MINOR G GILMER III

Form 4

August 16, 2012

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

Number:

3235-0287

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January 31, 2005

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of

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

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

1(b).

Common

Common

Stock

Stock

08/14/2012

08/15/2012

(Print or Type Responses)

See Instruction

| 1. Name and MINOR G | g Person * | 2. Issue Symbol | er Name an | d Ticker or Trading | 5. Relationship of Reporting Person(s) to Issuer | | | | | |
|-------------------------|---------------------|--------------------|-------------------|---------------------|--|---------------------------------------|-----------------|-------------|--|--|
| | | | OWEN | IS & MIN | NOR INC/VA/ [OMI] | (Check all applicable) | | | | |
| (Last) (First) (Middle) | | | 3. Date of | of Earliest 7 | Transaction | | | | | |
| | | | (Month/ | Day/Year) | | _X_ Director | 10% | Owner | | |
| 9120 LOCKWOOD BOULEVARD | | | 08/14/2 | 2012 | | Officer (give title below) Other (spe | | | | |
| | | 4. If Am | endment, D | Date Original | 6. Individual or Joint/Group Filing(Check | | | | | |
| | | | Filed(Mo | onth/Day/Yes | ar) | Applicable Line) _X_ Form filed by O | ne Reporting Pe | rson | | |
| MECHAN | ICSVILLE, VA 2 | 23116 | | | | Form filed by Moreon | ore than One Re | porting | | |
| (City) | (State) | (Zip) | Tab | ole I - Non- | Derivative Securities Acq | uired, Disposed of, | or Beneficial | ly Owned | | |
| 1.Title of | 2. Transaction Date | 2A. Deem | ed | 3. | 4. Securities Acquired (A |) 5. Amount of | 6. | 7. Nature o | | |
| Security | (Month/Day/Year) | Execution | Date, if | Transactio | omr Disposed of (D) | Securities | Ownership | Indirect | | |
| (Instr. 3) | | any | | Code | (Instr. 3, 4 and 5) | Beneficially | Form: | Beneficial | | |
| | | (Month/D | ay/Year) | (Instr. 8) | | Owned | Direct (D) | Ownership | | |
| | | | | | | Following | or Indirect | (Instr. 4) | | |
| | | | | | (A) | Reported | (I) | | | |
| | | | | | Or. | Transaction(s) | (Instr. 4) | | | |

Code V

S

S

or

(D)

D

D

Price

28.1369

28.0565

\$

(1) \$

(2)

Amount

8,100

24,400

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

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.

(Instr. 3 and 4)

101,219

76,819

D

D

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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 | 2. | 3. Transaction Date | 3A. Deemed | 4. | 5. | 6. Date Exerc | cisable and | 7. Title | and | 8. Price of | 9. Nu |
|-------------|-------------|---------------------|--------------------|------------|------------|---------------|-------------|-----------------|--------------|-------------|--------|
| Derivative | Conversion | (Month/Day/Year) | Execution Date, if | Transactio | onNumber | Expiration D | ate | Amoun | t of | Derivative | Deriv |
| Security | or Exercise | | any | Code | of | (Month/Day/ | Year) | Underly | ying | Security | Secui |
| (Instr. 3) | Price of | | (Month/Day/Year) | (Instr. 8) | Derivative | e | | Securit | ies | (Instr. 5) | Bene |
| | Derivative | | | | Securities | | | (Instr. 3 | 3 and 4) | | Own |
| | Security | | | | Acquired | | | | | | Follo |
| | • | | | | (A) or | | | | | | Repo |
| | | | | | Disposed | | | | | | Trans |
| | | | | | of (D) | | | | | | (Instr |
| | | | | | (Instr. 3, | | | | | | |
| | | | | | 4, and 5) | | | | | | |
| | | | | | | | | | A manuat | | |
| | | | | | | | | | Amount | | |
| | | | | | | Date | Expiration | | Or Number | | |
| | | | | | | Exercisable | Date | Title Number of | | | |
| | | | | C + V | (A) (D) | | | | | | |
| | | | | Code V | (A) (D) | | | | Shares | | |

Reporting Owners

Relationships Reporting Owner Name / Address

> 10% Owner Officer Other Director

MINOR G GILMER III 9120 LOCKWOOD BOULEVARD X MECHANICSVILLE, VA 23116

Signatures

G. Gilmer Minor, III by Rosemarie France **POA**

08/16/2012

**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).
- (1) Weighted average of the sale price range of \$28.00 through \$28.2105.
- (2) Weighted average of the sale price range of \$28.00 through \$28.13.

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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