

J2 GLOBAL COMMUNICATIONS INC

Form 4

June 19, 2007

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

OMB
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(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)

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

06/15/2007

____ Director ____ 10% Owner
X Officer (give title ____ Other (specify
below) below)

Chief Financial Officer

6922 HOLLYWOOD BLVD., 5TH
FLOOR

(Street)

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

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

X Form filed by One Reporting Person

____ Form filed by More than One Reporting
Person

LOS ANGELES, X1 90028

(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	06/15/2007		A ⁽¹⁾		30,000	A	\$ 0 ⁽²⁾
					30,000		D

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

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information contained in this form are not
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SEC 1474
(9-02)

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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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options to purchase Common Stock	\$ 33.51	06/15/2007		A ⁽³⁾		18,000		06/15/2008	06/15/2017	Common Stock, \$0.01 par value	18,000
Options to purchase Common Stock	\$ 33.51	06/15/2007		A ⁽³⁾		18,000		06/15/2009	06/15/2017	Common Stock, \$0.01 par value	18,000
Options to purchase Common Stock	\$ 33.51	06/15/2007		A ⁽³⁾		18,000		06/15/2010	06/15/2017	Common Stock, \$0.01 par value	18,000
Options to purchase Common Stock	\$ 33.51	06/15/2007		A ⁽³⁾		18,000		06/15/2011	06/15/2017	Common Stock, \$0.01 par value	18,000
Options to purchase Common Stock	\$ 33.51	06/15/2007		A ⁽³⁾		18,000		06/15/2012	06/15/2017	Common Stock, \$0.01 par value	18,000

Reporting Owners

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

LOS ANGELES, X1 90028

Signatures

/s/ Kathleen
Griggs

06/18/2007

__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).

Restricted stock awarded under the Issuer's Second Amended and Restated 1997 Stock Option Plan. The restricted shares are subject to a five-year restricted period which commences on the date of award with restrictions lapsing as to 10% of the shares on the first anniversary of the date of award, 15% of the shares on the second anniversary, 20% on the third, 25% on the fourth, and 30% on the fifth anniversary of the date of the award.

(1) Restricted Stock granted for services rendered; no value placed on services rendered.

(2) Stock Options granted pursuant to Issuer's Second Amended and Restated 1997 Stock Option Plan.

(3) Stock Options granted for services rendered; no value placed on services rendered.

(4)

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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