Edgar Filing: Shammo Francis - Form 4

Shammo Fr	ancis							
Form 4								
November 2	29, 2010							
FORM	UNITED	STATES S		TIES AND EXCHANGE COMMISSION ington, D.C. 20549			9PROVAL 3235-0287	
Check t if no lot subject Section Form 4 Form 5 obligati may cot <i>See</i> Inst 1(b).	nger to 16. or Filed put ons ntinue.	rsuant to Se (a) of the Pu	CHANGES IN SECU action 16(a) of t ablic Utility Ho f the Investmen	Expires: January 3 200 Estimated average burden hours per response 0				
(Print or Type	Responses)							
1. Name and Address of Reporting Person <u>*</u> Shammo Francis			Symbol	nd Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (COMMUNICAT WEST STREET,	TIONS 1	5. Date of Earliest 7 Month/Day/Year) 1/26/2010	Fransaction	Director X Officer (giv below) E		% Owner her (specify	
(Street)			. If Amendment, E Filed(Month/Day/Ye	-	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
NEW YOR	RK, NY 10007				Person		-r8	
(City)	(State)	(Zip)	Table I - Non-	Derivative Securities A	Acquired, Disposed o	f, or Beneficia	lly Owned	
(Instr. 3) any		Execution D	Date, if TransactionAcquired (A) or Code Disposed of (D)		SecuritiesIBeneficially(Owned(6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Reminder: Re	port on a separate line	e for each clas		eficially owned directly	or indirectly.			
	1			<u> </u>				

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)

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1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of		6. Date Exercisable and		7. Title and Amount of		8.	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transac				Expiration Date		Underlying Securities		De
Security	or Exercise		any	Code		Securities		(Month/Day/Year)		(Instr. 3 and 4)		Se
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8	nstr. 8) Acquired (A) or							(Ir
	Derivative				Disposed of (D)							
	Security				(Instr. 3, 4, and							
					5)							
				Code	V	(A)	(D)	Date	Expiration	Title	Amount	
						. ,	. ,	Exercisable	Date		or	
											Number	
											of	
											Shares	
Phantom								(1)	(1)	Common		
Stock	<u>(1)</u>	11/26/2010		А]	107.142		(1)	(1)	Stock	31	
(unitized)										STOCK		

Reporting Owners

Reporting Owner Name / Address	Relationships						
Reporting 6 wher Funce / Funcess	Director	10% Owner	Officer	Other			
Shammo Francis VERIZON COMMUNICATIONS INC. 140 WEST STREET, 29TH FLOOR NEW YORK, NY 10007			EVP and CFO				
Signatures							
William L. Horton, Jr., Attorney-in-fact f Francis J.	or Shamr	no,	11/29/2010				

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) Each share of phantom stock is the economic equivalent of a portion of one share of common stock and is settled in cash. The shares of phantom stock become payable upon events established by the reporting person in accordance with the deferred compensation plan.
- (2) Includes phantom stock acquired through dividend reinvestment.

**Signature of Reporting Person

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.

Date