FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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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).

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

Common C	PO BOX 459 (Street) EDINBURG VA 22824			2. Issuer Name SHENAN TELECOI	DOA	<u>H</u>			<u>VA/</u> [(Check all ap	Officer (give title Other (enceit			
Common C		(First)	(Middle)	3. Date of Earl	iest Trar	nsactio	on (Month/Da	ıy/Year)			w)	*		
2- Description 2- Descri	EDINBURG			4. If Amendme	nt, Date	of Ori	iginal Filed (N	Month/D	Line) X Fori	Line) X Form filed by One Reporting Person Form filed by More than One Reporting				
Decembor Decembor	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
Common	1. Title of Security	(Instr. 3)	Date (Month/Day/Year)	Execution Date, if any	Transa Code (Disposed Of	f (D) (Ins	ed (A) or etr. 3, 4 and	Securities Beneficially Owned Following Reported	Form: Direct (D) or Indirect	Beneficial Ownership		
Common 9,146 1 BY WIFE Common 2,278 1 BY DAUGHTER Common 2,278 1 BY SON Common 2,278 1 BY SON Common 74,592 1 BY SON Common 17,782 1 TTEE UA WBF FBO Gannochilloren 17,782 1 TTEE FRENCH GRANDCHILDREN TRUST TTEE WBF FBO ANNE Common 4,658 1 TTEE WBF FBO CYNTHIA Common 31,212 1 TTEE WBF FBO CYNTHIA Common 860 1 TTEE U/A GIAD'S TEAL FBO PATRICIA MANAGING DIRECTOR MANAGING DIRECTOR MANAGING DIRECTOR Common 42,943 1 TTEE WBF FBO CYNTHIA Common 16,388 1 TTEE WBF FBO CYNTHIA Common 42,943 1 TTEE WBF FBO CYNTHIA Common 42,943 1 TTEE WBF FBO CYNTHIA Common 42,943 1 TT					Code	٧	Amount		Price					
Common	Common		10/27/2004		M		1,146	A	\$17.185	44,054	D			
Common 2,278	Common									9,146	I	BY WIFE		
2,278	Common									2,278	I	BY DAUGHTER		
TITE UA WBF FBO GRANDCHILDREN FBO GRANDCHILDREN FBO GRANDCHILDREN TRUST FBO GRANDCHILDREN TRUST TRUST	Common		1							2,278	I	BY SON		
74,592	Common									2,278	I	BY SON		
17,782	Common									74,592	I			
STATE STAT	Common									17,782	I	GRANDCHILDREN		
Common 4,658 I CYNTHIA Common 31,212 I TTEE WBF FBO CHRISTOPHER Common 860 I GLADYS TEAL FBO PATRICIA MANAGING DIRECTOR FRENCH FAMILY INVESTMENTS LLC Common 42,943 I TTEE WBF FBO ANNE Common 16,388 I TTEE WBF FBO CYNTHIA Common 22,525 I GRANDCHILDREN	Common									31,212	I			
Common 31,212 I CHRISTOPHER THE U/A GLADYS TEAL FBO PATRICIA MANAGING DIRECTOR FRENCH FAMILY INVESTMENTS LLC Common 42,943 I TIEE WBF FBO ANNE Common 42,943 I TIEE WBF FBO CYNTHIA Common 42,943 I TIEE WBF FBO CYNTHIA Common 22,525 I TIEE FRENCH GRANDCHILDREN	Common									4,658	I			
Common B60 I GLADYS TEAL FBO PATRICIA MANAGING DIRECTOR FRENCH FAMILY INVESTMENTS LLC Common 42,943 I TTEE WBF FBO ANNE Common 16,388 I TTEE WBF FBO CYNTHIA Common 42,943 I TTEE WBF FBO CYNTHIA Common 22,525 I TTEE FRENCH GRANDCHILDREN	Common									31,212	I			
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Common 42,943 I ANNE Common 16,388 I TTEE WBF FBO CYNTHIA Common 42,943 I TTEE WBF FBO CHRISTOPHER Common 22,525 I GRANDCHILDREN	Common									186,000	I	DIRECTOR FRENCH FAMILY INVESTMENTS		
Common 16,388 I CYNTHIA Common 42,943 I TTEE WBF FBO CHRISTOPHER Common 22,525 I GRANDCHILDREN	Common									42,943	I			
Common 42,943 I CHRISTOPHER TTEE FRENCH Common 22,525 I GRANDCHILDREN	Common									16,388	I			
Common 22,525 I GRANDCHILDREN	Common									42,943	I			
	Common									22,525	I	GRANDCHILDREN		

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)	Affile Imperior Execution Date, if any (e.g., (Month/Day/Year)	ative Transa Putis (Secu lection (1631)	urities According According Acquired (A) or Disposed of (D)		q Bi Ped Engleinbledt lof, Expiration Date S(M ANION)R e GONVertil		ក្លាប់ នៃកាម្លាប់ (instr. 3 and 4)		Owned Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
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)		(Instr. 3, 4 and in the of Derivative Securities Acquired (A) or Disposed of (D)		6. Date Exerci Expiration Dat (Month/Day/Ye Date Exercisable	e	Amount of Securities Underlying or Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	(Instr. 4) 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
						(Instr. 3, 4 and 5)							(Instr. 4)		
								Date	Expiration		Amount or Number of				
Incentive Stock Option	\$17.185	10/27/2004		Code	V	(A)	(D) 1,146	02/14/2001 ⁽¹⁾	Date 02/13/2005	Title Common	Shares 1,146	\$17.185	6,150	D	

Explanation of Responses:

1. The option vests in two equal annual installments beginning on 2-14-01.

/S/ Christopher E. French 10/28/2004

** 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.