FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

Instruction 1(b).			Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934			nours per res	ponse:	
			or Section 30(h) of the	Investment Company Act of 1940					
1. Name and Addre <u>Fitzsimmons</u> (Last)	1 0	Person [*] (Middle)	SHENANDOA	cker or Trading Symbol <u>H</u> <u>NICATIONS CO/VA/</u> [tionship of F all applicab Director Officer (gi below)	le)	ion(s) to Issuer 10% Owner Other (specify below)	,
PO BOX 459			3. Date of Earliest Tran 01/06/2009	isaction (Month/Day/Year)					
(Street) EDINBURG	VA	22824	4. If Amendment, Date	of Original Filed (Month/Day/Year)	6. Indiv Line) X		t/Group Filing by One Repo	(Check Applicabl orting Person	e
(City)	(State)	(Zip)				Form filed Person	by More than	One Reporting	
									-

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)	Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			Securities	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 Stock	01/06/2009		A ⁽¹⁾		17.8253	A	\$28.05	968.7531	D		

 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. Transaction Code (Instr. 8)		5. Number of 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 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 Expiration Exercisable Date		Title	Amount or Number of Shares	1 1			

Explanation of Responses:

1. Shares received in lieu of director fees.

<u>/s/ Tracy Fitzsimmons</u>

<u>01/06/2009</u> 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.

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