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VERIZON COMMUNICAT Form 4 March 23, 2011	IONS INC					
FORM 4 UNITED	STATES SECU	URITIES AND EXCHANGE	COMMISSION	OMB A OMB	PPROVAL	
Check this box		ashington, D.C. 20549		Number:	3235-0287 January 31,	
if no longer subject to Section 16. Form 4 or					Expires: 2005 Estimated average burden hours per response 0.5	
abligations	(a) of the Public	16(a) of the Securities Exchar Utility Holding Company Act Investment Company Act of 1	of 1935 or Section	·		
(Print or Type Responses)						
		uer Name and Ticker or Trading I ZON COMMUNICATIONS VZ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (VERIZON COMMUNICAT INC., 140 WEST STREET, 1 FLOOR	(Month/Day/Year) COMMUNICATIONS 03/21/2011		Director 10% Owner X Officer (give title Other (specify below) below) EVP - Human Resources			
(Street)		Filed(Month/Day/Year) Applicable Line) _X_ Form filed b			oint/Group Filing(Check One Reporting Person	
NEW YORK, NY 10007			Form filed by M Person	ore than One R	eporting	
(City) (State)	(Zip) Ta	ble I - Non-Derivative Securities A	cquired, Disposed of,	, or Beneficia	lly Owned	
1.Title of Security2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)		(A) or	SecuritiesFeBeneficially(IOwned(I	Ownership orm: Direct)) or Indirect) nstr. 4)	Indirect	
Reminder: Report on a separate line	e for each class of se	Code V Amount (D) Price				

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)

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. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) Disposed of ((Instr. 3, 4, ar 5)	Expiration (Month/Da or D)		7. Title and A Underlying S (Instr. 3 and	Securities	8. De Se (It
				Code V	(A) (D) Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	03/21/2011		А	393.41	(1)	<u>(1)</u>	Common Stock	113	\$
Phantom Stock (unitized)	<u>(1)</u>	03/22/2011		А	892.303	<u>(1)</u>	<u>(1)</u>	Common Stock	256	\$

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Reporting Owners

Reporting Owner Name / Address		Relationships		
	Director	10% Owner	Officer	Other
REED MARC C VERIZON COMMUNICATIONS INC. 140 WEST STREET, 29TH FLOOR NEW YORK, NY 10007			EVP - Human Resources	
Signatures				
William L. Horton, Jr., Attorney-in-fact f Marc C.	or Reed,		03/23/2011	
<u>**</u> Signature of Reporting Person			Date	
E				

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.

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.