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VERIZON COMMUNICAT Form 4 August 31, 2015	IONS INC					
FORM 4 UNITED				OMB A	PPROVAL	
UNITED	OMB Number:	3235-0287				
Subject to Section 16. Form 4 or Form 5 Filed put obligations may continue. See Instruction	rsuant to Section (a) of the Public	NGES IN BENEFICIAL OV SECURITIES 16(a) of the Securities Exchar Utility Holding Company Act Investment Company Act of 1	nge Act of 1934, of 1935 or Sectior	Expires: Estimated burden hou response	irs per	
1(b). (Print or Type Responses)						
1. Name and Address of Reporting SILLIMAN CRAIG L.	Symbo	ZON COMMUNICATIONS	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (VERIZON COMMUNICAT INC., 1095 AVENUE OF TH AMERICAS	(Month TIONS 08/27	of Earliest Transaction /Day/Year) /2015	Director X Officer (give below) EVP of PubF			
(Street)		nendment, Date Original Ionth/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NEW YORK, NY 10036			Form filed by M Person			
(City) (State)	(Zip) Ta	ble I - Non-Derivative Securities A	cquired, Disposed of	, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	(A) or	SecuritiesFeBeneficially(IOwned(I	Ownership orm: Direct O) or Indirect) nstr. 4)	Indirect	
Reminder: Report on a separate line	e for each class of se	Code V Amount (D) Price	· /			

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

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

		3. Transaction Date (Month/Day/Year)	Execution Date, if Transact any Code		5. Number of iorDerivative 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	
				Coo	e V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	08/27/2015		А		85.704		<u>(1)</u>	<u>(1)</u>	Common Stock	24	\$
Report	ting Ov	wners										
Reporting Owner Name / Address		Relationships Director 10% Owner Officer							Other			
SILLIMAN CRAIG L. VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036			EVP of PubPolicy & Gen Counsel					Counsel	ould			
Signat	ures											
•		., Attorney-in-fact	t for Craig L.			08/31/2	2015					
	<u>**</u> Signat	ture of Reporting Person				Date						
Explar	nation	of Respor	ises:									

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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, 42.852 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.