FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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	Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

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1. Name and Address of Reporting Person*	2. Issuer Name an SHENAND		or Tra	adıng Symbo	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
FRENCH CHRISTOPHER E	TELECOM		CA	TIONS C	Director	10% Owner					
(Last) (First) (Middle)		SHEN]				X Officer (below)	yive title	Other (specify below)			
PO BOX 459	3. Date of Earliest 05/26/2023	Transac	tion (N	Month/Day/Ye	President & CEO						
(Street)		4. If Amendment, I	Date of C	Drigina	al Filed (Mon		pint/Group Filing	g (Check Applicable			
	824					Line) X Form file	ad by One Pen	orting Person			
					Form filed by More than One Reporting						
(City) (State) (Zi	Person										
	Rule 10b5-1(c) Transaction Indication										
	Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.										
Table I	- Non-Derivat	ive Securities	Acqui	red,	Dispose	d of, c	r Bene	ficially Owned	t		
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. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code	v	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)		
Common Stock	05/26/2023		J ⁽¹⁾		49,900	D	(1)	167,104	I	TTEE U/A WBF fbo Grandchildren ⁽²⁾	
Common Stock	05/26/2023		J ⁽¹⁾		23,778	D	(1)	136,928	I	TTEE French Grandchildren Trust ⁽²⁾	
Common Stock								64,629	Ι	By Spouse	
Common Stock								289,001	D		
Common Stock								37,796	I	By Son	
Common Stock								134,806	I	TTEE WBF fbo Cynthia ⁽²⁾	
Common Stock								345,000	Ι	By Son as TTEE of French Family Trust ⁽²⁾	
Common Stock								339,966	I	TTEE WBF fbo Anne ⁽²⁾	
Common Stock								339,966	Ι	TTEE WBF fbo Christopher ⁽²⁾	

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. Transac Code (Ir 8)		of Deriv Secu Acqu (A) of Dispo of (D)	crutative ccurities cquired) or sposed (D) ustr. 3, 4		Amount of Securities		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				

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 05/26/2023

** 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.