

Adelman Jeffrey Daniel
 Form 4
 March 06, 2009

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 *
 Adelman Jeffrey Daniel

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., 5TH FLOOR

3. Date of Earliest Transaction (Month/Day/Year)
 03/05/2009

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 VP/General Counsel

(Street)
 LOS ANGELES, CA 90028

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

(City) (State) (Zip)

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 (Instr. 4)	
				(A) or (D)	Price			
				Code	V	Amount		
Common Stock, \$0.01 par value	03/05/2009		A ⁽¹⁾	43,000	A	\$ 0 <u>(2)</u>	62,782	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)

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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)	Amount or Number of Shares
Option to purchase Common Stock	\$ 17.19	03/05/2009		A ⁽³⁾	43,000	03/05/2010 ⁽⁴⁾ 03/05/2019	Common Stock, \$0.01 par value	43,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Adelman Jeffrey Daniel 6922 HOLLYWOOD BLVD. 5TH FLOOR LOS ANGELES, CA 90028			VP/General Counsel	

Signatures

/s/ Jeffrey D. Adelman
03/05/2009
Date

**Signature of Reporting Person

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).

- Restricted stock awarded under the Issuer's 2007 Stock Plan. The restricted shares are subject to a five-year restricted period which commences on the date of award with restrictions lapsing as to 10% of the shares on the first anniversary of the date of award, 15% of the shares on the second anniversary, 20% of the shares on the third anniversary, 25% of the shares on the fourth anniversary, and 30% of the shares on the fifth anniversary of the date of the award.
- (1) Restricted stock awarded under the Issuer's 2007 Stock Plan. The restricted shares are subject to a five-year restricted period which commences on the date of award with restrictions lapsing as to 10% of the shares on the first anniversary of the date of award, 15% of the shares on the second anniversary, 20% of the shares on the third anniversary, 25% of the shares on the fourth anniversary, and 30% of the shares on the fifth anniversary of the date of the award.
 - (2) Restricted stock granted for services rendered; no value placed on services rendered.
 - (3) Stock options granted pursuant to Issuer's 2007 Stock Plan.
 - (4) The stock options vest in five (5) equal annual installments commencing March 5, 2010.
 - (5) Stock options 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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