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## 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

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 APP	PROVAL
VB Number	3235-02

OMB Number:	3235-0287
Estimated averag	e burden
hours per respon	se: 0.5

1. Name and Addr Koontz Rich	1 8	Person*	SHE	er Name <b>and</b> Ticke <u>NANDOAH</u>				ationship of Reporting Person(s) to Issuer k all applicable) Director 10% Owner			
(Last)	(First)	(Middle)	<u>TEL</u> SHEN	ECOMMUN ↓]	ICATION	<u>IS CU/VA/</u> [		Officer (give title below)		(specify	
PO BOX 459			3. Date 03/04	e of Earliest Transa /2015	action (Month/I	Day/Year)					
(Street)			4. If Ar	nendment, Date of	Original Filed	(Month/Day/Year)	6. Indiv Line)	/idual or Joint/Group	o Filing (Check /	Applicable	
EDINBURG	VA	22824					X	Form filed by One	e Reporting Per	son	
(City)	(State)	(Zip)						Form filed by Mo Person	re than One Re	porting	
		Table I - Non	-Derivative S	ecurities Acq	uired, Dis	posed of, or Benefi	cially	Owned			
1. Title of Securit	y (Instr. 3)		2. Transaction Date (Month/Day/Vear)	2A. Deemed Execution Date,	3. Transaction	4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		5. Amount of Securities Beneficially	6. Ownership Form: Direct	7. Nature of Indirect Beneficial	

	(Month/Day/Year)	if any (Month/Day/Year)	Code (1 8)	Instr.	5)				(D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1130.4)
Common	03/04/2015		<b>A</b> <sup>(1)</sup>		17.188	Α	\$29.09	8,565.8911	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. Transa Code ( 8)		5. Nu of Deriv Secu Acqu (A) or Dispo of (D) (Instr and 5	ative rities ired osed	6. Date Exerc Expiration Da (Month/Day/Y	ate	te Amount of		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D)	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. Shares received in lieu of director fees.

**Remarks:** 

Richard L Koontz Jr

03/04/2015

\*\* 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.