FORM 4

Check this bo	ox if no
longer subjec	t to
Section 16. F	orm 4 or
Form 5 obligation	ations
may continue	. See
Instruction 1(b).

(Drint or Type D

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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

1. Name and Address of Reporting Person [*] LANDES PAUL E (Last) (First) 2550 DENALI STREET, SUITE 100	2. Issuer Name and GENERAL COM 3. Date of Earliest Te 01/10/2006	AMUNIC.	ATI	ON INC	[GNC	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) 					
(Street) ANCHORAGE, AK 99503		4. If Amendment, Da	ate Original	Filed	(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	on-D	erivative	Securiti	es Acqui	uired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if	(Instr. 8)		4. Securi (A) or Di (Instr. 3, Amount	isposed o	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
Class A Common Stock	01/10/2006		M <mark>(1)</mark>		10,000	А	\$ 5	10,000	D		
Class A Common Stock	01/10/2006		S <mark>(1)</mark>		10,000	D	\$ 10.45	0	D		
Class A Common Stock								14,293	Ι	by Trust (2)	

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)														
Derivative Security	Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code	tion	on of Derivative Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		1		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	Beneficial
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Non- Qualified Stock Option (right to buy)	\$ 5	01/10/2006		M ⁽¹⁾			10,000	06/15/2003	06/15/2006	Class A Common Stock	10,000	\$ 10.45	0	D	

Reporting Owners

			Relationships	s		
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
LANDES PAUL E 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			VP & GM, Consumer Services			

Signatures

PAUL E LANDES	01/10/2006
**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).
- (1) 10b5-1 Plan Indicated

(2) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan through December 31, 2004.

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.