CITIZENS COMMUNICATIONS CO

## Form 4

December 18, 2002 UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549 FORM 4 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP () Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instructions 1(b). 1. Name and Address of Reporting Person Aaron I. Fleischman Three High Ridge Park CT, Stamford 06905 2. Issuer Name and Ticker or Trading Symbol Citizens Communications Company (CZN) 3. IRS or Social Security Number of Reporting Person (Voluntary) 4. Statement for Month/Year 12/17/2002 5. If Amendment, Date of Original (Month/Year) 6. Relationship of Reporting Person(s) to Issuer (Check all applicable) (X) Director ( ) 10% Owner ( ) Officer (give title below) ( ) Other (specify below) 7. Individual or Joint/Group Filing (Check Applicable Line)

- (X) Form filed by One Reporting Person
- ( ) Form filed by More than One Reporting Person

1. Title of Security	2.  3.  4.Securiti	es Acquired (A)	5.Amount of		
	Transaction   or Dispo	sed of (D)	Securities		
			Beneficially		
		A/	Owned at		
	Date  Code V  Amount	D   Pric	e   End of Month		

Table II -- Derivative Securitites Acquired, Disposed of, or Beneficially Owned

1.Title of Derivative	2.Con-	3.	4.	[	5.Number	r of	De	6.Dat	e Exer	7.Titl	le and	Amount	8.E
Security	version	Trans	saction	.	rivativ	ve Se	cu	cisab	ole and	of U	Jnderly	ing	of
	or Exer				rities	Acqu	ιi	Expir	ration	Secu	urities		vat
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	Price of	E		T	posed o	of(D)		Day/Y	(ear)	1			rit
	Deriva-			Ι	-			Date	Expir	1			1
	tive						A/	/ Exer-	- ation	Tit	le and	Number	
	Secu-			T			D	cisa-	- Date	of	Shares		
	rity	Date	Code	V I	Amount	t I		ble		1			
Phantom Stock Units	1 for 1	12/1-	7   A	12	237.431		А	1	1	Commor	n Stock	237.431	L 8.4
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Explanation of Responses:
1. Pursuant to Reporting Person's election to receive Director's Fees in units;
units are to be settled after Reporting Person's retirement.