

Ward Steven D
 Form 3
 October 07, 2004

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Ward Steven D		(Month/Day/Year)	CITIZENS COMMUNICATIONS CO [CZN]	
(Last)	(First)	(Middle)	09/30/2004	
3 HIGH RIDGE PARK			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
STAMFORD,Â CTÂ 06905			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	<input checked="" type="checkbox"/> Form filed by One Reporting Person
			(give title below) (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
			Sr. Vice President	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	37,597.43	D	Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		(I) (Instr. 5)	
Employee Stock Option (Right to Buy)	Â (1)	01/02/2010	Common Stock	116,300	\$ 12.01	D	Â
Employee Stock Option (Right to Buy)	Â (2)	10/17/2010	Common Stock	46,520	\$ 11.15	D	Â
Employee Stock Option (Right to Buy)	Â (3)	05/16/2011	Common Stock	29,075	\$ 11.79	D	Â
Employee Stock Option (Right to Buy)	Â (4)	05/15/2012	Common Stock	17,445	\$ 8.19	D	Â
Employee Stock Option (Right to Buy)	Â (5)	05/27/2013	Common Stock	17,445	\$ 10.44	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Ward Steven D 3 HIGH RIDGE PARK STAMFORD, CT 06905	Â	Â	Â Sr. Vice President	Â

Signatures

By: Steven D. Ward by L. Russell Mitten Under
Power-of-Attorney

10/07/2004

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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) Shares vest in three equal annual installments beginning on 01/03/2001.

(2) Shares vest in three equal annual installments beginning on 10/18/2001.

(3) Shares vest in four equal annual installments beginning on 05/17/2002.

(4) Shares vest in four equal annual installments beginning on 05/16/2003.

(5) Shares vest in four equal annual installments beginning on 05/28/2004.

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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