December 02, 2005

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report: December 1, 2005

(Date of earliest event reported)

VERIZON COMMUNICATIONS INC.

(Exact name of registrant as specified in its charter)

Delaware

1-8606

23-2259884

 $(State\ or\ other\ jurisdiction\ of\ incorporation)$

(Commission File Number)

(I.R.S. Employer Identification No.)

Edgar Filing: VERIZON COMMUNICATIONS INC - Form 8-K

1095 Avenue of the Americas

New York, New York	10036
(Address of principal executive offices)	(Zip Code)

Registrant s telephone number, including area code: (212) 395-2121

Not applicable

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:
"Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
" Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
" Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
"Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Edgar Filing: VERIZON COMMUNICATIONS INC - Form 8-K

Item 5.02 Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers.

On December 1, 2005 the Board of Directors of Verizon Communications Inc. elected Donald T. Nicolaisen as a Director. The committee or committees of the Board to which Mr. Nicolaisen will be appointed have not yet been determined.

Edgar Filing: VERIZON COMMUNICATIONS INC - Form 8-K

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf l	by the
undersigned, thereunto duly authorized.	

Verizon Communications Inc.

(Registrant)

Date: December 2, 2005 /s/ Thomas A. Bartlett

Thomas A. Bartlett Senior Vice President and Controller