

CITIZENS COMMUNICATIONS CO
 Form 4
 December 08, 2004

FORM 4

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

OMB APPROVAL

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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 *
 ARMOUR DONALD B

2. Issuer Name and Ticker or Trading Symbol
 CITIZENS COMMUNICATIONS CO [CZN]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 3 HIGH RIDGE PARK
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 12/07/2004

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Sr. VP, Finance and Treasurer

STAMFORD, CT 06905

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 Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	12/07/2004		M	1,500 A \$ 8.19	54,552.71	D	
Common Stock	12/07/2004		S	1,500 D \$ 14.56	53,052.71	D	
Common Stock	12/07/2004		M	200 A \$ 8.19	53,252.71	D	
Common Stock	12/07/2004		S	200 D \$ 14.53	53,052.71	D	
Common Stock	12/07/2004		M	1,500 A \$ 8.19	54,552.71	D	

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Common Stock	12/07/2004	S	1,500	D	\$ 14.5	53,052.71	D
Common Stock	12/07/2004	M	2,975	A	\$ 8.19	56,027.71	D
Common Stock	12/07/2004	S	2,975	D	\$ 14.45	53,052.71	D
Common Stock	12/07/2004	M	2,548	A	\$ 8.19	55,600.71	D
Common Stock						545.94	I 401(k)

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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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 (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
Employee Stock Option (Right to Buy)	\$ 8.19	12/07/2004		M	1,500	<u>(1)</u> 05/15/2012	Common Stock	1,500
Employee Stock Option (Right to Buy)	\$ 8.19	12/07/2004		M	200	<u>(1)</u> 05/15/2012	Common Stock	200
Employee Stock Option (Right to Buy)	\$ 8.19	12/07/2004		M	1,500	<u>(1)</u> 05/15/2012	Common Stock	1,500

