FORM	4
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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).

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)	I										
1. Name and Address of ANDERSON PAUL	2. Issuer Name <b>an</b> COMMUNICA			0.		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) 22105 GULL LAKE	(First) C DR		3. Date of Earliest 7 05/24/2005	Fransaction	(Mon	th/Day/Ye	ear)	Officer (give title below)	Other (specify	pelow)	
NISSWA, MN 5646	4. If Amendment, D	Date Origina	l File	d(Month/Day	//Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(State)	(Zip)		Table I - N	lon-D	erivative	Securiti	uired, Disposed of, or Beneficially Owned			
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	Execution Date, if	3. Transactio Code (Instr. 8)		(A) or Disposed of (D) (Instr. 3, 4 and 5)		f (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form:	Beneficial
	(Month/Day/Yea		(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common Stock									104,309	D	
Common Stock									29,809	Ι	Spouse Ownership

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 SEC 1474 (9-02) 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)														
Security (Instr. 3)	Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code		of Derivat Securit Acquire (A) or Dispose of (D)	Derivative (Mon Securities Acquired A) or Disposed of (D) Instr. 3, 4,		Expiration Date Month/Day/Year)		of Underlying Securities (Instr. 3 and 4)		9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	Beneficial
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Incentive Stock Option	\$ 10.21	05/24/2005		А		3,000		05/24/2005	05/24/2015	Common Stock	3,000	\$ 10.21	3,000	D	
Incentive Stock Option	\$ 8.28							05/20/2004	05/20/2014	Common Stock	3,000		3,000	D	
Incentive Stock Option	\$ 7.35							05/21/2003	05/21/2013	Common Stock	3,000		3,000	D	
Incentive Stock Option	\$ 7.132							05/16/2002	05/16/2012	Common Stock	3,000		3,000	D	
Incentive Stock Option	\$ 8.10							05/17/2001	05/17/2011	Common Stock	3,000		3,000	D	
Incentive Stock Option	\$ 14.125							05/18/2000	05/18/2010	Common Stock	3,000		3,000	D	
Incentive Stock Option	\$ 12.625							05/18/1999	05/18/2009	Common Stock	3,000		3,000	D	

Incentive Stock Option	\$ 18.25				05/19/1998	05/19/2008	Common Stock	2,000	2,000	D	
Incentive Stock Option	\$ 14.25				05/22/1997	05/22/2007	Common Stock	2,000	2,000	D	
Incentive Stock Option	\$ 15.75				05/14/1996	05/14/2006	Common Stock	2,000	2,000	D	

## **Reporting Owners**

Reporting Owner Name / Address		Relations	nips	
	Director	10% Owner	Officer	Other
ANDERSON PAUL J 22105 GULL LAKE DR NISSWA, MN 56468	Х			

# Signatures

/s/ Paul J. Anderson	11/29/2005	
**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.

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