

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 November 26, 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 \*  
 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 <sup>(1)</sup>		25,000 A \$ 9.545	48,000	D
Common Stock, \$0.01 par value	11/21/2007		M <sup>(1)</sup>		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.

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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)		
				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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