CROTTY JOHN T

Form 4

November 24, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

3235-0287 Number:

Expires:

January 31, 2005

0.5

Estimated average burden hours per

response...

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * CROTTY JOHN T		Symbol	ner Name and Ticker or Trading NS & MINOR INC/VA/ [O]	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (N	Middle) 3. Date	of Earliest Transaction	(Check all applicable)			
(Last)	(l'list) (lv	, 2.24.0		W D' 1000 O			
0100 1 001	WOOD DI UD	`	/Day/Year)	X Director 10% Owner Officer (give title Other (specify			
9120 LOCKWOOD BLVD.			2010	below) below)			
	(Street)	4. If An	nendment, Date Original	6. Individual or Joint/Group Filing(Check			
		Filed(M	onth/Day/Year)	Applicable Line)			
MECHANICSVILLE, VA 23116				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip) Ta	ble I - Non-Derivative Securities	Acquired, Disposed of, or Beneficially Owned			
1.Title of	2. Transaction Date	2A. Deemed	3. 4. Securities Acqui	red 5. Amount of 6. Ownership 7. Nature of			
Security	(Month/Day/Year)	Execution Date, if	-				
(Instr. 3)		any	Code (Instr. 3, 4 and 5)	Beneficially (D) or Beneficial			
		(Month/Day/Year) (Instr. 8)	Owned Indirect (I) Ownership			
				Following (Instr. 4) (Instr. 4)			
			(A)	Reported			
			or	Transaction(s)			
			Code V Amount (D) P	(Instr. 3 and 4)			
Common Stock	11/22/2010		M 7,500 A \$ 16	.05 63,037 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.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Edgar Filing: CROTTY JOHN T - Form 4

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 on 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 Options	\$ 16.05	11/22/2010		M	7	7,500	04/29/2004	04/29/2014	Common Stock	7,500

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
CROTTY JOHN T 9120 LOCKWOOD BLVD. MECHANICSVILLE, VA 23116	X					

Signatures

John T. Crotty by Rosemarie W. France POA 11/24/2010

Explanation of Responses:

**Signature of Reporting Person

- * 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.

Date

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