

SCHULHOF MICHAEL
Form 4
August 10, 2009

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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)	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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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. 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

