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).

(Print or Type Responses)

#### 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

1. Name and Address of Reporting F WESTLUND RICHARD	Person <sup>*</sup>	2. Issuer Name ar GENERAL CO [GNCMA]			0.			5. Relationship of Reporting Perso (Check all applied) Director X Officer (give title below)	cable) 10% Owner Other (specify)	below)
(Last) (First) 2550 DENALI STREET, SU	(Middle) ITE 1000	3. Date of Earliest 7 12/31/2008	Transaction	ı (Mo	onth/Day/Y	ear)		SR VP & GM CARRIE	K SERVICE	25
(Street) ANCHORAGE, AK 99503		4. If Amendment, I	Date Origin	al Fil	ed(Month/D	ay/Year)		6. Individual or Joint/Group Filing _X_Form filed by One Reporting Person Form filed by More than One Reporting		ble Line)
(City) (State)	(Zip)	Tal	ole I - Non-	Deri	ivative Sec	curities	Acqu	ired, Disposed of, or Beneficially	Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		tion		sposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price		or Indirect (I) (Instr. 4)	(Instr. 4)
Class A Common Stock	12/31/2008		А		25,000 (1)	А	\$ 0	25,081	D	
Class A Common Stock								53,580	Ι	by Trust (2)

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

SEC 1474 (9-02)

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., ]	outs, calls	, Wa	arran	ts, opt	tions, conver	tible securi	ities)					
1. Title of	2.	3. Transaction	3A. Deemed	4.		5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transacti	on	Numl	ber	and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		of		(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Deriv	ative			Secur	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Secur	rities			(Instr	. 3 and		Owned	Security:	(Instr. 4)
	Security					Acqu	ired			4)			Following	Direct (D)	
						(A) o	r						Reported	or Indirect	
						Dispo							Transaction(s)	(I)	
						of (D	)						(Instr. 4)	(Instr. 4)	
						(Instr	· · · ·								
						4, and	15)								
											Amount				
								Dete	E		or				
								Date Exercisable	Expiration	Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				

## **Reporting Owners**

			Relationships	
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
WESTLUND RICHARD 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			SR VP & GM CARRIER SERVICES	

## Signatures

Richard Westlund	01/05/2009

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) This grant of 25,000 shares will vest on 12/31/2012, and is guaranteed to be valued at greater than or equal to \$500,000.00 at time of issuance.
- (2) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan.

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.