Edgar Filing: Barish Robert J. - Form 4

Barish Robert J.									
Form 4 March 04, 2013									
								OMB A	PPROVAL
FORM 4	UNITED	STATES		RITIES A shington,			COMMISSION		3235-0287
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).						urs per			
(Print or Type Respon	nses)								
1. Name and Address of Reporting Person <u>*</u> Barish Robert J.			2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (VERIZON COM INC., 140 WEST FLOOR	IMUNICAT			of Earliest Tr Day/Year) 2013	ransaction		Director X Officer (giv below) SV		% Owner ner (specify r
				If Amendment, Date Original iled(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person		
NEW YORK, N	Y 10007						Form filed by Person	More than One R	eporting
(City) (State)	(Zip)	Tab	le I - Non-I	Derivative	Securities A	cquired, Disposed o	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date any (Month/Day/Ye		Date, if	Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or		Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Reminder: Report on	a separate line	for each cl	ass of sec	Code V		(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)

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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. Transactio Code (Instr. 8)	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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock (unitized)	<u>(1)</u>	03/01/2013		А	1,575.411	<u>(1)</u>	<u>(1)</u>	Common Stock	450
Reporting Owners									
Repor	ting Owner N	Name / Address		Relat	ionships				

	Director	10% Owner	Officer	Other
Barish Robert J. VERIZON COMMUNICATIONS INC. 140 WEST STREET, 29TH FLOOR NEW YORK, NY 10007			SVP and Controller	

Signatures

William L. Horton, Jr., Attorney-in-fact for Robert J. Barish	03/04/2013		
<u>**</u> 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. 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.