SEC Form 4	
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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).

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										
Estimated average burden										
hours per response:	0.5									

Estimated average burden	
hours per response:	0.5

1. Name and Addre	ss of Reporting Perso ANDALL H	n*		er Name and Ticke <mark>ICAL CABL</mark>	0		5. Rela (Checl X	ssuer Dwner			
(Last) 5290 CONCOU	(First) RSE DRIVE	(Middle)	3. Date 07/31	e of Earliest Transa /2014	ction (Month/I	Day/Year)		Officer (give title below)	Other below	(specify)	
<i></i>			4. If Ar	mendment, Date of	Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable				
(Street)							Line)	Form filed by On	- Poporting Por	Son	
ROANOKE	VA	24019						Form filed by One Reporting Person Form filed by More than One Reporting			
,								Person	re than One Rep	orting	
(City)	(State)	(Zip)									
	Та	ble I - Nor	n-Derivative S	ecurities Acq	uired, Dis	oosed of, or Benefi	cially	Owned			
1. Title of Security	(Instr. 3)		2. Transaction	2A. Deemed	3. Transaction	4. Securities Acquired (A) Disposed Of (D) (Instr. 3.		5. Amount of Securities	6. Ownership	7. Nature	

	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)		Disposed Of (D) (Instr. 3, 4 and 5)			Securities Beneficially Owned Following Reported	(D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	07/31/2014		D		9,000	D	\$4.233	53,500	D	

 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)	Code (Instr.		Transaction C Code (Instr. E 8) 4 (C C C C C C C C C C C C C C C C C C		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerc Expiration Da (Month/Day/\	7. Title Amour Securi Underl Deriva Securi and 4)	nt of ties lying tive ty (Instr. 3	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						

Explanation of Responses:

/s/ Randall H. Frazier

<u>08/04/2014</u> Date

** Signature of Reporting Person

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.