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 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 HIP OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

Date			2. Transacti Date (Month/Day)	/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired (A Transaction Code (Instr. 3) 7) 8)				6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
(City)	(State)	(Zip)							Form filed by Mo Person	re than One Rep	orting			
(Street) EDINBURG	VA	22824		4. If Ame	endment, Date of (Original Filed	(Month/Day/Year)	6. Indiv Line) X	ividual or Joint/Group Filing (Check Applica Form filed by One Reporting Person					
(Last) PO BOX 459	(First)	(Middle)	3	SHEN 3. Date 0 02/25/2	of Earliest Transac	ction (Month/E	Day/Year)		below) below) VP Legal & General Counsel					
1. Name and Address of Reporting Person* OSTROSKI RAYMOND B					r Name and Ticker <u>NANDOAH</u> COMMUNI	Ū	, ,		tionship of Reportin all applicable) Director Officer (give title	10% C Other	Owner (specify			

 Code
 V
 Amount
 (A) or (D)
 Price
 Reported Transaction(s) (Instr. 3 and 4)

 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)		of I		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				
Restricted Stock Unit	(1)	02/25/2020		Α		1,836		(2)	02/15/2024	Common Stock	1,836	\$ 0	5,051	D	

Explanation of Responses:

1. Each restricted stock unit represents a contingent right to receive one share of common stock.

2. The option vests one-fourth on each the first, second, third and fourth anniversary. The options (and shares issuable upon exercise of the option) are subject to cancellation and forfeiture in accordance with the Company's executive compensation recovery policy.

Raymond B Ostroski

** Signature of Reporting Person

02/27/2020 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.