Mears Richard W Form 4 March 28, 2011

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

January 31, Expires: 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

Form 4 or 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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Mears Richard W			suer Name :	and Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer				
		OW		INOR INC/VA/ [OMI]	(Check all applicable)				
(Last)	(First) (M	iddle) 3. Da	e of Earlies	t Transaction					
		(Mon	th/Day/Year	•)		109			
9120 LOCKWOOD BLVD.		03/2	4/2011		X Officer (give title Other (specify below)				
					SVP, Chi	ef Information	Officer		
(Street)			mendment,	Date Original	6. Individual or Joint/Group Filing(Check				
			Month/Day/Y	(ear)	Applicable Line)				
					X Form filed by	1 0			
MECHANICSVILLE, VA 23116					Form filed by More than One Reporting Person				
(City)	(State)	Zip)	able I - No	n-Derivative Securities Ac	quired, Disposed	of, or Beneficia	lly Owned		
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securities	5. Amount of	6. Ownership	7. Nature o		
Security	(Month/Day/Year)	Execution Date	, if Trans	actionAcquired (A) or	Securities	Form: Direct	Indirect		
(Instr. 3)		anv	Code	Disposed of (D)	Beneficially	(D) or	Beneficial		

		Tuble 1 1 (on Bell unit) Securities requires, 2 15 posses of, or Bell vision of the control of t							
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securities	S	5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Year)	Execution Date, if	TransactionAcquired (A) or			Securities	Form: Direct	Indirect	
(Instr. 3)		any	Code Disposed of (D)			Beneficially	(D) or	Beneficial	
		(Month/Day/Year)	(Instr. 8)	(Instr. 3, 4 and 5)		Owned	Indirect (I)	Ownership	
		•	,	(,,		Following	(Instr. 4)	(Instr. 4)	
						Reported			
					(A)	Transaction(s)			
			G 1 17		or	(Instr. 3 and 4)			
			Code V	Amount ((D) Price				
Common	03/24/2011		F	967 ⁽¹⁾ D	\$ 21	37,368	D		
Stock	03/24/2011		1.	907 <u>∨</u> L) \$31	37,300	D		
Common	03/24/2011		F	1,073	\$ 21	36,295	D		
Stock	03/24/2011		1'	<u>(1)</u>) \$31	30,293	D		

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.

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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 Num of	Number		
				C + V	(A) (D)						
				Code V	(A) (D)				Shares		

Reporting Owners

Relationships Reporting Owner Name / Address

> Officer 10% Owner Other Director

Mears Richard W SVP, Chief 9120 LOCKWOOD BLVD. Information MECHANICSVILLE, VA 23116 Officer

Signatures

Richard W. Mears by Rosemarie W. France, 03/28/2011 **POA**

> **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).
- Represents shares surrendered to the Issuer to satisfy tax withholding obligations in connection with vesting of restricted stock granted to Reporting Person.

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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