FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, [D.C. 20549
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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).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* FRENCH CHRISTOPHER E													5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
					TELECOMMUNICATIONS CO/VA/ [X Director	10% Ow	ner				
(Last) (First) (Middle)				9)	SI	SHEN]									X Officer (give title below)			Other (sp below)	pecify	
	PO BOX 459					3. Date of Earliest Transaction (Month/Day/Year) 10/03/2006									President					
(Street)	JRG V	Α	22824	ŀ	4.	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
(City)	y) (State) (Zip)				_							Form filed by More than One Reporting Person								
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Yea		Execut		ate,	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)		Beneficially Owned Following		Fo (D)	Ownersh rm: Direc or Indire (Instr. 4)	t Indirect ect Benefic Owners	.			
									Code	v	Amount	(A) or (D)	Price	1	Reported Fransaction(s) Instr. 3 and 4)			4)		
Common	Stock			10/03/20	006				M		1,494	A	\$17.5	9	39,619	\perp	D			
Common	Stock														18,235		I	Spous	e	
Common	Stock														2,278		I	By Da	ughter	
Common	Stock														2,278		I	By So	n	
Common	Stock														2,278		I	By So	n	
Common	Stock														56,161		I	TTEE fbo A		
Common	Stock														56,161		I	TTEE fbo Christ		
Common	Stock														25,144		I	TTEE fbo Cy		
Common	Stock														30,748		I		French children	
Common	Stock														74,592		I	TTEE WBF Grand		
Common	Stock														1,080		I		Gladys le Trust	
		-	Table								sposed o				/ Owned					
1. Title of Derivative Security (Instr. 3)	ivative Conversion Date Execution Date, Truity or Exercise (Month/Day/Year) if any Co				ansaction of ode (Instr. Derivative		vative urities uired or oosed o) r. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)			Derivative Security (Instr. 5) Beter Own Fol Rej Tra (Instr. 5)		es ially ng ed etion(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exerc	isable	Expiration Date	Title	or Nu of	ount mber ares						
Incentive Stock Option	\$17.59	10/03/2006			X			1,494	02/10/	/2003 ⁽¹	02/11/2007	7 Comi	non 1,	494	\$17.59	5,4	66	D		

Explanation of Responses:

/s/ Christopher E. French

10/05/2006

** Signature of Reporting Person

Date

^{1.} The option vests in two equal installments beginning on 2-10-03.

** 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.