MINOR G GILMER III

Form 4

November 07, 2005

FORM 4

Check this box

if no longer

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

3235-0287 Number:

January 31, Expires: 2005

0.5

Estimated average burden hours per

response...

subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

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

1(b).

Common

11/04/2005

(Print or Type Responses)

	Address of Reporting GILMER III	Symbol	ner Name and Ticker or Trading NS & MINOR INC/VA/ [OMI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) 4800 COX	, ,		of Earliest Transaction /Day/Year) 2005	X Director 10% Owner X Officer (give title Other (specify below) below)			
			nendment, Date Original (onth/Day/Year)	Chairman and CEO 6. Individual or Joint/Group Filing(Check Applicable Line) X Form filed by One Reporting Person			
GLEN ALL (City)	LEN, VA 23060 (State)	(Zip) Ta	hle I - Non-Derivative Securities Ac	Form filed by More than One Reporting Person quired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed	3. 4. Securities Acquired (Transactiom Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price	A) 5. Amount of Securities Ownership Indirect Beneficially Form: Beneficial Owned Direct (D) Ownership Following or Indirect (Instr. 4) Reported (I) Transaction(s) (Instr. 4) (Instr. 3 and 4)			
Common	11/03/2005		S 400 D \$ 30.02	5 453,902 D			

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

S

Persons who respond to the collection of **SEC 1474** information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

443,902

D

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

10,000 D

\$ 29.9

Edgar Filing: MINOR G GILMER III - Form 4

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. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	3	ate	7. Title and L Underlying S (Instr. 3 and	Securities	8. Price of Derivative Security (Instr. 5)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options	(1)					<u>(1)</u>	<u>(1)</u>	Common	<u>(1)</u>	

Reporting Owners

Reporting Owner Name / Address	Relationships				
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other	
MINOR G GILMER III 4800 COX ROAD GLEN ALLEN, VA 23060	X		Chairman and CEO		

Signatures

G. Gilmer 11/07/2005 Minor, III **Signature of Date Reporting Person

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) Stock Option grants awarded from 04/28/04 to 4/28/05 with an exercise price of \$24.64 to \$29.58 and an expiration date of 11/01/2007.

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.

Reporting Owners 2