

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 May 11, 2007

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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 \*  
**KALVIN GREGGORY**

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 BOULEVARD, 5TH FLOOR - LEGAL DEPT**

3. Date of Earliest Transaction (Month/Day/Year)  
**05/09/2007**

\_\_\_\_ Director  
 Officer (give title below) \_\_\_\_\_ 10% Owner  
 \_\_\_\_\_ Other (specify below)  
**Chief Accounting Officer**

(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 Indirect Beneficial Ownership (Instr. 4)			
			Code	V	Amount	(A) or (D)	Price			
Common Stock, \$0.01 par value	05/09/2007		M <sup>(1)</sup>		5,667	A	\$ 8.95	5,667	D	
Common Stock, \$0.01 par value	05/09/2007		M <sup>(1)</sup>		9,333	A	\$ 8.95	15,000	D	
Common Stock,	05/09/2007		S		5,000	D	\$ 31.6	10,000	D	

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\$0.01 par value							
Common Stock, \$0.01 par value	05/09/2007	S	300	D	\$ 31.67	9,700	D
Common Stock, \$0.01 par value	05/09/2007	S	500	D	\$ 31.68	9,200	D
Common Stock, \$0.01 par value	05/09/2007	S	200	D	\$ 31.7	9,000	D
Common Stock, \$0.01 par value	05/09/2007	S	200	D	\$ 31.71	8,800	D
Common Stock, \$0.01 par value	05/09/2007	S	200	D	\$ 31.72	8,600	D
Common Stock, \$0.01 par value	05/09/2007	S	700	D	\$ 31.73	7,900	D
Common Stock, \$0.01 par value	05/09/2007	S	500	D	\$ 31.74	7,400	D
Common Stock, \$0.01 par value	05/09/2007	S	100	D	\$ 31.75	7,300	D
Common Stock, \$0.01 par value	05/09/2007	S	900	D	\$ 31.79	6,400	D
Common Stock, \$0.01 par value	05/09/2007	S	100	D	\$ 31.8	6,300	D
Common Stock, \$0.01 par	05/09/2007	S	900	D	\$ 3.82	5,400	D

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value

Common Stock, \$0.01 par value	05/09/2007	S	2,800	D	\$ 31.83	2,600	D
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Common Stock, \$0.01 par value	05/09/2007	S	500	D	\$ 31.84	2,100	D
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Common Stock, \$0.01 par value	05/09/2007	S	2,100	D	\$ 31.87	0	D
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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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(9-02)

**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)	8. Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Options to purchase Common Stock	\$ 8.95	05/09/2007		M	5,667	05/08/2007	05/07/2013	Common Stock, \$0.01 par value	5,667
Options to purchase Common Stock	\$ 8.95	05/09/2007		M	9,333	05/08/2007	05/08/2013	Common Stock, \$0.01 par value	9,333

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KALVIN GREGGORY 6922 HOLLYWOOD BOULEVARD 5TH FLOOR - LEGAL DEPT LOS ANGELES, CA 90028			Chief Accounting Officer	

## Signatures

/s/Greggory

Kalvin

05/10/2007

\*\*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 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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