

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2006-01-05** | Period of Report: **2006-01-03**
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ISSUER

IOWA TELECOMMUNICATIONS SERVICES INC

CIK: **1120462** | IRS No.: **421490040** | State of Incorporation: **IA** | Fiscal Year End: **1231**
SIC: **4813** Telephone communications (no radiotelephone)

Business Address
115 S SECOND AVE WEST
NEWTON IA 50208

REPORTING OWNER

Iowa Network Services, Inc.

CIK: **1308583** | State of Incorporation: **IA** | Fiscal Year End: **1231**
Type: **4** | Act: **34** | File No.: **001-32354** | Film No.: **06514433**

Mailing Address	Business Address
4201 CORPORATE DRIVE WEST DES MOINES IA 50266	4201 CORPORATE DRIVE WEST DES MOINES IA 50266 515-830-0110

Pine Island Capital CORP

CIK: **1329861** | State of Incorporation: **NV** | Fiscal Year End: **1231**
Type: **4** | Act: **34** | File No.: **001-32354** | Film No.: **06514432**

Mailing Address	Business Address
2265-B RENAISSANCE DRIVE, SUITE 9 LAS VEGAS NV 89119	2265-B RENAISSANCE DRIVE, SUITE 9 LAS VEGAS NV 89119 702-740-4244

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person Iowa Network Services, Inc.			2. Issuer Name and Ticker or Trading Symbol IOWA TELECOMMUNICATIONS SERVICES INC [IWA]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/03/2006			6. Individual or Joint/Group Filing (Check applicable line) <input type="checkbox"/> Form Filed by One Reporting Person <input checked="" type="checkbox"/> Form Filed by More than One Reporting Person		
4201 CORPORATE DRIVE (Street) WEST DES MOINES, IA 50266			4. If Amendment, Date Original Filed(Month/Day/Year)					
(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/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	800	D	\$15.52	3,511,507	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	1,200	D	\$15.55	3,510,307	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	1,000	D	\$15.56	3,509,307	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	4,600	D	\$15.57	3,504,707	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	2,500	D	\$15.58	3,502,207	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	2,100	D	\$15.59	3,500,107	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	4,700	D	\$15.6	3,495,407	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	600	D	\$15.61	3,494,807	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	1,400	D	\$15.62	3,493,407	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	900	D	\$15.63	3,492,507	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	300	D	\$15.64	3,492,207	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	10,500	D	\$15.65	3,481,707	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	700	D	\$15.66	3,481,007	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	1,100	D	\$15.67	3,479,907	I (2)	See Footnote (2)
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		S	(1)	200	D	\$15.68	3,479,707	I (2)	See Footnote (2)

COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	200	D	\$15.69	3,479,507	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	2,300	D	\$15.7	3,477,207	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	100	D	\$15.71	3,477,107	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	100	D	\$15.73	3,477,007	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	900	D	\$15.74	3,476,107	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	500	D	\$15.75	3,475,607	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	200	D	\$15.76	3,475,407	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	400	D	\$15.78	3,475,007	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	1,400	D	\$15.79	3,473,607	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	2,800	D	\$15.8	3,470,807	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	500	D	\$15.81	3,470,307	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	800	D	\$15.82	3,469,507	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	1,900	D	\$15.83	3,467,607	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	100	D	\$15.84	3,467,507	I ⁽²⁾	See Footnote ⁽²⁾
COMMON STOCK, \$.01 PAR VALUE	01/03/2006		<u>S</u> ⁽¹⁾	300	D	\$15.85	3,467,207	I ⁽²⁾	See Footnote ⁽²⁾

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)				5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	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)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares					

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Iowa Network Services, Inc. 4201 CORPORATE DRIVE WEST DES MOINES, IA 50266		X		
Pine Island Capital CORP 2265-B RENAISSANCE DR., SUITE 9 LAS VEGAS, NV 89119		X		

Explanation of Responses:

- These sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by Pine Island Capital Corporation on December 12, 2005.
- These shares are owned directly by Pine Island Capital Corporation, which is a wholly-owned subsidiary of Iowa Network Services, Inc. Iowa Network Services, Inc. is an indirect beneficial owner of the reported securities.

Signatures

Richard M. Vohs, President, on behalf of Iowa Network Services, Inc.

01/05/2006

** Signature of Reporting Person

Date

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

* 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.

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 Number.

Form 4 Joint Filer Information

Name: Iowa Network Services, Inc.

Address: 4201 Corporate Drive
West Des Moines, IA 50266

Designated Filer: Iowa Network Services, Inc.

Issuer & Ticker Symbol Iowa Telecommunications Services, Inc.
(IWA)

Date of Event Requiring Statement: 1/3/06

Signature By: /s/ RICHARD M. VOHS

Richard M. Vohs, President

Name: Pine Island Capital Corporation

Address: 2265-B Renaissance Drive
Suite 9
Las Vegas, NV 89119

Designated Filer: Iowa Network Services, Inc.

Issuer & Ticker Symbol Iowa Telecommunications Services, Inc.
(IWA)

Date of Event Requiring Statement: 1/3/06

Signature By: /s/ RICHARD M. VOHS

Richard M. Vohs, President