

J2 GLOBAL COMMUNICATIONS INC
 Form 4
 November 26, 2007

FORM 4

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

OMB APPROVAL

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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

(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 [JCOMM]

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)
 11/21/2007

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)
			Code	V	Amount or Price		
Common Stock, \$0.01 par value	11/21/2007		M ⁽¹⁾		25,000 A \$ 9.545	48,000	D
Common Stock, \$0.01 par value	11/21/2007		M ⁽¹⁾		24,000 A \$ 18.765	72,000	D
Common Stock, \$0.01 par value	11/21/2007		S		1,000 D \$ 23.48	71,000	D

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Common Stock, \$0.01 par value	11/21/2007	S	500	D	\$ 23.52	70,500	D
Common Stock, \$0.01 par value	11/21/2007	S	2,000	D	\$ 23.54	68,500	D
Common Stock, \$0.01 par value	11/21/2007	S	4,800	D	\$ 23.6	63,700	D
Common Stock, \$0.01 par value	11/21/2007	S	200	D	\$ 23.61	63,500	D
Common Stock, \$0.01 par value	11/21/2007	S	3,000	D	\$ 23.65	60,500	D
Common Stock, \$0.01 par value	11/21/2007	S	100	D	\$ 23.67	60,400	D
Common Stock, \$0.01 par value	11/21/2007	S	1,000	D	\$ 23.72	59,400	D
Common Stock, \$0.01 par value	11/21/2007	S	100	D	\$ 23.73	59,300	D
Common Stock, \$0.01 par value	11/21/2007	S	2,100	D	\$ 23.75	57,200	D
Common Stock, \$0.01 par value	11/21/2007	S	100	D	\$ 23.76	57,100	D
Common Stock, \$0.01 par value	11/21/2007	S	1,300	D	\$ 23.77	55,800	D
	11/21/2007	S	300	D	\$ 23.78	55,500	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	11/21/2007	S	100	D	\$ 23.79	55,400	D
Common Stock, \$0.01 par value	11/21/2007	S	3,200	D	\$ 23.8	52,200	D
Common Stock, \$0.01 par value	11/21/2007	S	2,000	D	\$ 23.81	50,200	D
Common Stock, \$0.01 par value	11/21/2007	S	500	D	\$ 23.83	49,700	D
Common Stock, \$0.01 par value	11/21/2007	S	200	D	\$ 23.84	49,500	D
Common Stock, \$0.01 par value	11/21/2007	S	2,000	D	\$ 23.85	47,500	D
Common Stock, \$0.01 par value	11/21/2007	S	3,000	D	\$ 23.9	44,500	D
Common Stock, \$0.01 par value	11/21/2007	S	2,000	D	\$ 23.91	42,500	D
Common Stock, \$0.01 par value	11/21/2007	S	2,200	D	\$ 23.95	40,300	D
Common Stock, \$0.01 par value	11/21/2007	S	800	D	\$ 23.97	39,500	D
	11/21/2007	S	5,000	D	\$ 24	34,500	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	11/21/2007	S	2,900	D	\$ 24.05	31,600	D
Common Stock, \$0.01 par value	11/21/2007	S	100	D	\$ 24.06	31,500	D
Common Stock, \$0.01 par value	11/21/2007	S	1,600	D	\$ 24.08	29,900	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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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	\$ 9.545	11/21/2007		M	25,000	03/24/2007	03/24/2014	Common Stock, \$0.01 par value	25,000
Option to purchase Common Stock	\$ 18.765	11/21/2007		M	24,000	08/31/2007	08/31/2015	Common Stock, \$0.01 par value	24,000

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

11/26/2007

__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).
- (1) These shares were acquired upon exercise of stock options under the Issuer's Second Amended and Restated 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
 - (2) 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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