

J2 GLOBAL COMMUNICATIONS INC
 Form 4
 August 05, 2010

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Griggs Kathleen

2. Issuer Name and Ticker or Trading Symbol
 J2 GLOBAL COMMUNICATIONS INC [JCOM]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 6922 HOLLYWOOD BLVD., 5TH FLOOR
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 08/04/2010

____ Director
 Officer (give title below) _____ Other (specify below)
 Chief Financial Officer

LOS ANGELES, CA 90028

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction 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, \$0.01 par value	08/04/2010		M ⁽¹⁾		8,600	A	\$ 17.19
					73,215	D	⁽²⁾
Common Stock, \$0.01 par value	08/04/2010		S		8,600	D	\$ 24.7574
					64,615	D	⁽²⁾
Common Stock, \$0.01 par	08/04/2010		S		1,000	D	\$ 24.7342
					63,615	D	⁽²⁾

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value

Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.741	63,115 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.77	62,615 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	415	D	\$ 24.78	62,200 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.791	61,700 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	1,000	D	\$ 24.7915	60,700 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.8	60,200 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.818	59,700 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	1,000	D	\$ 24.8207	58,700 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.83	58,200 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	1,000	D	\$ 24.85	57,200 <u>(2)</u>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.8501	56,700 <u>(2)</u>	D

Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.851	56,200 ⁽²⁾	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.89	55,700 ⁽²⁾	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.9	55,200 ⁽²⁾	D

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

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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. Transaction 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 (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Option to purchase common stock	\$ 17.19	08/04/2010		M	8,600	03/05/2010 03/05/2019	Common Stock, \$0.01 par value	8,600

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Griggs Kathleen 6922 HOLLYWOOD BLVD. 5TH FLOOR LOS ANGELES, CA 90028			Chief Financial Officer	

Signatures

/s/ Kathleen
Griggs

08/05/2010

__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) These shares were acquired upon exercise of stock options under the Issuer's 2007 Stock Plan identified as exercised in Part II of this Form 4.
 - (2) Includes 55,200 shares of restricted stock which remain subject to vesting
 - (3) Employee stock option granted for services rendered, no value placed on services rendered.

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.