J2 GLOBAL COMMUNICATIONS INC

Form 4

March 20, 2007

FORM 4 UNITED STATE

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

OMB Number: 3235-0287

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

Form 4 or Form 5 obligations may continue.

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

burden hours per response... 0.5

See Instruction 1(b).

\$0.01 par

(Print or Type Responses)

1. Name and Address of Reporting Person * ZUCKER NEHEMIA	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
	J2 GLOBAL COMMUNICATIONS INC [JCOM]	(Check all applicable)		
(Last) (First) (Middle)	3. Date of Earliest Transaction (Month/Day/Year)	Director 10% OwnerX_ Officer (give title Other (specify		
6922 HOLLYWOOD BLVD - 5TH FLOOR	03/16/2007	below) below) Co-President		
(Street)	4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
	Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person		
LOS ANGELES, CA 90028		Form filed by More than One Reporting Person		
(0:-)				

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative S	Secur	ities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	onor Dispose (Instr. 3, 4	(A) or	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)
Common Stock, \$0.01 par value	03/16/2007		Code V	Amount 6,000	(D)	Price \$ 27.9	54,000 (2)	D	
Common Stock, \$0.01 par value	03/16/2007		M(1)	27,814	A	\$ 4.47	81,814 (2)	D	
Common Stock,	03/13/2007		M <u>(1)</u>	13,246	A	\$ 4.47	95,060 (2)	D	

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value							
Common Stock, \$0.01 par value	03/16/2007	S	21,460	D	\$ 27.9	73,600 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	800	D	\$ 27.91	72,800 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	400	D	\$ 27.92	72,400 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	500	D	\$ 27.93	71,900 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	1,100	D	\$ 27.935	70,800 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	100	D	\$ 27.97	70,700 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	1,300	D	\$ 28	69,400 <u>(2)</u>	D
Common Stock, \$0.01 par value	03/16/2007	S	100	D	\$ 28.01	69,300 <u>(2)</u>	D
Common Stock, \$0.01 par value	03/16/2007	S	432	D	\$ 28.02	68,868 <u>(2)</u>	D
Common Stock, \$0.01 par value	03/16/2007	S	700	D	\$ 28.03	68,168 <u>(2)</u>	D
Common Stock, \$0.01 par value	03/16/2007	S	268	D	\$ 28.04	67,900 (2)	D

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Common Stock, \$0.01 par value	03/16/2007	S	400	D	\$ 28.05	67,500 <u>(2)</u>	D
Common Stock, \$0.01 par value	03/16/2007	S	100	D	\$ 28.08	67,400 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	2,300	D	\$ 28.09	65,100 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	400	D	\$ 28.1	64,700 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	900	D	\$ 28.15	63,800 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	1,200	D	\$ 28.16	62,600 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	400	D	\$ 28.17	62,200 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	400	D	\$ 28.18	61,800 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	200	D	\$ 28.21	61,600 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	1,400	D	\$ 28.22	60,200 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	1,700	D	\$ 28.24	58,500 (2)	D
	03/16/2007	S	1,000	D	\$ 28.25	57,500 (2)	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	03/16/2007	S	500	D	\$ 28.26	57,000 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	1,700	D	\$ 28.27	55,300 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	700	D	\$ 28.29	54,600 (2)	D
Common Stock, \$0.01 par value	03/16/2007	S	600	D	\$ 28.3	54,000 (2)	D

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)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exerci Expiration Dat (Month/Day/Y	te	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase Common Stock	\$ 4.47	03/16/2007		M	27,814	06/25/2006	06/25/2012	Common Stock, \$0.01 par value	27.814
Option to Purchase Common	\$ 4.47	03/16/2007		M	13,246	06/25/2006	06/25/2012	Common Stock, \$0.01 par	ŕ

Stock value

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ZUCKER NEHEMIA 6922 HOLLYWOOD BLVD - 5TH FLOOR LOS ANGELES, CA 90028

Co-President

Signatures

/s/Nehemia

Zucker 03/20/2007

**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).
- These shares were acquired upon exercise of stock options under the Issuer?s 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
- (2) Includes 54,000 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.

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