Edgar Filing: CALLAHAN TIMOTHY J - Form 4

	I TIMOTHY J										
Form 4 January 31, 2	005										
									OMB A	PPROVAL	
FORM	UNITE	D STATES		ITIES A hington,			NGE (COMMISSION	OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction Section 17(a) of the Public Utility Holding Company Act of 1934, 30(h) of the Investment Company Act of 1940						Expires: January 31 2005 Estimated average burden hours per response 0.5					
1(b). (Print or Type R	Responses)										
CALLAHAN TIMOTHY J Symbol			Symbol	Issuer Name and Ticker or Trading Ibol /ENS & MINOR INC/VA/ [OMI]				5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle)			3. Date of Earliest Transaction (Month/Day/Year) 02/01/2005					(Check all applicable) <u></u> Director <u></u> 10% Owner <u></u> Officer (give title <u></u> Other (specify below) Senior Vice President			
			Amendment, Date Original d(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
GLEN ALL	EN, VA 23060	1						Form filed by M Person	More than One Re	eporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative (Securi	ties Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	ar) Executio any		Code (Instr. 8)	on(A) or D (D)	ispose 4 and (A) or	d of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common	01/28/2005			F	269	D	\$ 27.7	14,360	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.

 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)	4. Transactio Code (Instr. 8)	5. of Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	7. Title and A Underlying S (Instr. 3 and	Securities	8. Price of Derivative Security (Instr. 5)
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common	<u>(1)</u>				(1)	<u>(1)</u>	Common	<u>(1)</u>	

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Reporting Owners

Callahan

Reporting Owner Name / Addres	55	Relationships							
reporting officer rame / react	Director	10% Owner	Officer	Other					
CALLAHAN TIMOTHY J 4800 COX ROAD GLEN ALLEN, VA 23060			Senior Vice President						
Signatures									
Timothy J.	01/31/2005								

**Signature of Date Reporting Person

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) Stock Option grants awarded from 11/17/97 to 4/28/04 with an exercise price of \$14.6875 to \$24.64 and expiration dates of 11/17/07 to 4/28/11.

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.