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## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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OMB Number:	3235-0287
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Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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1. Name and Addre	2. Issuer Name a SHENAND TELECOM	DOAL	ł	• •	CN (Check all app X Direction Office	Officer (give title Other (creatify							
(Last) PO BOX 459	(First)	(Mid	ldle)	3. Date of Earlie: 04/02/2004	st Trans	actior	ו (Month/Day/י	X below		below)			
(Street) EDINBURG	VA	228	324	4. If Amendment	t, Date c	of Orig	inal Filed (Mo	Line)					
(City)	(State)						Form filed by More than One Reporting Person						
		Table	I - Non-Deriv	/ative Securiti	es Ac	quir	ed, Dispos	sed of,	or Ben	eficially Owne	d		
1. Title of Security (Instr. 3)		I	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acqu Disposed Of (D) (Ir 5)		l (A) or . 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common			01/30/2004		J <sup>(1)</sup>	v	21,454	A	(1)	42,908	D		
Common			01/30/2004		J <sup>(1)</sup>	v	4,573	A	(1)	9,146	Ι	BY WIFE	
Common			01/30/2004		J <sup>(1)</sup>	v	1,139	A	(1)	2,278	Ι	BY DAUGHTER	
Common			01/30/2004		<b>J</b> <sup>(1)</sup>	v	1,139	Α	(1)	2,278	I	BY SON	
Common			01/30/2004		J <sup>(1)</sup>	v	1,139	A	(1)	2,278	I	BY SON	
Common			01/30/2004		J <sup>(1)</sup>	v	37,296	A	(1)	74,592	I	TTEE U/A WBF FBO GRANDCHILDREN	
Common			01/30/2004		J <sup>(1)</sup>	v	8,891	A	(1)	17,782	I	TTEE FRENCH GRANDCHILDREN TRUST	
Common			01/30/2004		J <sup>(1)</sup>	v	15,606	A	(1)	31,212	I	TTEE WBF FBO ANNE	
Common			01/30/2004		J <sup>(1)</sup>	v	2,329	A	(1)	4,658	I	TTEE WBF FBO CYNTHIA	
Common			01/30/2004		J <sup>(1)</sup>	v	15,606	A	(1)	31,212	I	TTEE WBF FBO CHRISTOPHER	
Common			01/30/2004		J <sup>(1)</sup>	v	430	A	(1)	860	I	TTEE U/A GLADYS TEAL FBO PATRICIA	
Common			01/30/2004		J(1)	v	186,000	A	(1)	372,000	I	MANAGING DIRECTOR FRENCH FAMILY INVESTMENTS LLC	
Common			04/02/2004		J <sup>(2)</sup>	v	186,000	D	(2)	186,000	I	MANAGING DIRECTOR FRENCH FAMILY INVESTMENTS LLC	
Common			04/02/2004		J <sup>(2)</sup>	v	73,935	A	(2)	73,935	I	MANAGING DIRECTOR W ANI O LLC	
Common			04/02/2004		J <sup>(2)</sup>	v	73,935	D	(2)	0	I	MANAGING DIRECTOR W ANI O LLC	
Common			04/02/2004		J <sup>(2)</sup>	v	11,731	A	(2)	42,943	I	TTEE WBF FBO ANNE	
Common			04/02/2004		J <sup>(2)</sup>	v	11,730	A	(2)	16,388	I	TTEE WBF FBO	

CYNTHIA

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
1. Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		ate,	3. Transaction Code (Instr. 8)					l (A) or : 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
						Code	v	Amoun	nt (A) (D)	or	Price	Transaction(s) (Instr. 3 and 4)					
Common		04/02/2004				<b>J</b> <sup>(2)</sup>	v	11,7	731 A		(2)	42,943		Ι	TTEE WBF FBO CHRISTOPHER		
Common			04/02/2004			J <sup>(2)</sup>	v	4,74	43 A	1	(2)	22,525		Ι	TTEE FRENCH GRANDCHILDREN TRUST		
	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)		5. Nur of Derive Secur Acqui (A) or Dispo of (D) (Instr. and 5	ative rities ired osed	er 6. Date Exercisable and 7. T Expiration Date Amm (Month/Day/Year) Sec Und Der (Ins			7. Title an Amount o Securities Underlyin Derivative (Instr. 3 ar	of Derivating S Security ng (Instr. 5) e Security		e derivative Securities	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
	Code V (A) (D) Date Expiration Date Title			Title	Amount or Number of Shares												
Stock Option (right to buy)	\$24.25	03/08/2004		Α		1,798		(	3)	03/07/2009	(4)	Common	1,798	\$0	1,798	D	
Stock Appreciation Right	\$24.25	03/08/2004		A		1,798		(	3)	03/07/2009	(4)	Common	1,798	\$0	1,798	D	

Explanation of Responses:

1. Shares issued pursuant to a 2-for-1 stock split effective January 30, 2004.

2. Change in form of ownership for no consideration, in transaction exempt under Rule 16a-13.

3. The option vests in two equal annual installments beginning March 9, 2005.

4. The employee stock option and the stock appreciation right were granted in tandem. Accordingly, the exercise of one results in the expiration of the other.

<u>/S/ Christopher E. French</u> 04/02/2004

Date

\*\* Signature of Reporting Person

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.