П

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subjec	t 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 APPRO	DVAL
OMB Number:	3235-0287
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hours per response:	0.5

Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any	3. Transaction Code (Instr.	Disposed Of (D) (Instr. 3,		5. Amount of Securities Beneficially		t of Indirect	
MACDONALD DAVID K SHENANDOAH (Check all applicable) 0% Owner (Last) (First) (Middle) 10% Owner Other (specify below) PO BOX 459 3. Date of Earliest Transaction (Month/Day/Year) 03/30/2006 VP-Operations (Street) S. Date of Earliest Transaction (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable) (Check all applicable) VP-Operations VP-Operations (Street) (Street) (Street) 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable) (Check all applicable) X Form filed by One Reporting Person Form filed by One Reporting Person (Check all applicable) X Form filed by More than One Reporting Person Form filed by More than One Reporting Person (Check all applicable) X Form filed by More than One Reporting Person Form filed by More than One Reporting Person Table I - Non-Derivative Securities Accquired, Disposed of, or Beneficially Owned S. Amount of 6. Ownership 1. Title of Security (Instr. 3) 2. Transaction 2A. Deemed 3. 4. Securities Acquired (A) or 5. Amount of 6. Ownership 7. Nature										
(City)	(State)	(Zip)							re than One I	Reporting
1 · /	VA	22824	4. If An	nendment, Date of	Original Filed	(Month/Day/Year)				
	(First)	(Middle)	3. Date	e of Earliest Transa	ction (Month/I	Day/Year)		,		
1	Last) (First) (Middle) O BOX 459		SHE TEL	ECOMMUN		Director 10% Owner Officer (give title V Other (specify				

	(Month/Day/Year)	if any (Month/Day/Year)	Code (8)	(Instr.	5)			Beneficially Owned Following Benerted	(D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	03/30/2006		S		200	D	\$46.25	2,661	D	
Common Stock	03/30/2006		S		446	D	\$46	2,615	D	
Common Stock	03/30/2006		S		450	D	\$46.58	1,765	D	
Common Stock								22	I	By Son
Common Stock								22	I	By Son
Table II	Derivative Sec				,		-	wned		

(e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative 3A. Deemed 11. Nature 6. Date Exercisable and Expiration Date 7. Title and 3. Transaction 5. Number 8. Price of 9. Number of 10. 4 Conversion Date Execution Date Tra Amount of Derivative derivative Ownership of Indirect ctior Security (Instr. 3) (Month/Day/Year) Derivative (Month/Day/Year) Securities or Exercise if anv Code (Instr. Security Securities Form: Beneficial Direct (D) Ownership (Instr. 4) Price of (Month/Day/Year) 8) Securities Underlying (Instr. 5) Beneficially Derivative Acquired or Indirect (I) (Instr. 4) Derivative Owned (A) or Disposed Security (Instr. 3 and 4) Following Reported Security of (D) (Instr. 3, 4 and 5) Transaction(s) (Instr. 4) Amount or Number Date Expiration of v Code (A) (D) Exercisable Date Title Shares

Explanation of Responses:

/s/ David K. MacDonald

03/30/2006

** 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.