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SILLIMAN	CRAIG L.								
Form 4									
January 02,	2018								
FORM 4 UNITED STATES SECURITIES AN Washington, I									PPROVAL 3235-0287
Check th if no lon subject to Section Form 4 Form 5 obligation may con <i>See</i> Insta 1(b).	nger 16. or Dns tinue. Section 17(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 30(h) of the Investment Company Act of 1940							January 31, 2005 average urs per . 0.5
(Print or Type	Responses)								
				er Name and CON COM		-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
	COMMUNICAT AVENUE OF TI			of Earliest T Day/Year) 2017	ransaction		Director X Officer (giv below) EVP of Pu		% Owner her (specify Counsel
Filed()				f Amendment, Date Original d(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	wore than one R	epotting
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Securities A	Acquired, Disposed o	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3)	ecurity (Month/Day/Year) Execution		Date, if Transactio Code		Disposed (Instr. 3, 4	(A) or of (D)	Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
Reminder: Re	port on a separate line	e for each cla	ass of sec						

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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) 12/28/2017 Α 130.268 38 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. 01/02/2018 Silliman **Signature of Reporting Person Date **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).

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, 65.134 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.