

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 June 03, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

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 \*  
**BECH DOUGLAS Y**

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.**  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
**06/02/2010**

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 (Instr. 4)		
			Code	V	Amount	(A) or (D)	Price		
Common Stock, \$0.01 par value	06/02/2010		M <sup>(1)</sup>		38,298	A	\$ 0.94	155,439	D
Common Stock, \$0.01 par value	06/02/2010		M <sup>(1)</sup>		266	A	\$ 1.03	155,705	D
Common Stock, \$0.01 par value	06/02/2010		M <sup>(1)</sup>		12,500	A	\$ 1.17	168,205	D

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474  
(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
Option to purchase Common Stock	\$ 0.94	06/02/2010		D	38,298	<sup>(2)</sup> 12/28/2011	Common Stock, \$0.01 par value 38,298
Option to purchase Common Stock	\$ 1.03	06/02/2010		D	266	03/28/2005 12/28/2011	Common Stock, \$0.01 par value 266
Option to purchase Common Stock	\$ 1.17	06/02/2010		D	12,500	12/28/2005 12/28/2011	Common Stock, \$0.01 par value 12,500

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BECH DOUGLAS Y 6922 HOLLYWOOD BLVD. LOS ANGELES, CA 90028	X			

## Signatures

/s/ Douglas Y  
Bech 06/03/2010

\*\*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) Stock options vested in three (3) equal annual installments, as follows: (i) for 798 shares, vesting commenced on March 28, 2002 and (ii) for 37,500 shares, vesting commenced on December 28, 2002.
- (3) 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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