### 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).
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#### 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 APPROVAL OMB Number: 3235-028

I	ONB Number.	3235-0287
	Estimated average burde	en
	hours per response:	0.5

1. Name and Addre	1 0		2. Issuer Name and <u>SHENANDO</u>		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
(Last)	(First)	(Middle)	<u>TELECOMM</u> SHEN ]	TELECOMMUNICATIONS CO/VA/ [ SHEN ]					e title	10% Owr Other (sp below)	
PO BOX 459	(****)		3. Date of Earliest T 11/10/2009	ransaction (Mc			President	President			
(Street) EDINBURG	VA	22824	4. If Amendment, D. 11/10/2009	ate of Original I	Filed (Month/Day/\	rear)	6. Indiv Line) X	Form filed b	Group Filing (C by One Reportir	ng Person	
(City)	(State)	(Zip)						Form filed b Person	by More than O	ne Reporti	ng
		Table I - Non-Dei	rivative Securities	Acquired,	Disposed of,	or Benefi	cially	Owned			

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 Disposed O	s Acquire f (D) (Inst	d (A) or tr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr.
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		4)
Common	11/10/2009		F		3,641	D	\$16.97	142,469	D	
Common	11/10/2009		М		6,120	A	\$10.0966	148,589	D	
Common								55,230	I	Spouse
Common								6,834	I	By Daughter
Common								6,834	I	By Son
Common								6,834	I	By Son
Common								223,776	I	TTEE U/A WBF fbo Grandchildren
Common								93,744	I	TTEE French Grandchildren Trust
Common								169,983	I	TTEE WBF fbo Anne
Common								169,983	I	TTEE WBF fbo Christopher
Common								75,432	I	TTEE WBF fbo Cynthia
Common								3,240	I	TTEE Gladys H Teale Trust

#### 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		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				
Incentive Stock Option	\$10.0966	11/10/2009		x			6,120	03/23/2006 <sup>(1)</sup>	03/19/2010	Common	6,120	\$10.0966	28,231	D	

Explanation of Responses:

1. Option vests in two equal annual installments beginning 3-21-06.

Remarks:

\*\* 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.