FORM 4

obligations may continue. See

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Instruction 1(b) 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* Whitaker Thomas A					er Name and Ticke NANDOAH ECOMMUN			•		ationship of Reportir k all applicable) Director	10% (Owner		
(Last) PO BOX 459	(First)	(Middle)	3	SHEN] 3. Date of Earliest Transaction (Month/Day/Year) 02/22/2017						X	Officer (give title below) SR VP -	Other below Operations	(specify	
(Street) EDINBURG (City)	VA (State)	22824 (Zip)	4	4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Indi Line) X	''			
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned														
Date			2. Transaction Date (Month/Day/		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)					5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
						Code V		Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														

6. Date Exercisable and

Expiration Date (Month/Day/Year)

5. Number

Derivative

Securities

Acquired

Transaction

Code (Instr.

81

	Security				(A) or Disposed of (D) (Instr. 3, 4 and 5)				(Instr. 3 and 4)			Following Reported Transaction(s) (Instr. 4)	(I) (Instr. 4)	
			Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock	(1)	02/22/2017	A		2,646		(2)	02/18/2021	Common Stock	2,646	\$0	21,894	D	

Explanation of Responses:

Conversion

or Exercise

Price of

1. Title of

Derivative

Security

(Instr. 3)

- 1. Each restricted stock unit represents a contingent right to receive one share of common stock,
- 2. The restricted stock units vest? on the third Thursday of each February beginning in 2018 subject to the continuous employment by the Company or one of its affiliates until the date of vesting. The restricted stock units are subject to forfeiture in accordance with the Company's executive compensation policy.

Thomas A Whitaker

7. Title and

Amount of

Securities

Underlying Derivative Security

02/24/2017

9. Number of

derivative

Securities

Owned

Beneficially

10 Ownership

Form:

Direct (D)

or Indirect

8. Price of

Derivative

Security

(Instr. 5)

11. Nature

of Indirect

Beneficial

(Instr. 4)

Ownership

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

3A. Deemed

if any

Execution Date

(Month/Day/Year)

3. Transaction

(Month/Day/Year)

Date

- * 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.