CENTURY Form 4 March 31, 20											
FORN	Л									PPROVAL	
	• • UNITED	STATES					NGE	COMMISSION	OMB Number:	3235-0287	
Check th if no long subject to Section 1 Form 4 o Form 5	ger STATEN 16. pr	x x STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							Expires: Estimated burden hor	January 31	
obligatio may cont <i>See</i> Instru 1(b).	ns Section 17(a) of the		ility Hold	ling Com	ipany	Act c	of 1935 or Section	on		
(Print or Type I	Responses)										
COLE DAVID D Symbol			Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (I	Middle)		RYTEL I	E.	LJ		(Check all applicable)			
(Last) (THSt) (Midde) S. Date of (Month/D 100 CENTURYTEL DRIVE 03/31/20			-				Director 10% Owner X Officer (give title Other (specify below) Sr. VP - Operations Support				
				ndment, Date Original th/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
MONROE,	LA 71203							Person	More than One R	eporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative	Securi	ties Ac	quired, Disposed o	of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)	Execution any	med on Date, if Day/Year)	Code (Instr. 8)	4. Securi onAcquired Disposed (Instr. 3, Amount	l (A) o l of (D 4 and (A) or)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	03/31/2006			S	910	D	\$ 0	40,845.75	D		
Common Stock								4,624.8	Ι	By 401(k)	
Common Stock								11,222.49	Ι	By ESOP (2)	
Common Stock								1,537.91	I	By ESOP Spouse (2)	
Common Stock								2,038.03	I	By PAYSOP	

Common Stock Common Stock						650.13 10,647.86	I	By PAYSOP Spouse (3) By Stock Bonus Plar	1
Common Stock						2,738.51	Ι	(4) By Stock Bonus Plar Spouse (4)	1
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form 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		Assaction Date 3A. Deemed 4. 5. 6. Date Exercisable and h/Day/Year) Execution Date, if any Code of (Month/Day/Year) (Month/Day/Year) (Instr. 8) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			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
Employee Stock Option (right to buy)	\$ 34.63					02/21/2001 <u>(5)</u>	02/21/2010	Common Stock	85,000
Employee Stock Option (right to buy)	\$ 28.03					05/21/2002 <u>(6)</u>	05/21/2011	Common Stock	81,000
Employee Stock Option (right to buy)	\$ 32.99					02/25/2003 <u>(7)</u>	02/25/2012	Common Stock	81,000

Employee Stock Option (right to buy)	\$ 27.48	02/24/2004 <u>⁽⁸⁾</u>	02/24/2013	Common Stock	58,402
Employee Stock Option (right to buy)	\$ 28.34	02/25/2004 <u>⁽⁹⁾</u>	02/25/2014	Common Stock	40,500
Employee Stock Option (right to buy)	\$ 33.4	02/17/2005 <u>(10)</u>	02/17/2015	Common Stock	40,500
Employee Stock Option (right to buy)	\$ 35.41	03/15/2007 <u>(11)</u>	02/20/2016	Common Stock	40,500

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
COLE DAVID D 100 CENTURYTEL DRIVE MONROE, LA 71203			Sr. VP - Operations Support				
Signatures							

By: Kay C. Buchart, Attorney-In-Fact

03/31/2006

<u>**</u>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) As of most recent statement available
- (2) As of most recent statement available.
- (3) As of most recent statement available.
- (4) As of most recent statement available.
- (5) One-third of the Stock Options are exercisable 2/21/2001, one-third are exercisable on 2/21/2002, and one-third are exercisable on 2/21/2003.
- (6) One-third of the Stock Options are exercisable 5/21/02, one-third are exercisable 5/21/03, and one-third are exercisable 5/21/04.
- (7) One-third of the Stock Options are exercisable 2/25/03, one-third are exercisable 2/25/04, and one-third are exercisable 2/25/05.

Reporting Owners

- (8) One-third of the Stock Options are exercisable 2/24/04, one-third are exercisable 2/24/05, and one-third are exercisable 2/24/06.
- (9) One-third of the options are exercisable immediately, one-third are exercisable 2/25/05, and one-third are exercisable 2/25/06.
- (10) One-third of the options are exercisable immediately, one-third are exercisable 2/17/06, and one-third are exercisable 2/17/07.
- (11) One-third of the options are exercisable 3/15/07, one-third are exercisable 3/15/08, and one-third are exercisable 3/15/09.

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.