Edgar Filing: OSTROSKI RAYMOND B - Form 4

OSTROSKI	RAYMOND B											
Form 4												
November 1	4, 2018											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								COMMISSION	OMB Number:	3235-0287		
Check th	aer.								Expires:	January 31,		
if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP O								NERSHIP OF	Estimated average			
Section 1	SECUR	ITIES				burden hours per						
Form 4 o Form 5									response 0.5			
obligatio	n o *						•	e Act of 1934,				
may cont See Instru 1(b).	tinue. Section 17(a			vestment	•	· ·	•	f 1935 or Sectior 40	1			
(Print or Type I	Responses)											
OCTROCIZI DAVIAONE D				Name and	l Ticker or	Tradi	ng	5. Relationship of Reporting Person(s) to Issuer				
ODIRODIR			SHENA	NDOAH	r							
				OMMUN		ONS		(Check all applicable)				
				/ [SHEN]				Director	100/-	Owner		
				Earliest Tr				Officer (give title Other (specify				
			(Month/D		ansaction			below) below) VP Legal & General Counsel				
PO BOX 45	11/13/2018					vi Legar & General Courser						
(Street)			4. If Ame	ndment, Da	te Origina	d		6. Individual or Joint/Group Filing(Check				
				nth/Day/Year	-			Applicable Line)				
								X Form filed by C				
EDINBURG	G, VA 22824							Form filed by M Person	lore than One Re	porung		
(City)	(State)	(Zip)	Tabl	e I - Non-D	Derivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned		
1.Title of Security2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)							5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
				Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				
Common Stock	11/13/2018			S	5,000	D	\$ 44.85	10,364.3838	D			
Reminder: Dor	ort on a senarate line	for each al	es of secu	ritias banaf	icially ow	ned di	rectly or :	ndirectly				

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.

 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)	4. Transact Code (Instr. 8)	5. iorNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	;	ate	Amou Under Secur	le and int of rlying ities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr
			Code N	4, and 5) 7 (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Edgar Filing: OSTROSKI RAYMOND B - Form 4

Reporting Owners

Reporting Owner Name / Addre	ess	Relationships							
1 8	Director	10% Owner	Officer	Other					
OSTROSKI RAYMOND B PO BOX 459 EDINBURG, VA 22824			VP Legal & General Counsel						
Signatures									
Raymond B Ostroski	11/14/2018								

<u>**</u>Signature of Reporting Person Date

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).

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.