MINOR G GILMER III

Form 4

February 03, 2006

FORM 4

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

OMB Number: 3235-0287

Estimated average

burden hours per

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

OMB APPROVAL

Section 16. Form 4 or Form 5 obligations may continue.

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

response... 0.5

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * MINOR G GILMER III S			suer Name and Ticker or Trading ol	5. Relationship of Reporting Person(s) to Issuer			
		OW	ENS & MINOR INC/VA/ [OM	(Check all applicable)			
(Last)	(First) (M	Middle) 3. Da	e of Earliest Transaction				
			th/Day/Year)	X Director 10% Owner			
4800 COX ROAD			2/2006	X Officer (give title Other (specify below)			
				Chairman of the Board			
(Street)			Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
I			Month/Day/Year)	Applicable Line)			
				X Form filed by One Reporting Person Form filed by More than One Reporting			
GLEN ALLEN, VA 23060				Person			
(City)	(State)	(Zip)	able I - Non-Derivative Securities A	cquired, Disposed of, or Beneficially Owned			
1.Title of	2. Transaction Date	e 2A. Deemed	3. 4. Securities Acquired	5. Amount of 6. Ownership 7. Nature of			
Security	(Month/Day/Year)	Execution Date	* * * * * * * * * * * * * * * * * * * *				
(Instr. 3)		any	Code (Instr. 3, 4 and 5)	Beneficially (D) or Beneficial			
		(Month/Day/Ye	ar) (Instr. 8)	Owned Indirect (I) Ownership Following (Instr. 4) (Instr. 4)			
				Reported (Instr. 4)			
			(A)	Transaction(s)			
			or Code V Amount (D) Price	(Instr. 3 and 4)			
			\$				
Common	02/02/2006		A 1,496 A 30.2	4 412,663 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)

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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Title and A 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	<u>(1)</u>					<u>(1)</u>	<u>(1)</u>	Common	<u>(1)</u>	

Reporting Owners

Reporting Owner Name / Address	Relationships				
Topolonia o mare i mine i i i i i i i i i i i i i i i i i i	Director	10% Owner	Officer	Other	
MINOR G GILMER III					
4800 COX ROAD	X		Chairman of the Board		
GLEN ALLEN, VA 23060					

Signatures

G. Gilmer
Minor, III

**Signature of Reporting Person

O2/03/2006

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).
- (1) Stock Option grants awarded from 04/28/04 to 12/19/05 with an exercise price of \$24.64 to \$29.58 and an expiration date of 11/01/2007 to 12/19/12.

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