Edgar Filing: Kheradpir Shaygan - Form 4

December 29, 2009 FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 Check this box If no longer Subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES SECURITIES Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Form 6 or Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 17(b), (Print or Type Responses) 1. Name and Address of Reporting Person _ L. Name and Address of Reporting Person _	Kheradpir S Form 4										
if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 1(b). (Print or Type Responses) 1. Name and Address of Reporting Person [*] . (Print or Type Responses) 1. Name and Address of Reporting Person [*] . (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) VERIZON COMMUNICATIONS INC. [VZ] (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 12/28/2009 (Check all applicable) (Check all applicable) (Check first) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 12/28/2009 EVP & Chief Info. Officer NEW YORK, NY 10007 (City) (State) (Zip) NEW YORK, NY 10007 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of 2. Transaction Date 2A. Deemed 3. 4. Securities 5. Amount of 6. Ownership 7. Nature of Securities (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4 and 5) (Month/Day/Year) (Instr. 3, 4 and 5) (Month/Day/Year) (Instr. 4) (Instr. 4) (Instr. 4) (Roth 2, Code V Amount (D) Price	FORM	1 4 UNITED	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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								
1. Name and Address of Reporting Person _ Kheradpir Shaygan 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Issuer (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Check all applicable) VERIZON COMMUNICATIONS INC., 140 WEST STREET, 29TH FLOOR 3. Date of Earliest Transaction (Month/Day/Year) Director	if no lor subject Section Form 4 Form 5 obligation may con <i>See</i> Inst	nger to 16. or Filed put ons ntinue.									
Kheradpir Shaygan Symbol Issuer VERIZON COMMUNICATIONS INC [VZ] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) [Check all applicable] VERIZON COMMUNICATIONS INC., 140 WEST STREET, 29TH FLOOR 12/28/2009 [Check all applicable] (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/Group Filing(Check Applicable Line) NEW YORK, NY 10007 ************************************	(Print or Type	Responses)									
VERIZON COMMUNICATIONS INC., 140 WEST STREET, 29TH 12/28/2009 Image: Comparison of the comparis			Symbol VERIZ	ON COM			Issuer				
Filed(Month/Day/Year) Applicable Line, _X_ Form filed by More Reporting Person	VERIZON INC., 140	COMMUNICAT	TIONS	(Month/I	Day/Year)	ransaction		X Officer (give below)	ve title Oth below)	ner (specify	
NEW TORK, NT 10007 Person (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. 4. Securities TransactionAcquired (A) or Code 5. Amount of Securities 6. Ownership Form: Direct 7. Nature of Indirect 0wned (Instr. 3) (Month/Day/Year) (Month/Day/Year) 1. Instr. 3) 0wned (I) 0wnership Following (A) (Month/Day/Year) (Month/Day/Year) 0wned (I) 0wnership Following (A) (A) (Instr. 3, 4 and 5) 0r (Instr. 4) (Instr. 4) (A) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 3 and 4)					-	1	Applicable Line) _X_ Form filed by One Reporting Person				
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Security (Instr. 3) (Month/Day/Year) Execution Date, if any (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Code Disposed of (D) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3, 4 and 5) (Instr. 4) (I) (I) (Instr. 4) (I) (I) (Instr. 4) (I) (I) (I) (I) (I) (I) (I) (I) (I) (I	(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
Code V Amount (D) Price	Security		Execution Date, if any		Transaction Code	nAcquired Disposed	(A) or of (D) 4 and 5) (A)	Securities Beneficially Owned Following Reported Transaction(s)	Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership	
	Reminder: Re	nort on a senarate line	e for each cla	ss of sea							

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 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 Derivative Security (Instr. 3)	2. 3. Transaction Date Conversion (Month/Day/Year) or Exercise Price of Derivative Security		3A. Deemec Execution D any (Month/Day	Code		5. Number of orDerivative 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 Underlying Securities (Instr. 3 and 4)		8. P Der Sec (Ins	
					Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	12/28/2009			А		77.233		<u>(1)</u>	(1)	Common Stock	22	\$
Repor	ting O	wners											
Reporting Owner Name / Address			Director	Relationships Director 10% Owner Officer					Other				
Kheradpir Shaygan VERIZON COMMUNICATIONS INC. 140 WEST STREET, 29TH FLOOR NEW YORK, NY 10007					EVP & Chief Info. Officer								
Signat	ures												
William L. Horton, Jr., Attorney-in-fact for Kheradpi Shaygan				dpir,	ir, 12/29/2009								
	**Signature of Reporting Person						D	ate					
Explar	nation	of Respor	ises:										
* If the fo	orm is filed by	more than one reporti	ng person, se	e Instruc	ction 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).
- 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 (1)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.

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