

DARISH KENNETH V
 Form 4
 May 17, 2010

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 *
 DARISH KENNETH V

2. Issuer Name and Ticker or Trading Symbol
 VALASSIS COMMUNICATIONS INC [VCI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 7341 SUMMIT RIDGE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 05/13/2010

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

BRIGHTON, MI 48116
 (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	05/13/2010		M			5,000	A	\$ 8.43	14,703	D	
Common Stock	05/13/2010		S			5,000	D	\$ 35.5362 (1)	9,703	D	
Common Stock	05/13/2010		M			5,000	A	\$ 1.59	14,703	D	
Common Stock	05/13/2010		S			5,000	D	\$ 35.5603 (1)	9,703	D	
	05/13/2010		M			5,000	A	\$ 12.15	14,703	D	

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Common Stock								
Common Stock	05/13/2010	S	5,000	D	\$ 35.6046 <u>(1)</u>	9,703	D	
Common Stock	05/13/2010	M	5,000	A	\$ 17.19	14,703	D	
Common Stock	05/13/2010	S	5,000	D	\$ 35.6678 <u>(2)</u>	9,703	D	
Common Stock	05/13/2010	M	5,000	A	\$ 9.14	14,703	D	
Common Stock	05/13/2010	S	5,000	D	\$ 35.6782 <u>(3)</u>	9,703	D	

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

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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
Director Stock Options (Right to Buy)	\$ 8.43	05/13/2010		M	5,000	10/01/2009 10/01/2018	Common Stock	5,000
Director Stock Options (Right to Buy)	\$ 1.59	05/13/2010		M	5,000	04/01/2010 04/01/2019	Common Stock	5,000

