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Embarq COR	Р						
Form 4							
May 19, 2006	Л					PPROVAL	
	UNITED S		ITIES AND EXCHANGE (hington, D.C. 20549	COMMISSION	OMB Number:	3235-0287	
Check this if no longe	r			Expires:	January 31, 2005		
subject to Section 16 Form 4 or Form 5	SIAIEMI		GES IN BENEFICIAL OW SECURITIES	Estimated average burden hours per response 0.5			
obligations may contin <i>See</i> Instruc 1(b).	Section 17(a)	of the Public Uti	5(a) of the Securities Exchang ility Holding Company Act of vestment Company Act of 19	of 1935 or Section	n		
(Print or Type Re	esponses)						
1. Name and Ad Cheek Willia	dress of Reporting Po m E	Symbol	Name and Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Mi	•	Earliest Transaction	(Chec	k all applicable	e)	
5454 W 110T		(Month/Da 05/17/20	ay/Year)	Director 10% Owner X_Officer (give title Other (specify below) President - Wholesale Markets			
	(Street)		ndment, Date Original h/Day/Year)	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 			
OVERLAND	PARK, KS 6621	1		Form filed by M Person	Iore than One Re	eporting	
(City)	(State) (Z	Zip) Table	I - Non-Derivative Securities Ac	quired, Disposed of	f, or Beneficial	lly 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 Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock				549 <u>(1)</u>	D		
Common Stock				676 <u>(1)</u>	I	by 401k	
Common Stock				115 <u>(1)</u>	I	By Deferred Comp Plan	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form

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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)

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)	Code	5. Number out Derivative 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
Restricted Stock Units	\$ 0	05/17/2006		А	135	(2)	(2)	Common Stock	135
Restricted Stock Units	\$ O	05/17/2006		А	127	(3)	(3)	Common Stock	127
NQ Stock Option (right to buy)	\$ 49.12	05/17/2006		А	3,121	<u>(4)</u>	02/09/2008	Common Stock	3,121
NQ Stock Option (right to buy)	\$ 49.12	05/17/2006		А	3,593	<u>(4)</u>	02/09/2008	Common Stock	3,593
NQ Stock Option (right to buy)	\$ 49.12	05/17/2006		А	8,609	<u>(4)</u>	02/09/2008	Common Stock	8,609
NQ Stock Option (right to buy)	\$ 57.97	05/17/2006		А	281	<u>(4)</u>	02/08/2009	Common Stock	281
NQ Stock Option (right to buy)	\$ 57.97	05/17/2006		А	683	(4)	02/08/2009	Common Stock	683
NQ Stock Option (right to	\$ 57.97	05/17/2006		А	1,076	<u>(4)</u>	02/08/2009	Common Stock	1,076

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buy)								
NQ Stock Option (right to buy)	\$ 72.44	05/17/2006	A	1,980	<u>(4)</u>	02/08/2009	Common Stock	1,980
NQ Stock Option (right to buy)	\$ 72.44	05/17/2006	A	4,800	<u>(4)</u>	02/08/2009	Common Stock	4,800
NQ Stock Option (right to buy)	\$ 72.44	05/17/2006	А	9,685	<u>(4)</u>	02/08/2009	Common Stock	9,685
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	103	(4)	02/08/2010	Common Stock	103
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	405	(4)	05/11/2001	Common Stock	405
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	242	<u>(4)</u>	02/08/2010	Common Stock	242
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	632	<u>(4)</u>	08/07/2010	Common Stock	632
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	А	1,173	<u>(4)</u>	05/11/2001	Common Stock	1,173
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	1,614	<u>(4)</u>	01/24/2010	Common Stock	1,614
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	А	1,216	<u>(4)</u>	05/11/2001	Common Stock	1,216

Reporting Owners

Reporting Owner Name / Address

Relationships

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Director 10% Owner Officer

Other

Cheek William E 5454 W 110TH STREET OVERLAND PARK, KS 66211

President - Wholesale Markets

Signatures

Tracy D. Mackey, attorney-in-fact

05/19/2006

Date

**Signature of Reporting Person

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).
- (1) Includes shares distributed to the reporting person in connection with a pro-rata distribution of the issuer's shares to the stockholders of Sprint Nextel Corporation.
- (2) Units vest and shares will be delivered to reporting person on 02/10/07.
- (3) Units vest and shares will be delivered to reporting person on 02/08/08.
- (4) Option is fully vested and exercisable immediately.

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.