Embarq CORP Form 4 November 07, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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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

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Holland E J Jr			2. Issuer Name and 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	(Check an applicable)			
			(Month/Day/Year)	Director 10% Owner			
5454 W. 110TH STREET			11/05/2007	_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	ole I - Non-	Derivative	Secui	rities Acquii	ed, 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) Transaction Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	11/05/2007		M	3,553	A	\$ 33.08	8,579	D	
Common Stock	11/05/2007		M	7,107	A	\$ 24.11	15,686	D	
Common Stock	11/05/2007		M	2,193	A	\$ 21.88	17,879	D	
Common Stock	11/05/2007		M	5,475	A	\$ 21.9	23,354	D	
Common Stock	11/05/2007		M	2,738	A	\$ 16.08	26,092	D	

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Common Stock	11/05/2007	M	1,096	A	\$ 15.37	27,188	D
Common Stock	11/05/2007	M	1,749	A	\$ 33.86	28,937	D
Common Stock	11/05/2007	M	3,497	A	\$ 33.34	32,434	D
Common Stock	11/05/2007	S <u>(1)</u>	27,408	D	\$ 53.3822	5,026	D

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

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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 iomf 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
NQ Stock Option	\$ 33.08	11/05/2007		M <u>(1)</u>		3,553	05/18/2006	02/19/2012	Common Stock	3,553
NQ Stock Option	\$ 24.11	11/05/2007		M <u>(1)</u>		7,107	05/18/2006	02/19/2012	Common Stock	7,107
NQ Stock Option	\$ 21.88	11/05/2007		M <u>(1)</u>		2,193	05/18/2006	03/27/2013	Common Stock	2,193
NQ Stock Option	\$ 21.9	11/05/2007		M(1)		5,475	05/18/2006	03/27/2013	Common Stock	5,475
NQ Stock Option	\$ 16.08	11/05/2007		M <u>(1)</u>		2,738	05/18/2006	03/27/2013	Common Stock	2,738
	\$ 15.37	11/05/2007		M <u>(1)</u>		1,096	05/18/2006	03/27/2013		1,096

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NQ Stock Option							Common Stock	
NQ Stock Option	\$ 33.86	11/05/2007	M(1)	1,749	(2)	02/10/2014	Common Stock	1,749
NQ Stock Option	\$ 33.34	11/05/2007	M(1)	3,497	(2)	02/10/2014	Common Stock	3,497

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Holland E J Jr

5454 W. 110TH STREET SVP-Human Resources

OVERLAND PARK, KS 66211

Signatures

Jeffrey M. Johns, attorney-in-fact 11/07/2007

**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) Mr. Holland exercised 50% of his vested in-the-money options and sold the underlying shares pursuant to a property settlement agreement with his former spouse.
- (2) Option vested/vests in 4 equal annual installments which began on 02/10/05.

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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