</i> Inst 1(b).	ons ntinue. Section 17(a) of the l	Public U	Jtility Ho	olding Co	mpa	•	Act of 1934, 1935 or Section)			
(Print or Type	Responses)										
	Address of Reporting JAMES W	Person [*]	Symbol	er Name a l			8	5. Relationship of I Issuer	Reporting Per	rson(s) to	
(Last)				ES MARKETS INC [IMKTA] of Earliest Transaction				(Check all applicable)			
				Ionth/Day/Year) 5/27/2008				X Director 10% Owner X Officer (give titleX Other (specify below) below) President / Profit Sharing Plan Trustee			
	(Street)	0711		endment, l onth/Day/Ye	-	nal		6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Po	erson	
	IOUNTAIN, NC 2							Person			
(City)	(State)	(Zip)					_	iired, Disposed of,		-	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any (Month/Da	Date, if	3. Transacti Code (Instr. 8)	4. Securi oror Dispo (Instr. 3,	sed of		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	(D)	Price	(Instr. 5 and 4)		Employee	
Class A Common Stock	05/27/2008			J <u>(1)</u>	600	D	\$ 24.7433	1,002,000	Ι	Benefit Plan Trustee (1)	
Class A Common Stock	05/27/2008			J <u>(1)</u>	1,157	D	\$ 24.6373	1,000,843	I	Employee Benefit Plan Trustee (1)	
Class A Common Stock	05/27/2008			J <u>(1)</u>	578	D	\$ 24.6262	1,000,265	I	Employee Benefit Plan Trustee ⁽¹⁾	

Class A Common Stock	05/27/2008	J <u>(1)</u>	265	D	\$ 24.6738	1,000,000	Ι	Employee Benefit Plan Trustee (1)
Class A Common Stock	05/27/2008	J <u>(1)</u>	800	D	\$ 24.925	999,200	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,200	D	\$ 24.9492	998,000	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,500	D	\$ 24.932	996,500	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,500	D	\$ 24.9226	995,000	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,000	D	\$ 24.99	994,000	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,000	D	\$ 24.99	993,000	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,000	D	\$ 24.991	992,000	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	1,000	D	\$ 25.027	991,000	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	05/27/2008	J <u>(1)</u>	700	D	\$ 25.1029	990,300	Ι	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock (2)	05/27/2008	J <u>(1)</u>	300	D	\$ 24.95	990,000	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.

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 Exerc	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e		Securi	ities	(Instr. 5)	Bene
	Derivative				Securities	5		(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
	•				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									. .		
									Amount		
						Date	Expiration	TC • 1	or		
						Exercisable	Date	Title	Number		
				<u> </u>					of		
				Code V	(A) (D)				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	Х		President	Profit Sharing Plan Trustee			

Signatures

/s/ James W.	
Lanning	05/29/2008
<u>**</u> 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).

The reported transactions constitute sales 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

- (1) 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.
- (2) Mr. Lanning directly held 8,250 shares of Class A Common Stock on May 27, 2008.

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.