SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287

Estimated average burden hours per response:	0.5

TTEE WBF FBO

TTEE WBF FBO

CHRISTOPHER TTEE FRENCH

GRANDCHILDREN

CYNTHIA

16,388

42,943

22,525

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Section 16. For obligations may Instruction 1(b)	led pursuant to Se or Section 30	ction 16 (h) of th	i(a) of le Inve	the Securities	s Excha pany Ac	nge Act of 1 t of 1940	934	11	ated average burden per response: 0.5			
1. Name and Addre	2. Issuer Name SHENAN TELECO	DOA	H			(Check all ap	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last)	(First)	(Middle)	TELECOMMUNICATIONS CO/VA/ [X Director SHEN] X Officer (c below)					cer (give title	ve title Other (specify below)			
PO BOX 459	(1.100)	(duo)	3. Date of Earl 10/27/2004	iest Tra	nsacti	on (Month/Da	ay/Year)		President			
(Street) EDINBURG	4. If Amendme 10/28/2004	nt, Date	e of Or	iginal Filed (N	Month/D	Line) X For	,					
(City)	(State)	(Zip)							Per	son		
		Table I - Non-Deri	vative Securi	ties A	cqui	red, Disp	osed	of, or Be	neficially Own	ed		
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)				ed (A) or str. 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirec (I) (Instr. 4)	Beneficial Ownership	
				Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common		10/27/2004		М		1,146	A	\$17.185	44,054	D		
Common									9,146	I	BY WIFE	
Common									2,278	I	BY DAUGHTER	
Common									2,278	I	BY SON	
Common									2,278	I	BY SON	
Common									74,592	Ι	TTEE U/A WBF FBO GRANDCHILDREN	
Common									860	I	TTEE U/A GLADYS TEAL FBO PATRICIA	
Common									186,000	I	MANAGING DIRECTOR FRENCH FAMILY INVESTMENTS LLC	
Common									42,943	I	TTEE WBF FBO ANNE	

											,		Î	RUST	
	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. Transa Code (8)			vative urities uired or oosed O) tr. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Incentive Stock Option	\$17.185	10/27/2004		x			1,146	02/14/2001 ⁽¹⁾	02/13/2005	Common	1,146	\$17.185	6,150	D	

Explanation of Responses:

Common

Common

Common

1. The option vests in two equal annual installments beginning on 2-14-01.

/S/ Christopher E. French

10/29/2004

** Signature of Reporting Person Date

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

 * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.