

KALVIN GREGGORY

Form 4

May 11, 2005

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

**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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
KALVIN GREGGORY

(Last) (First) (Middle)

**C/O J2 GLOBAL
COMMUNICATIONS, INC., 6922
HOLLYWOOD BLVD, 5TH
FLOOR**

(Street)

LOS ANGELES, CA 90028

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol

**J2 GLOBAL COMMUNICATIONS
INC [jcom]**

3. Date of Earliest Transaction
(Month/Day/Year)
05/09/2005

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
☒ Officer (give title below) ____ Other (specify below)
Chief Accounting Officer

6. Individual or Joint/Group Filing(Check
Applicable Line)

☒ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

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)
Common Stock, \$0.01 par value	05/09/2005		M ⁽¹⁾	7,500 A	\$ 13.75 8,546	D	
Common Stock, \$0.01 par value	05/09/2005		S ⁽¹⁾	1,300 D	\$ 35.91 7,246	D	
	05/09/2005		S ⁽¹⁾	5,000 D	2,246	D	

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Common Stock, \$0.01 par value \$ 35.96

Common Stock, \$0.01 par value 05/09/2005 S⁽¹⁾ 1,200 D \$ 36 1,046 D

Common Stock, \$0.01 par value 05/09/2005 S⁽³⁾ 225 D \$ 36 821 D

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

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(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 (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
Options to purchase Common Stock	\$ 13.75	05/09/2005		M	7,500	05/08/2005 05/08/2014	Common Stock, \$0.01 par value	7,500

Reporting Owners

Reporting Owner Name / Address	Relationships
KALVIN GREGGORY C/O J2 GLOBAL COMMUNICATIONS, INC. 6922 HOLLYWOOD BLVD, 5TH FLOOR	Director 10% Owner Officer Chief Accounting Officer

LOS ANGELES, CA 90028

Signatures

/s/Greggory

Kalvin

05/10/2005

 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 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
- (2) Employee Stock Option granted for services rendered - no value placed on services rendered.
- (3) Purchased under the Issuer's 2001 Stock Purchase Plan and exempt from short-swing profit recovery provision of Section 16(b) of the Securities Exchange Act of 1934 under Rule 16b-3.

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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