WILD OATS MARKETS INC

Form 4

August 30, 2007

FORM 4

if no longer

subject to

Section 16.

Form 4 or

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

SHIELDS JOHN A

2. Issuer Name and Ticker or Trading

Symbol

WILD OATS MARKETS INC

[OATS]

(Last) (First) (Middle) 3. Date of Earliest Transaction

> (Month/Day/Year) 08/28/2007

2749 LANDON ROAD

(Street) 4. If Amendment, Date Original

Filed(Month/Day/Year)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

2. Transaction Date 2A. Deemed 1.Title of Security (Month/Day/Year) (Instr. 3)

(City)

SHAKER HEIGHTS, OH 44122

(State)

Execution Date, if (Month/Day/Year)

(Zip)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)

5. Amount of Securities Beneficially Owned Following Reported

Issuer

below)

Person

X Director

Applicable Line)

Officer (give title

6. Ownership Form: Direct (D) or Indirect Beneficial (I) (Instr. 4)

7. Nature of Indirect Ownership (Instr. 4)

10% Owner

Other (specify

OMB APPROVAL

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January 31,

2005

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Number:

Expires:

response...

5. Relationship of Reporting Person(s) to

6. Individual or Joint/Group Filing(Check

X Form filed by One Reporting Person Form filed by More than One Reporting

(Check all applicable)

Estimated average

burden hours per

(A) Transaction(s) or (Instr. 3 and 4) Code V Amount (D) Price

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

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 3. Transaction Date 3A. Deemed Derivative Conversion (Month/Day/Year) Execution Date, if Security or Exercise any

5. Number Transaction of Derivative Expiration Date Code Securities

6. Date Exercisable and (Month/Day/Year)

7. Title and Amount of 8. **Underlying Securities** D (Instr. 3 and 4) Se

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)				
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option for Common Stock	\$ 6.97	08/28/2007		D	9,527	<u>(1)</u>	03/07/2011	Common Stock	9,527
Option for Common Stock	\$ 7.021	08/28/2007		D	2,421	<u>(1)</u>	01/30/2013	Common Stock	2,421
Option for Common Stock	\$ 7.0465	08/28/2007		D	4,021	<u>(1)</u>	01/31/2013	Common Stock	4,021
Option for Common Stock	\$ 7.05	08/28/2007		D	603	<u>(1)</u>	06/01/2011	Common Stock	603
Option for Common Stock	\$ 7.2505	08/28/2007		D	3,908	<u>(1)</u>	02/28/2013	Common Stock	3,908
Option for Common Stock	\$ 7.65	08/28/2007		D	556	<u>(1)</u>	02/27/2012	Common Stock	556
Option for Common Stock	\$ 7.7	08/28/2007		D	368	<u>(1)</u>	05/30/2010	Common Stock	368
Option for Common Stock	\$ 7.72	08/28/2007		D	3,671	<u>(1)</u>	09/30/2012	Common Stock	3,671
Option for Common Stock	\$ 7.86	08/28/2007		D	541	<u>(1)</u>	03/12/2011	Common Stock	541

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Option for Common Stock	\$ 7.871	08/28/2007	D	3,600	<u>(1)</u>	03/31/2013	Common Stock	3,600
Option for Common Stock	\$ 8.19	08/28/2007	D	3,461	<u>(1)</u>	08/09/2010	Common Stock	3,461
Option for Common Stock	\$ 8.24	08/28/2007	D	516	<u>(1)</u>	04/10/2013	Common Stock	516
Option for Common Stock	\$ 8.29	08/28/2007	D	342	<u>(1)</u>	08/10/2010	Common Stock	342
Option for Common Stock	\$ 8.29	08/28/2007	D	342	<u>(1)</u>	08/10/2010	Common Stock	342
Option for Common Stock	\$ 8.29	08/28/2007	D	4,104	<u>(1)</u>	08/01/2011	Common Stock	4,104
Option for Common Stock	\$ 8.53	08/28/2007	D	1,992	<u>(1)</u>	01/30/2012	Common Stock	1,992
Option for Common Stock	\$ 8.53	08/28/2007	D	1,992	<u>(1)</u>	01/30/2012	Common Stock	1,992
Option for Common Stock	\$ 8.61	08/28/2007	D	329	<u>(1)</u>	05/15/2010	Common Stock	329
Option for Common Stock	\$ 8.7	08/28/2007	D	488	<u>(1)</u>	08/08/2011	Common Stock	488
Option for Common Stock	\$ 8.772	08/28/2007	D	3,230	<u>(1)</u>	12/31/2012	Common Stock	3,230
	\$ 8.82	08/28/2007	D	321	<u>(1)</u>	05/11/2010		321

Option for Common Stock							Common Stock	
Option for Common Stock	\$ 8.823	08/28/2007	D	3,211	<u>(1)</u>	10/31/2013	Common Stock	3,211
Option for Common Stock	\$ 8.8655	08/28/2007	D	1,918	<u>(1)</u>	10/29/2013	Common Stock	1,918
Option for Common Stock	\$ 8.87	08/28/2007	D	3,193	<u>(1)</u>	10/24/2010	Common Stock	3,193
Option for Common Stock	\$ 8.925	08/28/2007	D	1,905	<u>(1)</u>	07/31/2013	Common Stock	1,905
Option for Common Stock	\$ 8.925	08/28/2007	D	3,175	<u>(1)</u>	07/31/2013	Common Stock	3,175
Option for Common Stock	\$ 8.93	08/28/2007	D	317	<u>(1)</u>	10/12/2010	Common Stock	317
Option for Common Stock	\$ 8.98	08/28/2007	D	316	<u>(1)</u>	08/29/2010	Common Stock	316
Option for Common Stock	\$ 9.0185	08/28/2007	D	3,142	<u>(1)</u>	05/30/2013	Common Stock	3,142
Option for Common Stock	\$ 9.078	08/28/2007	D	3,121	<u>(1)</u>	11/29/2012	Common Stock	3,121

Reporting Owners

Reporting Owner Name / Address	Kelationships					
	Director	10% Owner	Officer	Othe		

Reporting Owners 4

SHIELDS JOHN A
2749 LANDON ROAD
X
SHAKER HEIGHTS, OH 44122

Signatures

/s/ Tony Engel, as Attorney-in-Fact for John A.
Shields

08/30/2007

**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).

Pursuant to the Merger Agreement, immediately prior to the Purchase Time (as defined in the Merger Agreement), each outstanding option to purchase shares of common stock of Issuer, whether or not then exercisable or vested, was cancelled in exchange for the right to receive an amount in cash in respect thereof equal to the product of (x) the excess, if any, of the Offer Price over the exercise price thereof and (y) the number of shares of common stock of Issuer subject thereto.

Remarks:

This is the second of four Forms filed by the reporting person on the same date.

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.

Signatures 5