

FORM 4

[] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or
Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person [*] SWEASY NEIL (Last) (First) (Middle)		2. Issuer Name and Ticker or Trading Symbol CENTURYTEL INC [CTL]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> X Officer (give title below) <input type="checkbox"/> Other (specify below) VP and Controller	
3. Date of Earliest Transaction (MM/DD/YYYY) 7/10/2006		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person			
4. If Amendment, Date Original Filed (MM/DD/YYYY)					
100 CENTURYTEL DRIVE (Street) MONROE, LA 71203 (City) (State) (Zip)					

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	7/10/2006		M		7800	A	\$0	14301.28	D	
Common Stock	7/10/2006		M		2250	A	\$0	16551.28	D	
Common Stock	7/10/2006		S		10050	D	\$37.5	6501.28	D	
Common Stock								4965.51	I	By ESOP
Common Stock								1313.3	I	By Stock Bonus Plan
Common Stock								4234.73	I	By 401(k)

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$13.33	7/10/2006		M			2250	(1)	1/2/2007	Common Stock	2250	\$0	0	D	
Employee Stock Option (right to buy)	\$28.03	7/10/2006		M			7800	5/21/2002	5/21/2011	Common Stock	7800	\$0	5200	D	
Employee Stock Option (right to buy)	\$33.4							2/17/2005	2/17/2015	Common Stock	6500		6500	D	
Employee Stock Option (right to buy)	\$34.63							2/21/2001	2/21/2010	Common Stock	12000		12000	D	
Employee Stock Option (right to buy)	\$27.48							2/24/2004	2/24/2013	Common Stock	13000		13000	D	
Employee Stock Option (right to buy)	\$32.99							2/25/2003	2/25/2012	Common Stock	13000		13000	D	
Employee Stock Option (right to buy)	\$28.34							2/25/2004	2/25/2014	Common Stock	6500		6500	D	
Employee Stock Option (right to buy)	\$35.41							3/15/2007	2/20/2016	Common Stock	6500		6500	D	
Employee Stock Option (right to buy)	\$46.19							4/7/2000	4/7/2009	Common Stock	2823		2823	D	

Explanation of Responses:

(1) Options were 50% exerisable on 01/02/1999 and 50% exercisable on 01/20/2000.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SWEASY NEIL 100 CENTURYTEL DRIVE MONROE, LA 71203			VP and Controller	

Signatures

Kay C. Buchart, Attorney-In-Fact

7/10/2006

Signature of Reporting Person

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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