

CITIZENS COMMUNICATIONS CO
 Form 4
 April 05, 2005

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 *
 FLEISCHMAN AARON I

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)
 04/04/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

STAMFORD, CT 06905
 (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 Indirect Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
| | | | Code | V | Amount | (A) or (D) | Price |
| Common Stock | 04/04/2005 | | M | | 6,309 | A | \$ 8.66 |
| Common Stock | 04/04/2005 | | M | | 3,256 | A | \$ 9.07 |
| Common Stock | 04/04/2005 | | M | | 5,815 | A | \$ 10.63 |
| Common Stock | 04/04/2005 | | S | | 3,256 | D | \$ 12.85 |
| Common Stock | 04/04/2005 | | S | | 3,309 | D | \$ 12.76 |

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|--------------|------------|---|-------|---|----------|--------|---|------------|
| Common Stock | 04/04/2005 | S | 3,000 | D | \$ 12.75 | 10,767 | D | |
| Common Stock | 04/04/2005 | S | 5,815 | D | \$ 12.7 | 4,952 | D | |
| Common Stock | | | | | | 19,000 | I | Foundation |

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 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 |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|-------------------------------|
| Formula Plan Options (Right to Buy) | \$ 9.07 | 04/04/2005 | | M | 3,256 | 03/01/1997 09/01/2006 | Common Stock | 3,256 |
| Formula Plan Options (Right to Buy) | \$ 8.66 | 04/04/2005 | | M | 6,309 | 07/01/1997 01/01/2007 | Common Stock | 6,309 |
| Formula Plan Options (Right to Buy) | \$ 10.63 | 04/04/2005 | | M | 5,815 | 07/09/2004 01/09/2014 | Common Stock | 5,815 |

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

