| FORM | 4 |
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| Check this box if no |
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| longer subject to |
| Section 16. Form 4 or |
| Form 5 obligations |
| may continue. See |
| Instruction 1(b). |

(Print or Type Perponses)

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

| (Print or Type Responses) | | | | | | | | | | | | |
|--|--|-------------|--|------------|----------|---|--------------------------|--|----------------------------------|--------------------------|--|--|
| 1. Name and Address of Reportin DOWLING RICHARD P | 2. Issuer Name GENERAL C [GNCMA] | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director10% Owner XOfficer (give title below)Other (specify below) | | | | | | |
| 2550 DENALI STREET, S | 3. Date of Earlie 12/01/2003 | st Transact | tion (| Month/Da | y/Yeai | Sr V | P | | | | | |
| (Street) ANCHORAGE, AK 99503 | 4. If Amendmen | t, Date Ori | ginal | Filed(Mont | th/Day/Y | 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) | 1 | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | |
| 1.Title of Security (Instr. 3) | Date (Month/Day/Year) | | | | | | quired l of (D) 5) | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | × / | Beneficial Ownership | | |
| | | | Code | v | Amount | (A) or (D) | Price | | or Indirect (I) (Instr. 4) | (Instr. 4) | | |
| Class A Common Stock | 12/01/2003 | | S <mark>(1)</mark> | | 15,200 | D | \$ 9.075 | 310,562 | D | | | |
| Class A Common Stock | | | | | | | | 30,000 | Ι | by Corporation (2) | | |
| Class A Common Stock | | | | | | | | 29,034 | Ι | by Trust (3) | | |

| Reminder: Report on a separate line for each class of securities beneficially owned dire | ctly 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. | SEC 1474 (9-02) |

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| | (e.g., puts, cans, warrants, options, convertible securities) | | | | | | | | | | | | | | |
|-------------|---|------------------|--------------------|------------|----|----------------------------|-----------------------|--------------|------------|------------|------------|-------------|----------------|-------------|------------|
| 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 | Number and Expiration Date | | Amou | unt of | Derivative | Derivative | Ownership | of Indirect | | |
| Security | or Exercise | (Month/Day/Year) | any | Code | | of | of (Month/Day/Year) U | | 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 | | | | (Instr | . 3 and | | Owned | Security: | (Instr. 4) |
| | Security | | | | | Acqu | ired | | | 4) | | | Following | Direct (D) | |
| | | | | | | (A) 0 | | | | | | | 1 | or Indirect | |
| | | | | | | Dispo | sed | | | | | | Transaction(s) | (I) | |
| | | | | | | of (D | · | | | | | | (Instr. 4) | (Instr. 4) | |
| | | | | | | (Instr | | | | | | | | | |
| | | | | | | 4, and | 15) | | | | | | | | |
| | | | | | | | | | | | Amount | | | | |
| | | | | | | | | Date | Expiration | | or | | | | |
| | | | | | | | | Exercisable | | Title | Number | | | | |
| | | | | | | | | Exclosuble | Dute | | of | | | | |
| | | | | Code | V | (A) | (D) | | | | Shares | | | | |

Reporting Owners

| | Relationships | | | | | | | |
|--|---------------|--------------|---------|-------|--|--|--|--|
| Reporting Owner Name / Address | Director | 10% Owner | Officer | Other | | | | |
| DOWLING RICHARD P 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503 | | | Sr VP | | | | | |

Signatures

RICHARD P DOWLING

**Signature of Reporting Person

12/02/2003 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) Shares owned by the Company on behalf of the reporting person pursuant to a deferred compensation agreement whereby the shares will ultimately be distributed to the reporting person.
- (3) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan as of December 31, 2002

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.