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CITIZENS COMMUNICATIONS CO

Form 4

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549 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 Andrew N. Heine 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 12/5/2002 5. If Amendment, Date of Original (Month/Year) 6. Relationship of Reporting Person(s) to Issuer (Check all applicable) (X) Director () 10% Owner () Officer (give title below) () Other (specify below) 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 |2. |3. |4.Securities Acquired (A) |5.Amount of 1. Title of Security | Securities | | Transaction | or Disposed of (D) | Beneficially Table II -- Derivative Securitites Acquired, Disposed of, or Beneficially Owned 1. Title of Derivative |2.Con- |3. |4. |5. Number of De |6. Date Exer|7. Title and Amount |8. P |version |Transaction | rivative Secu |cisable and | of Underlying |of Security |vat ISec |rit | A/|Exer-|ation| Title and Number | | D |cisa-|Date | of Shares | 1 |rity |Date |Code|V| Amount | |ble |

Phantom Stock Units |1 for 1 |12/5/|A | |237.431 |A |1 |1 |Common Stock|237.431|8.4 ______

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Explanation of Responses:

1. Pursuant to Reporting Person's election to receive Director's Fees in units; units are to be settled after Reporting Person's retirement.