DENTTARTOG GRACE R

Form 4

November 29, 2010

F	O	R	M	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

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

if no longer subject to Section 16. Form 4 or

Check this box

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

(Print or Type Responses)

1(b).

1. Name and Address of Reporting Person * DENTTARTOG GRACE R			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)			NOR INC/VA/ [OMI]	(Check all applicable		e)	
(Last)	(First)	(Middle)			ransaction				
			(Month/L	Day/Year)		Director			
9120 LOCKWOOD BLVD.			11/24/2010			X Officer (below)	(give title Oth below)	er (specify	
						SV	P, General Couns	el	
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)			Applicable Line)			
						X Form filed	by One Reporting Po	erson	
MECHANIO	CSVILLE, VA	23116				Form filed l	by More than One R	eporting	
(City)	(State)	(Zip)	Tabl	le I - Non-	Derivative Securities Acq	uired, Dispose	d of, or Beneficia	lly Owned	
1.Title of	2. Transaction Da	te 2A. Deer	med	3.	4. Securities Acquired	5. Amount of	6. Ownership	7. Nature	
Security	(Month/Day/Year) Execution	n Date, if	Transacti	ion(A) or Disposed of (D)	Securities	Form: Direct		
(Instr. 3)	(anv	,	Code	(Instr. 3, 4 and 5)	Beneficially	(D) or	Beneficia	

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
			Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	11/24/2010		M	9,000 (1)	A	\$ 16.43 (1)	51,884	D	
Common Stock	11/24/2010		S	9,000	D	\$ 29	42,884	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)

Edgar Filing: DENTTARTOG GRACE R - Form 4

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. Transactic Code (Instr. 8)	5. Number proof 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option	\$ 16.43	11/24/2010		M	9,000 (1)	04/28/2005	04/28/2011	Common Stock	9,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

DENTTARTOG GRACE R 9120 LOCKWOOD BLVD. MECHANICSVILLE, VA 23116

SVP, General Counsel

Signatures

Grace R. den Hartog by Rosemarie W. France,

POA 11/29/2010

**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) On 3/31/2010, the common stock of Owens & Minor, Inc. split 3-for-2, resulting in adjustments to the quantity and exercise price of reporting person's stock options.

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