Embarq CORP Form 4 May 08, 2007

# FORM 4

#### OMB APPROVAL

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or Expires: January 31, 2005

# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Add Holland E J Jr	*	ing Person *	2. Issuer Name <b>and</b> Ticker or Trading Symbol Embarq CORP [EQ]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				
			(Month/Day/Year)	Director 10% Owner			
5454 W. 110TH STREET			05/07/2007	_X_ Officer (give title Other (specify below) SVP-Human Resources			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person			
OVERLAND PARK, KS 66211				Form filed by More than One Reporting Person			

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	Secur	ities Acqui	red, Disposed of,	or Beneficiall	y 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 Acquired (A) Transactiomr Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)  (A) or			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	05/07/2007		M	1,960	A	\$ 57.97	4,200	D	
Common Stock	05/07/2007		M	23,059	A	\$ 40.76	27,259	D	
Common Stock	05/07/2007		M	6,145	A	\$ 45.2	33,404	D	
Common Stock	05/07/2007		M	6,143	A	\$ 45.06	39,547	D	
Common Stock	05/07/2007		S	37,307	D	\$ 62.794	2,240	D	

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

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SEC 1474 (9-02)

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)	4. Transactic Code (Instr. 8)	5. Number of orderivative Securities Acquired (A or Disposed (D) (Instr. 3, 4, and 5)	Expiration Da (Month/Day/Y	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	
NQ Stock Option	\$ 57.97	05/07/2007		M	1,960	05/18/2006	02/08/2009	Common Stock	1,960	
NQ Stock Option	\$ 40.76	05/07/2007		M	5,38	05/18/2006	01/03/2010	Common Stock	5,381	
NQ Stock Option	\$ 40.76	05/07/2007		M	2,42	05/18/2006	01/24/2010	Common Stock	2,421	
NQ Stock Option	\$ 40.76	05/07/2007		M	970	05/18/2006	02/08/2010	Common Stock	970	
NQ Stock Option	\$ 40.76	05/07/2007		M	3,228	3 05/18/2006	08/07/2010	Common Stock	3,228	
NQ Stock Option	\$ 40.76	05/07/2007		M	11,05	9 05/18/2006	05/11/2011	Common Stock	11,059	
NQ Stock Option	\$ 45.2	05/07/2007		M	6,145	<u>(1)</u>	02/05/2015	Common Stock	6,145	
NQ Stock Option	\$ 45.06	05/07/2007		M	6,143	(2)	02/07/2016	Common Stock	6,143	

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# **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Holland E J Jr 5454 W. 110TH STREET OVERLAND PARK, KS 66211

**SVP-Human Resources** 

### **Signatures**

Tracy D. Mackey, attorney-in--fact 05/08/2007

\*\*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).
- (1) Option vested/vests in 4 equal annual installments beginning 02/08/06.
- Option vested/vests in three annual installments with 34% vesting on February 7, 2007 and 33% vesting on each of February 7, 2008 and February 7, 2009.

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.

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