ZEIDNER RONALD JOE

Form 4 June 22, 2007

FORM 4

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

OMB 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Number: January 31, 2005

OMB APPROVAL

Section 16.
Form 4 or
Form 5
obligations

SECURITIES

Estimated average burden hours per response... 0.5

obligations may continue. *See* Instruction 1(b).

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 * ZEIDNER RONALD JOE			2. Issuer Name and Ticker or Trading Symbol 1 800 CONTACTS INC [CTAC]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/30/2007				(Check all applicable) Director 10% Owner _X_ Officer (give title Other (specify below) below) Gen. Counsel, Chief Legal Ofcr 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person Person cquired, Disposed of, or Beneficially Owned				
(City)	(Street)	(Zip)	4. If Amendment, Date Original Filed(Month/Day/Year) Table L. Non-Derivative Securities Aco								
1.Title of Security (Instr. 3)	any (Month		med 3.	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price			5. Amount of Securities Form: Direct (D) or Owned Indirect (I) (Instr. 4) Reported Transaction(s) (Instr. 3 and 4)				
Common Stock	05/30/2007			A	7,500	A	\$ 0.01	82,549 (1)	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.

SEC 1474

(9-02)

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

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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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D)		ate Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	of ng s	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	or Title Nu of	umber		

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ZEIDNER RONALD JOE

Gen. Counsel, Chief Legal Ofcr

Signatures

Roy Montclair, Attorney in Fact for R. Joe Zeidner

06/22/2007

**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).

Includes direct beneficial ownership of: (1) 20,000 unvested restricted shares of common stock that will vest in four equal yearly installments beginning 11/30/07; (2) 4,000 unvested restricted shares of common stock that will vest in four equal yearly installments beginning 2/25/08; (3) 45,000 unvested restricted shares of common stock that will vest upon achievement by the company of certain operational milestones; (4) 7,549 shares that consist of vested and unvested restricted shares; and (5) 6,000 shares of common stock.

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.

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