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SILLIMAN Form 4	CRAIG L.									
October 23,	2017									
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								N OMB	3235-0287	
Check th if no lon subject t Section Form 4 of Form 5 obligation may con <i>See</i> Instru 1(b).	nger 50 16. or Filed put Dns Section 176	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							Number: January 31 Expires: January 31 Estimated average burden hours per response 0.5	
(Print or Type	Responses)									
1. Name and A SILLIMAN	2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(N				of Earliest Tr Day/Year) 2017	ransaction		Director 10% Owner X Officer (give title Other (specify below) below) EVP of PubPolicy & Gen Counsel			
Filed				If Amendment, Date Original led(Month/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 			
NEW YOR	K, NY 10036						Person	More than One K	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	curity (Month/Day/Year) Execution		Date, if Transaction Code		Disposed (Instr. 3, 4	(A) or of (D)	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)	
Reminder: Re	port on a separate line	e for each cl	ass of sec			. /	or indirectly.			

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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 TransactionDerivative Expiration Date Underlying Securities D (Month/Day/Year) (Instr. 3 and 4) Security or Exercise any Code Securities Se (Instr. 3) Price of (Month/Day/Year) Acquired (A) or (Instr. 8) (Iı Derivative Disposed of (D) Security (Instr. 3, 4, and 5) Code V (D) Date (A) Expiration Title Amount Exercisable Date or Number of Shares Phantom Common (1) (1) Stock (1) 10/19/2017 Α 141.356 40 Stock (unitized) **Reporting Owners Relationships Reporting Owner Name / Address** Other 10% Owner Officer Director SILLIMAN CRAIG L. VERIZON COMMUNICATIONS INC. EVP of PubPolicy & Gen Counsel **1095 AVENUE OF THE AMERICAS** NEW YORK, NY 10036 Signatures William L. Horton, Jr., Attorney-in-fact for Craig L. 10/23/2017 Silliman **Signature of Reporting Person Date **Explanation of Responses:**

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* 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).

Each share of phantom stock is the economic equivalent of a portion of one share of common stock and is settled in cash. Of the total(1) amount acquired, 70.678 shares of phantom stock may be reallocated into other plan investments. 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.