COLPO CHARLES C

Form 4

February 15, 2008

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

0.5

OMB APPROVAL

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

Estimated average burden hours per response...

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

	Address of Reporting HARLES C	Symbol	er Name and Ticker or Trading	Issuer OMI					
(Last)	(First)	Middle) 3. Date of	of Earliest Transaction	(Cite	(Check an approach)				
9120 LOCI	KWOOD BLVD.	(Month/I 02/13/2	Day/Year) 2008	below)	X Officer (give title Other (specify				
	(Street)	4. If Amo	endment, Date Original	6. Individual or J	6. Individual or Joint/Group Filing(Check				
MECHANI	ICSVILLE, VA 2	•	onth/Day/Year)		_X_ Form filed by One Reporting Person Form filed by More than One Reporting				
(City)	(State)	(Zip) Tab	ole I - Non-Derivative Securiti	ies Acquired, Disposed o	f, or Beneficial	ly Owned			
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		3. 4. Securities Acquain Transaction(A) or Disposed of Code (Instr. 3, 4 and 5) (Instr. 8)	of (D) Securities	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			

Security (Instr. 3)	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)	on(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial Ownership (Instr. 4)	
_			Code V	Amount		Price	(Instr. 3 and 4)		
Common Stock	02/13/2008		M	6,500	A	\$ 14.375	37,730	D	
Common Stock	02/13/2008		S	4,600	D	\$ 45.16	33,130	D	
Common Stock	02/13/2008		S	500	D	\$ 45.19	32,630	D	
Common Stock	02/13/2008		S	400	D	\$ 45.2	32,230	D	

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

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SEC 1474 (9-02)

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)	Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,		ve Expir (Mon	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	and 5)		cisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 14.375	02/13/2008		M	6,50	00 02/0	01/2000	02/01/2009	Common Stock	6,500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

COLPO CHARLES C
9120 LOCKWOOD BLVD.
MECHANICSVILLE, VA 23116

SVP,
Operations

Signatures

Charles C. Colpo by Rosemarie France POA 02/15/2008

**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.

Reporting Owners 2