SMITH CRAIG R Form 4

April 30, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

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Check this box

Form 5 bligations may continue.

See Instruction Filed Section

04/26/2007

Stock (3)

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 * SMITH CRAIG R			2. Issuer Symbol	2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer			
(Lost)	(First)	M:44la)		& MINO		VA/	[OMI]	(Cho	eck all applicable	e)	
(Last)	(First) (Middle)	3. Date of	Earliest Tra	insaction						
·			`	(Month/Day/Year) 04/26/2007				Director 10% Owner Selection Other (specify below) below) President & CEO			
(Street)			4. If Amer	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
				Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
MECHANIC	SVILLE, VA 2	3110						Person			
(City)	(State)	(Zip)	Table	I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed	of, or Beneficia	lly Owned	
1.Title of	2. Transaction Da	te 2A. De	emed	3.	4. Securi	ties		5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Year) Executi	ion Date, if	Transactio	onAcquired	l (A) o	r	Securities	Form: Direct	Indirect	
(Instr. 3)			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)	
						(A)		Reported			
						or		Transaction(s)			
				Code V	Amount		Price	(Instr. 3 and 4)			
Common Stock (2)	04/26/2007			A	6,250	A	\$0	132,903	D		
Common	04/26/2007			٨	2 765	٨	۰.۵	126 668	D		

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

A

3,765 A

\$0

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SEC 1474

(9-02)

D

136,668

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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. Transactic Code (Instr. 8)	5. Number of Derivative Securities Acquired (A or Disposed (D) (Instr. 3, 4, and 5)	A) d of	6. Date Exerc Expiration D (Month/Day/	ate	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 36.11	04/26/2007		A	25,000		<u>(1)</u>	04/26/2014	Common Stock	25,000

Reporting Owners

Reporting Owner Name / Address	Relationships
Reporting Owner Name / Address	

Director 10% Owner Officer Other

SMITH CRAIG R 9120 LOCKWOOD BLVD. MECHANICSVILLE, VA 23116

President & CEO

Signatures

Craig R. Smith 04/30/2007

**Signature of 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) The option vests as follows: 40% on April 26, 2008; 30% on April 26, 2009 and 30% on April 26, 2010.
- (2) Performance-accelerated restricted stock with five year vesting but one-third of which may vest on each of the first, second and third anniversary from the date of grant if certain earnings per share goals are acheived.
- (3) Restricted stock with a three year vesting.

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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