COLE DAVID D Form 4 March 22, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB 3235-0287

Number: January 31, Expires:

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Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

1(b).

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

(Print or Type Responses)

1. Name and Address of Reporting Person * COLE DAVID D			2. Issuer Name and Ticker or Trading Symbol CENTURYTEL INC [CTL]	5. Relationship of Reporting Person(s) to Issuer		
(Last) (First) (Middle)		(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
			(Month/Day/Year)	Director 10% Owner		
100 CENTURYTEL DRIVE			03/22/2006	X Officer (give title Other (specify below)		
				Sr. VP - Operations Support		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
MONROE, LA 71203				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	Secur	ities Acq	uired, Disposed o	f, 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. Securit on(A) or Di (Instr. 3,	sposed	d of (D)	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	03/22/2006		M	20,000	A	\$ 27.48	62,664.75	D	
Common Stock	03/22/2006		S	20,000	D	\$ 38.93	42,664.75	D	
Common Stock							4,624.8	I	By 401(k)
Common Stock							11,222.49	I	By ESOP
Common Stock							1,537.91	I	By ESOP Spouse (2)

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Common Stock	2,038.03	I	By PAYSOP
Common Stock	650.13	I	By PAYSOP Spouse (3)
Common Stock	10,647.86	I	By Stock Bonus Plan (4)
Common Stock	2,738.51	Ι	By Stock Bonus Plan Spouse (4)
Daniedan Daniedan arranda lias farrada dan efarradia han Caialla anned din efarrad	in dimently		

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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 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. Transactic Code (Instr. 8)	Secu Secu Acqu or D (D)	nrities uired (A) isposed of r. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		Expiration Date Underlying Sec		Securit
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh	
Employee Stock Option (right to buy)	\$ 27.48	03/22/2006		M		20,000	02/24/2004(5)	02/24/2013	Common Stock	20,0	
Employee Stock Option (right to buy)	\$ 34.63						02/21/2001(6)	02/21/2010	Common Stock	85,0	
Employee Stock Option (right to	\$ 28.03						05/21/2002(7)	05/21/2011	Common Stock	81,0	

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buy)					
Employee Stock Option (right to buy)	\$ 32.99	02/25/2003(8)	02/25/2012	Common Stock	81,0
Employee Stock Option (right to buy)	\$ 28.34	02/25/2004(9)	02/25/2014	Common Stock	40,5
Employee Stock Option (right to buy)	\$ 33.4	02/17/2005(10)	02/17/2015	Common Stock	40,
Employee Stock Option (right to	\$ 35.41	03/15/2007(11)	02/20/2016	Common Stock	40,5

Reporting Owners

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

100 CENTURYTEL DRIVE MONROE, LA 71203

Sr. VP - Operations Support

Signatures

buy)

By: Kay C. Buchart, Attorney-In-Fact 03/22/2006

**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) 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 2/24/04, one-third are exercisable 2/24/05, and one-third are exercisable 2/24/06.
- 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.

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- (7) 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.
- (8) 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.
- (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.