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CITIZENS COMMUNICATIONS CO

Form 4

December 09, 2002

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

Laura L. DiPreta  
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/Year

12/6/2002

5. If Amendment, Date of Original (Month/Year)

12/6/2002

6. Relationship of Reporting Person(s) to Issuer (Check all applicable)

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

Assistant Vice President

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 Owned

1. Title of Security	2. Date	3. Code	4. Securities Acquired (A) or Disposed of (D)	Amount	A/ D	Price	5. Amount of Securities Beneficially Owned at End of Month
Common Stock	12/6/2002	M		3683	A	7.75	
Common Stock	12/6/2002	S		1200	D	9.47	
Common Stock	12/6/2002	S		1000	D	9.55	
Common Stock	12/6/2002	S		500	D	9.65	
Common Stock	12/6/2002	S		500	D	9.75	
Common Stock	12/6/2002	S		483	D	9.85	1311.35
Common Stock							2124

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Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date	7. Title and Amount of Underlying Securities	8. Put or Call
Employee Stock Option	7.75	12/6/2002	M	3683	D 11/22/2002-12/16/2002	Common Stock	3683

Explanation of Responses:  
 1. Or earlier in certain events.