FRENCH CHRISTOPHER E

Form 4

Common Common

Common

November 10, 2009

FORI	M 4						APPROVAL	
	ONTED	STATES SI	ECURITIES AND E Washington, D.C.		COMMISSION	OMB Number:	3235-0287	
Check if no lo	this box					Expires:	January 31, 2005	
subject Section Form 4	to SIAIE	MENT OF C	HANGES IN BENE SECURITIES	NERSHIP OF	Estimated average burden hours per response 0.5			
Form 5 obligat may co <i>See</i> Ins 1(b).	ions Section 17	(a) of the Pub	tion 16(a) of the Seculic Utility Holding Cother Investment Comp	ompany Act of	1935 or Section	n		
(Print or Type	e Responses)							
FRENCH CHRISTOPHER E Sylvania SH TE			. Issuer Name and Ticker	5. Relationship of Reporting Person(s) to Issuer				
			IENANDOAH ELECOMMUNICAT D/VA/ [SHEN]	TIONS	(Check all applicable)			
(Last)	(First)	(Middle) 3.	3. Date of Earliest Transaction (Month/Day/Year) X DirectorX Officer (below)			ive title Other (specify below) President		
PO BOX 4	159	11	/10/2009					
	(Street)		If Amendment, Date Origed(Month/Day/Year)	inal	6. Individual or Jo Applicable Line) _X_ Form filed by 0	_		
EDINBUR	RG, VA 22824				Form filed by M Person			
(City)	(State)	(Zip)	Table I - Non-Derivati	ve Securities Acq	uired, Disposed of	f, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date any (Month/Day/Ye	r, if Transactionor Dispo Code (Instr. 3,	f Transaction Disposed of (D) Securities Code (Instr. 3, 4 and 5) Beneficiall			6. 7. Nature of Ownership Indirect Beneficial Form: Ownership Direct (D) (Instr. 4) or Indirect (I)	
			Code V Amount	(A) or (D) Price		(Instr. 4)		
Common	11/10/2009		F 3,641	D \$16.97	142,246	D		
Common	11/10/2009		M 6,120	A \$ 10.0966	148,366	D		
Common					55,230	I	Spouse	
Common					6,834	I	By Daughter	

6,834

6,834

223,776

I

I

Ι

By Son

By Son TTEE U/A

WBF fbo

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

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 control number.

SEC 1474 (9-02)

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. Transactic Code (Instr. 8)	(A) or Disposed of (D)		Securities Acquired (A) or Disposed of (D)		Securities Acquired (A) or Disposed of		Securities 8) Acquired (A) or Disposed o (D)		siomf Derivative Securities Acquired (A) or Disposed of (D)		6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares								
Incentive Stock Option	\$ 10.0966	11/10/2009		X		6,120	03/23/2006(1)	03/19/2010	Common	6,120								

Reporting Owners

Reporting Owner Name / Address	Relationships					
1	Director	ctor 10% Owner Officer		Other		
FRENCH CHRISTOPHER E	X		President			

Reporting Owners 2 EDINBURG, VA 22824

Signatures

Christopher E

French 11/10/2009

**Signature of Date
Reporting Person

Explanation of Responses:

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

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Signatures 3