Edgar Filing: COLPO CHARLES C - Form 4

COLPO CH Form 4 May 10, 200										
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1. Name and A COLPO CH	ner Name and Ticker or Trading NS & MINOR INC/VA/ [OMI]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
			of Earliest Transaction /Day/Year) 2005				Director 10% Owner X Officer (give title Other (specify below) below) Senior Vice President			
GLEN ALL	endment, Date Original onth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 					
(City)	(State) (Zip) Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	.Title of Gecurity2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			cquired d of (D) 5)	5. Amount of Securities Form: Direc Beneficially (D) or Owned Indirect (I) Following (Instr. 4) Reported Transaction(s) (Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common	05/09/2005		Code V M	Amount 5,000	(D) A	Price \$ 30.35	24,463	D		
Common	05/09/2005		F	3,260	D	\$ 30.35	21,203	D		
Common	05/10/2005		S	1,200	D	\$ 30	20,003	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.

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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 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. Number prof Derivative Securities 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 8 Underlying Securities 1 (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common	\$ 12.6875	05/09/2005		М	5,000	04/15/2000	04/15/2007	Common	5,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
Reporting o wher runne / runness	Director	10% Owner	Officer	Other			
COLPO CHARLES C							
4800 COX ROAD			Senior Vice President				
GLEN ALLEN, VA 23060							
Signatures							
Charles C.							

Colpo 05/10/2005

<u>**</u>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).

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.