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WILD OATS Form 4 August 30, 24	S MARKETS 1 007	INC								
FORM	1									PPROVAL
	UNITE	D STATES		ATTIES A			IGE C	COMMISSION	OMB Number:	3235-0287
Check thi if no long	or								Expires:	January 31,
subject to Section 1 Form 4 or	51A11 6.	EMENT O	F CHAN	GES IN I SECUR		CIAI		NERSHIP OF	Estimated a burden hou	rs per
Form 5		urguant to	Section 1	6(a) of the	e Securiti	es Fr	chang	e Act of 1934,	response	0.5
obligation may conti <i>See</i> Instru 1(b).	inue. Section 1	7(a) of the	Public Ut		ling Com	pany	Act of	1935 or Section	n	
(Print or Type R	Responses)									
1. Name and A SHIELDS J(ddress of Reportin OHN A	ng Person <u>*</u>	Symbol	Name and			2	5. Relationship of Issuer (Chec	Reporting Pers	
(Last) 2749 LAND	(First)	(Middle)	3. Date of (Month/D 08/28/20	-	ansaction			X Director Officer (give below)		Owner er (specify
	(Street)			ndment, Da hth/Day/Year	-			6. Individual or Jo Applicable Line) _X_ Form filed by 0		
SHAKER H	EIGHTS, OH	44122						Form filed by M	fore than One Re	
								Person		
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securit	ies Acq	uired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction E (Month/Day/Ye	ar) Executio any	n Date, if	3. Transactic Code (Instr. 8) Code V	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	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)	Indirect Beneficial
Common Stock	08/28/2007			D	44,157		\$ 18.5	0	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.

 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. 5. Number Transaction Derivative Code Securities (Instr. 8) 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Restricted Stock Units	\$ 0	08/28/2007		D	268	<u>(1)</u>	05/07/2014	Common Stock	268
Restricted Stock Units	\$ 0	08/28/2007		D	4,000	<u>(1)</u>	05/07/2014	Common Stock	4,000
Restricted Stock Units	\$ 0	08/28/2007		D	276	<u>(1)</u>	07/29/2014	Common Stock	276
Restricted Stock Units	\$ 0	08/28/2007		D	552	<u>(1)</u>	11/03/2014	Common Stock	552
Restricted Stock Units	\$ 0	08/28/2007		D	423	(1)	12/15/2014	Common Stock	423
Restricted Stock Units	\$ 0	08/28/2007		D	4,000	<u>(1)</u>	05/04/2015	Common Stock	4,000
Restricted Stock Units	\$ 0	08/28/2007		D	4,000	<u>(1)</u>	05/02/2016	Common Stock	4,000
Restricted Stock Units	\$ 0	08/28/2007		D	189	<u>(1)</u>	07/27/2016	Common Stock	189
Restricted Stock Units	\$ 0	08/28/2007		D	136	<u>(1)</u>	08/04/2016	Common Stock	136
Restricted Stock Units	\$ 0	08/28/2007		D	865	(1)	08/30/2016	Common Stock	865
Restricted Stock Units	\$ 0	08/28/2007		D	51	<u>(1)</u>	09/29/2016	Common Stock	51

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Restricted Stock Units	\$ 0	08/28/2007	D	25	(1)	09/29/2016	Common Stock	25
Restricted Stock Units	\$ 0	08/28/2007	D	197	<u>(1)</u>	10/19/2016	Common Stock	197
Restricted Stock Units	\$ 0	08/28/2007	D	129	<u>(1)</u>	10/25/2016	Common Stock	129
Restricted Stock Units	\$ 0	08/28/2007	D	129	(1)	10/25/2016	Common Stock	129
Restricted Stock Units	\$ 0	08/28/2007	D	193	<u>(1)</u>	10/26/2016	Common Stock	193
Restricted Stock Units	\$ 0	08/28/2007	D	144	(1)	11/06/2016	Common Stock	144
Restricted Stock Units	\$ 0	08/28/2007	D	234	<u>(1)</u>	11/13/2016	Common Stock	234
Restricted Stock Units	\$ 0	08/28/2007	D	243	<u>(1)</u>	12/12/2016	Common Stock	243
Restricted Stock Units	\$ 0	08/28/2007	D	173	<u>(1)</u>	12/29/2016	Common Stock	173
Restricted Stock Units	\$ 0	08/28/2007	D	86	(1)	12/29/2016	Common Stock	86
Restricted Stock Units	\$ 0	08/28/2007	D	238	<u>(1)</u>	01/06/2017	Common Stock	238
Restricted Stock Units	\$ 0	08/28/2007	D	243	(1)	01/11/2017	Common Stock	243
Restricted Stock Units	\$ 0	08/28/2007	D	150	<u>(1)</u>	02/07/2017	Common Stock	150
Restricted Stock Units	\$ 0	08/28/2007	D	225	<u>(1)</u>	02/08/2017	Common Stock	225
Restricted Stock	\$ 0	08/28/2007	D	226	<u>(1)</u>	02/10/2017	Common Stock	226

Units								
Restricted Stock Units	\$ 0	08/28/2007	D	85	(1)	02/16/2017	Common Stock	85
Restricted Stock Units	\$ 0	08/28/2007	D	42	(1)	02/16/2017	Common Stock	42
Option for Common Stock	\$ 6.681	08/28/2007	D	636	(2)	02/25/2013	Common Stock	636
Option for Common Stock	\$ 6.88	08/28/2007	D	104	(2)	02/09/2011	Common Stock	104

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
SHIELDS JOHN A 2749 LANDON ROAD SHAKER HEIGHTS, OH 44122	Х					
Signatures						
/s/ Tony Engel, as Attorney-in-Fa Shields	ct for Joh	n A.	08	3/30/2007		
<u>**</u> Signature of Reporting Per	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 Agreement and Plan of Merger, dated as of February 21, 2007 (the "Merger Agreement"), by and among the Issuer,
 (1) Whole Foods Market, Inc. and WFMI Merger Co., each Restricted Stock Unit was converted automatically into the right to receive the per share offer price of \$18.50, net to the seller in cash (the "Offer Price").

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

(2) option to putchase shares of common stock of issuer, whether of not then exercisable of vested, was cancened 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 first 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.