

History of Qwest Dividend Payment Dates and Amounts

Qwest paid four Quarterly dividends totaling \$0.32 per share of Common Stock in 2009. For tax-reporting purposes, the Company reported 100% of the 2009 dividends (\$0.32 per common share) as ordinary income.

* Qwest's 2008 common stock quarterly dividends totaled \$0.32 per share. For United States federal income tax-reporting purposes, the company reported the 2008 dividends as non-taxable distributions.

The above statements do not constitute tax advice. The taxation of corporate distributions can be complex, and stockholders are encouraged to consult their tax advisers to determine what impact the above information may have on their specific tax situation.

YEAR	DATE	AMOUNT	COMMENTS	YEAR	DATE	AMOUNT	COMMENTS
2010	12-Mar	\$0.0800	Record Date 2/19/2010	2008*	5-Dec	\$0.0800	Record Date 11/14/08
2009	11-Dec	\$0.0800	Record Date 11/20/2009		29-Aug	\$0.0800	Record Date 8/8/08
	11-Sep	\$0.0800	Record Date 8/21/2009		30-May	\$0.0800	Record Date 4/17/08
	12-Jun	\$0.0800	Record Date 5/22/2009		21-Feb	\$0.0800	Record Date 12/12/07
	6-Mar	\$0.0800	Record Date 2/13/2009	2001	29-Jun	\$ 0.0500	Record Date 5-2-01

History of US West Dividend Payment Dates and Amounts

YEAR	DATE	AMOUNT	COMMENTS	YEAR	DATE	AMOUNT	COMMENTS
2000	1-Feb	\$0.5350		1991	1-Feb	\$0.5200	
	1-May	\$0.5350			1-May	\$0.5200	
1999	1-Feb	\$0.5350			1-Aug	\$0.5200	
	1-May	\$0.5350			1-Nov	\$0.5200	
	1-Aug	\$0.7500	(\$.535 + \$.215 special dividend)	1990	1-Feb	\$0.5000	
1-Nov	\$0.5350		1-May		\$0.5000		
			1-Aug		\$0.5000		
1998	1-Feb	\$0.5350		1-Nov	\$0.5000		
	1-May	\$0.5350		1989	1-Feb	\$0.4700	
	1-Aug	\$0.5350			1-May	\$0.4700	
	1-Nov	\$0.5350			1-Aug	\$0.4700	
			1-Nov		\$0.4700		
1997	1-Feb	\$0.5350		1988	1-Feb	\$0.4400	
	1-May	\$0.5350			1-May	\$0.4400	
	1-Aug	\$0.5350			1-Aug	\$0.4400	
	1-Nov	\$0.5350			1-Nov	\$0.4400	
1996	1-Feb	\$0.5350		1987	1-Feb	\$0.4100	
	1-May	\$0.5350			1-May	\$0.4100	
	1-Aug	\$0.5350			1-Aug	\$0.4100	
	1-Nov	\$0.5350			1-Nov	\$0.4100	
1995	1-Feb	\$0.5350		1986	1-Feb	\$0.3800	
	1-May	\$0.5350			1-May	\$0.3800	
	1-Aug	\$0.5350			1-Aug	\$0.3800	
	1-Nov	\$0.5350			1-Nov	\$0.3800	
1994	1-Feb	\$0.5350		1985	1-Feb	\$0.3575	
	1-May	\$0.5350			1-May	\$0.3575	
	1-Aug	\$0.5350			1-Aug	\$0.3575	
	1-Nov	\$0.5350			1-Nov	\$0.3575	
1993	1-Feb	\$0.5350		1984	1-Feb	\$0.3375	
	1-May	\$0.5350			1-May	\$0.3375	
	1-Aug	\$0.5350			1-Aug	\$0.3375	
	1-Nov	\$0.5350			1-Nov	\$0.3375	
1992	1-Feb	\$0.5300					
	1-May	\$0.5300					
	1-Aug	\$0.5300					
	1-Nov	\$0.5300					