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Embarq CC Form 4	RP							
August 01,	2006							
FORM	OMB APPROVAL							
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							
Check t if no lor subject Section Form 4 Form 5 obligati may cor <i>See</i> Inst 1(b).	nger to 16. or Filed put ons ntinue.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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 20(b) of the Investment Company Act of 1040						
(Print or Type	Responses)							
1. Name and Address of Reporting Person <u>*</u> COLEMAN MELANIE K			2. Issuer Name and mbol mbarq CORP [l Ticker or Trading EQ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(Last) (First) (Middle) 3. Date of Earliest Tran			ransaction				
5454 W 110TH STREET			10nth/Day/Year) 7/28/2006		Director 10% Owner X Officer (give title Other (specify below) below) Controller			
(Street)			If Amendment, Dayled	-	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 			
OVERLAN	ND PARK, KS 66	211			Form filed by M Person	lore than One R	eporting	
(City)	(State)	(Zip)	Table I - Non-I	Derivative Securities A	cquired, Disposed of	, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Dat any	Code Year) (Instr. 8)	4. Securities nAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	SecuritiesFBeneficially(IOwned(I	. Ownership orm: Direct D) or Indirect) nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Demindary De	nort on a constation	for each class	of socurities hand	ficially owned directly	or indirectly			
keminder: Re	port on a separate line	e for each class	or securities benef	information cont required to resp	or indirectly. Spond to the collect ained in this form a ond unless the form ntly valid OMB cont	are not n	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.		Acquired or Dispose (D) (Instr. 3, 4 and 5)	ed of				
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (right to buy)	\$ 45.06	07/28/2006		A		14,674		<u>(1)</u>	02/05/2016	Common Stock	14,674
Restricted Stock Units	\$ 0	07/28/2006		А		6,278		(2)	(2)	Common Stock	6,278

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
COLEMAN MELANIE K 5454 W 110TH STREET OVERLAND PARK, KS 66211			Controller					
Signatures								

Tracy D. Mackey, 08/01/2006 Attorney-in-fact **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).

Option vests in three annual installments with 34% vesting on February 7, 2007 and 33% vesting on each of February 7, 2008 and (1) February 7, 2009.

These restricted stock units vest and shares will be delivered to reporting person in 2 equal annual installments beginning on 02/07/08, but are subject to forfeiture or grant of additional units based upon achievement of specified financial objectives related to revenue and

(2) operating income before interest, depreciation and amortization, both as adjusted for certain items, for the second half of the 2006 calendar year.

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.