Embarq CORP Form 4 May 19, 2006

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB 3235-0287

Check this box if no longer subject to Section 16. Form 4 or

Washington, D.C. 20549 Number:

January 31, Expires: 2005

SECURITIES

Estimated average burden hours per response... 0.5

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 Address of Reporting Person * Meredith Leslie H			2. Issuer Name and Ticker or Trading Symbol Embarq CORP [EQ]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
5454 W 110TH	I STREET		(Month/Day/Year) 05/17/2006	Director 10% Owner _X_ Officer (give title Other (specify below) Treasurer		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
OVERLAND I	PARK, KS (66211	Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

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CONTRACT.		FANN.	1/1	UUZI	

(City)	(State)	Zip) Table	e I - Non-D	erivative 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)	3. Transactic Code (Instr. 8)	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock					1,102 (1)	D	
Common Stock					229 (1)	I	by 401k
Common Stock					1,095 (1)	I	By Deferred Comp Plan

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

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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)	4. Transactio Code (Instr. 8)	5. Number of or Derivative Securities Acquired (A) or Disposed o (D) (Instr. 3, 4, and 5)	Expiration I (Month/Day	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		A	259	<u>(2)</u>	(2)	Common Stock	259	
Restricted Stock Units	\$ 0	05/17/2006		A	215	<u>(3)</u>	<u>(3)</u>	Common Stock	215	
NQ Stock Option (right to buy)	\$ 49.12	05/17/2006		A	18,916	<u>(4)</u>	02/09/2008	Common Stock	18,916	
NQ Stock Option (right to buy)	\$ 57.97	05/17/2006		A	1,737	<u>(4)</u>	02/08/2009	Common Stock	1,737	
NQ Stock Option (right to buy)	\$ 72.44	05/17/2006		A	14,786	<u>(4)</u>	02/08/2009	Common Stock	14,786	
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006		A	103	<u>(4)</u>	02/08/2010	Common Stock	103	
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	506	<u>(4)</u>	05/11/2011	Common Stock	506	

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NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	544	<u>(4)</u>	02/08/2010	Common Stock	544
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	672	<u>(4)</u>	08/07/2010	Common Stock	672
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	1,013	<u>(4)</u>	05/11/2011	Common Stock	1,013
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	1,272	<u>(4)</u>	02/08/2010	Common Stock	1,272
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	1,466	<u>(4)</u>	05/11/2011	Common Stock	1,466
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	1,883	<u>(4)</u>	01/24/2010	Common Stock	1,883
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	2,152	<u>(4)</u>	01/03/2010	Common Stock	2,152
NQ Stock Option (right to buy)	\$ 91.38	05/17/2006	A	2,394	<u>(4)</u>	05/11/2011	Common Stock	2,394
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	2,690	<u>(4)</u>	08/07/2010	Common Stock	2,690
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	2,933	<u>(4)</u>	05/11/2011	Common Stock	2,933
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	3,766	<u>(4)</u>	01/24/2010	Common Stock	3,766
	\$ 40.76	05/17/2006	A	4,789	<u>(4)</u>	05/11/2011		4,789

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NQ Stock Option (right to buy)							Common Stock	
NQ Stock Option (right to buy)	\$ 40.76	05/17/2006	A	8,609	<u>(4)</u>	01/03/2010	Common Stock	8,609
NQ Stock Option (right to buy)	\$ 46.09	05/17/2006	A	1,676	<u>(4)</u>	02/11/2012	Common Stock	1,676
NQ Stock Option (right to buy)	\$ 33.08	05/17/2006	A	1,428	<u>(4)</u>	02/19/2012	Common Stock	1,428
NQ Stock Option (right to buy)	\$ 33.08	05/17/2006	A	3,403	<u>(4)</u>	02/19/2012	Common Stock	3,403
NQ Stock Option (right to buy)	\$ 16.08	05/17/2006	A	1,109	<u>(5)</u>	03/27/2013	Common Stock	1,109
NQ Stock Option (right to buy)	\$ 21.9	05/17/2006	A	2,219	<u>(5)</u>	03/27/2013	Common Stock	2,219
NQ Stock Option (right to buy)	\$ 33.86	05/17/2006	A	2,455	<u>(6)</u>	02/10/2014	Common Stock	2,455
NQ Stock Option (right to buy)	\$ 33.34	05/17/2006	A	4,910	<u>(6)</u>	02/10/2014	Common Stock	4,910
NQ Stock Option (right to buy)	\$ 45.2	05/17/2006	A	5,759	<u>(7)</u>	02/08/2015	Common Stock	5,759

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

Reporting Owners 4

Meredith Leslie H 5454 W 110TH STREET OVERLAND PARK, KS 66211

Treasurer

Signatures

Tracy D. Mackey, attorney-in-fact

05/19/2006

**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) 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.
- (5) Option vests in two equal installments on 03/27/07 and 03/27/08.
- (6) Option vests in 4 equal annual installments beginning 02/10/05.
- (7) Option vests in 4 equal annual installments beginning 02/08/06.

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.

Signatures 5