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VERIZON COMMUNICATI Form 4 June 23, 2014	ONS INC					
					PPROVAL	
Check this box		URITIES AND EXCHANGE Vashington, D.C. 20549	OMB Number:	3235-0287		
if no longer subject to Section 16. Form 4 or Form 5 Filed pur	suant to Section a) of the Public	ANGES IN BENEFICIAL ON SECURITIES a 16(a) of the Securities Exchan Utility Holding Company Act Investment Company Act of 1	Expires: January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type Responses)						
1. Name and Address of Reporting Mead Daniel S.	Symbo	ZON COMMUNICATIONS	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (1 VERIZON COMMUNICAT INC., 140 WEST STREET	(Mont	e of Earliest Transaction n/Day/Year) /2014	Director 10% Owner X Officer (give title Other (specify below) below) EVP and Pres. & CEO - VZW			
(Street) NEW YORK, NY 10007		mendment, Date Original Aonth/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)	r ci soli					
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	2A. Deemed	3.4. SecuritiesTransactionAcquired (A) orCodeDisposed of (D)	5. Amount of Securities F Beneficially (Owned (5. Ownership Form: Direct D) or Indirect I) Instr. 4)	7. Nature of Indirect	
	le II - Derivative S	information cont required to respo	spond to the collec ained in this form ond unless the form ntly valid OMB con Beneficially Owned	are not n	SEC 1474 (9-02)	

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of	8. P
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	orDerivative	Expiration Date	Underlying Securities	Der

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Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	d (A) osed of		(Instr. 3 and 4)		Sect (Ins
				Code V	7 (A) (D) Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	06/19/2014		А	112.83	<u>(1)</u>	<u>(1)</u>	Common Stock	32	\$
Reporting Owners										
Repor	ting Owner Na	me / Address	Director 10%	Owner (Relationship Officer	s	Ot	ther		

EVP and Pres. & CEO - VZW

Mead Daniel S. VERIZON COMMUNICATIONS INC. 140 WEST STREET NEW YORK, NY 10007

Signatures

William L. Horton, Jr., Attorney-in-fact for Daniel S.
Mead06/23/2014**Signature of Reporting PersonDate

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.