SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

OMB APPRO	JVAL
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1. Name and Addre				2. Issuer Name and SHENANDO		ling Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
<u>FRENCH Cr</u>	<u>RENCH CHRISTOPHER E</u>					IONS CO/VA/ [X	Director		10% Owner	
(Last)	(First)	(Midd	le)	SHEN]		t	X	Officer (g below)	ive title	Other (specify below)	
PO BOX 459				3. Date of Earliest Tr 12/05/2019	ansaction (M	onth/Day/Year)			President		
(Street)				4. If Amendment, Da	te of Original	Filed (Month/Day/Year)	6. Indiv Line)	. Individual or Joint/Group Filing (Check Applicable			
EDINBURG	VA	2282	4				X	Form file	d by One Report	ing Person	
(City)	(State)	(Zip)					Form filed by More than One Report Person				
	1	Fable I -	Non-Derivat	ive Securities	Acquired,	Disposed of, or Benefi	cially	Owned			
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)	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)	5. Amo Securit Benefic Owned	ies	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	

	(Month/Day/Year)	(Month/Day/Year)	8)	instr.	5)			Owned Following Reported	(I) (Instr. 4)	Ownership (Instr. 4)	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	12/05/2019		J ⁽¹⁾		2,800	D	(1)	143,449	I	TTEE WBF fbo Cynthia ⁽²⁾	
Common Stock								213,044	D		
Common Stock								64,296	I	By Spouse	
Common Stock								13,668	I	By Son	
Common Stock								266,742	I	TTEE U/A WBF fbo Grandchildren ⁽²⁾	
Common Stock								115,488	I	TTEE French Grandchildren Trust ⁽²⁾	
Common Stock								345,000	I	By Son as TTEE of French Family Trust ⁽²⁾	
Common Stock								339,966	I	TTEE WBF fbo Anne ⁽²⁾	
Common Stock								339,966	I	TTEE WBF fbo Christopher ⁽²⁾	
Common Stock								6,480	I	TTEE Gladys H Teale Trust ⁽²⁾	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

															1		
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. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		6. Date Exercisable and Expiration Date (Month/Day/Year)		nd 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)	Ownership	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares						

Explanation of Responses:

1. Distribution from trust to beneficiary.

2. These shares are held in trust for the benefit of certain relatives of Mr. French. Mr. French disclaims beneficial ownership of the shares as to which he has no pecuniary interest and this filing is not an admission that Mr. French is the beneficial owner of such shares.

Christopher E French	
** Signature of Reporting Person	

12/05/2019

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.