

J2 GLOBAL COMMUNICATIONS INC

Form 4

August 05, 2010

**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  
Number: 3235-0287  
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2005  
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burden hours per  
response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
Griggs Kathleen

(Last) (First) (Middle)

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)

08/04/2010

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

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_X\_ Officer (give title below) \_\_\_\_ Other (specify below)

Chief Financial Officer

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
\_X\_ 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 Ownership Indirect Beneficial Ownership (Instr. 4)
Common Stock, \$0.01 par value	08/04/2010		M <sup>(1)</sup>	8,600 A	\$ 17.19 73,215 <sup>(2)</sup>	D	
Common Stock, \$0.01 par value	08/04/2010		S	8,600 D	\$ 24.7574 64,615 <sup>(2)</sup>	D	
Common Stock, \$0.01 par	08/04/2010		S	1,000 D	\$ 24.7342 63,615 <sup>(2)</sup>	D	

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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 <sup>(2)</sup>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.89	55,700 <sup>(2)</sup>	D
Common Stock, \$0.01 par value	08/04/2010	S	500	D	\$ 24.9	55,200 <sup>(2)</sup>	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.**

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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 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.

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