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TOW LEONARD

Form 4

April 02, 2003

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

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

() Check this box if no longer subject to Section 16.

Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person

Leonard Tow

Three High Ridge Park

CT, Stamford 06905

- 2. Issuer Name and Ticker or Trading Symbol Citizens Communications Company (CZN)
- 3. IRS or Social Security Number of Reporting Person (Voluntary)
- 4. Statement for Month/Day/Year 5/16/2002
- 5. If Amendment, Date of Original (Month/Day/Year) 5/16/2002
- 6. Relationship of Reporting Person(s) to Issuer (Check all applicable) (X) Director () 10% Owner (X) Officer (give title below) () Other (specify below)

Chairman and Chief Executive Officer

- 7. 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 (Dwned
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1. Title of Security	Trans- action	- Exec- n ution 	Trar acti 	ns Lon 	Securities Ac or Disposed of Amount	of (D)	(A)	5.Amount of Securities Beneficially Owned Following Reported Trans(s)
Common Stock					50000.00	A 	[[2558601.00
Common Stock								1946.00
Common Stock							 	88.00
Common Stock							 	16369.00
Common Stock				1 1				5394022.00
Common Stock				1 1		l		1586.00
Common Stock								2860.00
Common Stock								32369.00

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1.Title of	2.Con-	13.	3A.	4.		5.Number of	De	6.Dat	e Exer	7.Title	e and	Amount	8.E
Derivative	version	Trans-	Deemed	Tran	s-	rivative S	ecu	cisab	le and	of U	nderly	ing	of
Security	or Exer	action		acti	on	rities Acq	[ui	Expir	ation	Secu	rities		vat
	cise	1	Execu-			red(A) or	Dis	Date(Month/				Sec
	Price of		ution			posed of (D)	Day/Y	ear)				rit
	Deriva-	1				1		Date	Expir				
	tive	1				1	A/	Exer-	ation	Tit	le and	Number	
	Secu-	(Month/	(Month	.		1	D	cisa-	Date	of :	Shares		
	rity	Day/	/Day/	Code	١V	Amount		ble					
	1	Year)	Year)			1							1
Employee Stoc		5/16/ 2		A		150000.00	A	4	5/15/	Common	Stock	150000	.
k Option (Rig		1002							2012			0 0	
ht to Buy)									1				
Employee Stoc	.19 52	15/19/ 2				1500000 00	. – – – – . 	105/16	 5/15/		Stock	1500000	
k Option (Rig		1002	1	I A	1	1300000.00		1/2002			SCOCK	100	•
ht to Buy)		1002	1	1	1	1	1	1/2002	12012	1		1	1
пс со вау,	' 				 	·			' 	 			
Formula Plan	110.6212	11/1/ 20	I	ΙA	ı	15000.00	ΙA	107/01	01/01	Common	Stock	15000.00) [
Options (Righ			İ	İ		1		1/2002				1	i
t to Buy)		İ	İ	İ	i	i I	i	1	1	i I		i	i
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Phantom Stock	1 for 1			1		1	1	16	6	Common	Stock	:	1
Units	5	1	1		1	1							
Phantom Stock	1 for 1	1/1/ 20		ΙA		5000.00	A	7	7	Common	Stock	15000.00)
Units	I	02	1	1	1		1	1					1
						1	1	1					1

Explanation of Responses:

- 1. Shares held directly by Lantern Investment Company LLC. Reporting Person is the sole member.
- 2. Securities held directly by spouse. Reporting Person disclaims any beneficial ownership of securities and any direct or indirect control or voting power over the securities.
- 3. Reporting Person's spouse is custodian for her minor grandchild.
- $4.\ \,$ Shares vest in four equal annual installments beginning on the first anniversary of the grant.
- 5. Acquired on various dates between January 31, and December 31, 2001, pursuant to deferred compensation plan, at prices ranging from \$8.89 to \$15.46.
- 6. Shares of phantom stock are payable in cash following termination of the Reporting Person's employment or at the end of the designated deferral period of two, five or ten years.
- 7. Pursuant to Spouse's election to receive Director's Fees in units; units are to be settled after Spouse's retirement.

SIGNATURE OF REPORTING PERSON

Leonard Tow

Leonard Tow by L. Russell Mitten Under Power-of-Attorney