

SCHULHOF MICHAEL
Form 4
August 10, 2009

FORM 4

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

OMB APPROVAL

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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 *
SCHULHOF MICHAEL

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.
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
08/06/2009

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

LOS ANGELES, CA 90028
(City) (State) (Zip)

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

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)
				(A) or (D) Code V Amount (D) Price			
Common Stock, \$0.01 par value	08/06/2009		M ⁽²⁾	4,556 A \$ 20.91	39,567	D	
Common Stock, \$0.01 par value	08/06/2009		M ⁽¹⁾	25,000 A \$ 9.545	64,567	D	
Common Stock, \$0.01 par value	08/06/2009		M ⁽¹⁾	12,000 A \$ 18.765	76,567	D	

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Common Stock, \$0.01 par value	08/06/2009	S	2,200	D	\$ 23.55	74,367	D
Common Stock, \$0.01 par value	08/06/2009	S	1,600	D	\$ 23.56	72,767	D
Common Stock, \$0.01 par value	08/06/2009	S	300	D	\$ 23.58	72,467	D
Common Stock, \$0.01 par value	08/06/2009	S	5,500	D	\$ 23.59	66,967	D
Common Stock, \$0.01 par value	08/06/2009	S	100	D	\$ 23.61	66,867	D
Common Stock, \$0.01 par value	08/06/2009	S	100	D	\$ 23.63	66,767	D
Common Stock, \$0.01 par value	08/06/2009	S	200	D	\$ 23.64	66,567	D
Common Stock, \$0.01 par value	08/06/2009	S	100	D	\$ 23.65	66,467	D
Common Stock, \$0.01 par value	08/06/2009	S	400	D	\$ 23.66	66,067	D
Common Stock, \$0.01 par value	08/06/2009	S	145	D	\$ 23.69	65,922	D
Common Stock, \$0.01 par value	08/06/2009	S	200	D	\$ 23.7	65,722	D
	08/06/2009	S	200	D	\$ 23.71	65,522	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	08/06/2009	S	1,900	D	\$ 23.72	63,622	D
Common Stock, \$0.01 par value	08/06/2009	S	2,055	D	\$ 23.73	61,567	D
Common Stock, \$0.01 par value	08/06/2009	S	600	D	\$ 23.74	60,967	D
Common Stock, \$0.01 par value	08/06/2009	S	500	D	\$ 23.75	60,467	D
Common Stock, \$0.01 par value	08/06/2009	S	100	D	\$ 23.79	60,367	D
Common Stock, \$0.01 par value	08/06/2009	S	18	D	\$ 23.94	60,349	D
Common Stock, \$0.01 par value	08/06/2009	S	300	D	\$ 23.95	60,049	D
Common Stock, \$0.01 par value	08/06/2009	S	200	D	\$ 23.97	59,849	D
Common Stock, \$0.01 par value	08/06/2009	S	1,800	D	\$ 23.98	58,049	D
Common Stock, \$0.01 par value	08/06/2009	S	200	D	\$ 24.04	57,849	D
	08/06/2009	S	1,482	D	\$ 24.05	56,367	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	08/06/2009	S	1,600	D	\$ 24.09	54,767	D
Common Stock, \$0.01 par value	08/06/2009	S	2,742	D	\$ 24.1	52,025	D
Common Stock, \$0.01 par value	08/06/2009	S	100	D	\$ 24.11	51,925	D
Common Stock, \$0.01 par value	08/06/2009	S	200	D	\$ 24.17	51,725	D

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

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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
Option to Purchase Common Stock	\$ 20.91	08/06/2009		M	4,556	05/05/2009	05/05/2018	Common Stock, \$0.01 par value	4,556
Option to Purchase Common Stock	\$ 9.545	08/06/2009		M	25,000	03/24/2008	03/24/2014	Common Stock, \$0.01 par	25,000

Stock									value
Option to Purchase Common Stock	\$ 18.765	08/06/2009	M	12,000	08/31/2008	08/31/2015			Common Stock, \$0.01 par value
									12,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SCHULHOF MICHAEL 6922 HOLLYWOOD BLVD. LOS ANGELES, CA 90028		X		

Signatures

/s/ Michael Schulhof 08/10/2009

**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) These shares were acquired upon exercise of stock options under the Issuer's 2007 Stock Option Plan identified as exercised in Part II of this Form 4.
 - (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.