FORM 4	4
--------	---

(Print or Type Res

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 – LOWBER JOHN M	2. Issuer Name and GENERAL COM				[GNCM	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) 2550 DENALI STREET, SUITE 100	<u> </u>	3. Date of Earliest Transaction (Month/Day/Year) 06/24/2004						X_Officer (give title below)Other (specify below			
(Street) ANCHORAGE, AK 99503		4. If Amendment, Date 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 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Yea		Execution Date, if any	3. Transacti Code (Instr. 8)		(A) or Disposed of (D)			Owned Following Reported Transaction(s)	Ownership of Indire Form: Benefic	Beneficial	
		(Month/Day/Year)	Code	V	Amount	(A) or (D)	Price	X Z	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	

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)															
1. Title of			3A. Deemed	4.				6. Date Exer		7. Title and			9. Number of		11. Nature
Derivative	Conversion	Date	Execution Date, if	Transact	ion	n Derivative		Expiration Date		of Underlying		Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Securities		(Month/Day/Year)		Securities		Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8))	Acquired (A)				(Instr. 3 and 4)		(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					or Disposed of					Owned	Security:	(Instr. 4)		
	Security					(D)					Following	Direct (D)			
						(Instr. 3, 4,	3, 4,				1	or Indirect			
						and 5)						Transaction(s)	< / <		
											Amount		(Instr. 4)	(Instr. 4)	
								Date	Expiration	T: 1	or				
								Exercisable		Title	Number				
				Code	V	(A)	(D)				of Shares				
Non-															
Qualified															
~										Class A					
Stock	\$ 8.40	06/24/2004 ⁽¹⁾		А		100.000		<u>(2)</u>	06/24/2014	Common	100 000	\$ 0	100.000	D	
Option	φ 0.10	00/24/2004				100,000			00/21/2011	Stock	100,000	Ψΰ	100,000	D	
(right to										SIOCK					
buy)															
ouy)															

Reporting Owners

	Relationships									
Reporting Owner Name / Address	Director 10% Owner		Officer	Other						
LOWBER JOHN M 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			Sr VP, CFO, Secretary, Treas.							

Signatures

JOHN M LOWBER	12/06/2004
**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) The stock option agreement was awarded on June 24, 2004 subject to final Board of Director approval of the vesting schedule. The Company's Board of Directors approved the vesting schedule on December 3, 2004, at which time the stock option agreement was signed.

(2) Options become exercisable in five equal annual installments beginning 12/04/04 through 12/04/08.

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.