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CITIZENS COMMUNICATIONS CO

Form 4

March 18, 2003

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 Claire L. Tow

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 3/13/2003
- 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

Table I Non-Derivative	Securit	ties A	Acc	quired, Dispose	d of, or	Bene	eficiall	y Owned
1. Title of Security	Trans 	saction 	on 	4.Securities or Disposed Amount	l of (D)	/		Securities Beneficially
Common Stock	ı	I		I	I	I		2806
Common Stock	I					l		32369
Common Stock	1	1	I	I	I	I		1586
Common Stock	ı			I		1		213
Common Stock	ı							5394022
Common Stock								18587
Common Stock			1			1		1821
Common Stock	3/13/			•	A 	 		2908601

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

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1.Title of Derivative	2.Con-	13.	4.	5	5.Number	of De	е	6.Date	e Exer	17.	Title and A	mount	8.P
Security	version	Trans	saction		rivativ	e Seci	u	cisab]	Le and		of Underlyi	.ng	of
	or Exer				rities .	Acqui		Expira	ation		Securities		vat
	cise				red(A)	or Dis	S	Date(N	Month/				Sec
	Price of	[posed o	f(D)		Day/Ye	ear)				rit
	Deriva-							Date	Expir				1
	tive					1	A/	Exer-	ation		Title and	Number	
	Secu-		1 1			I	D	cisa-	Date		of Shares		
	rity	Date	Code	V	Amount	-		ble					
		1	1 1	-		1							

Explanation of Responses:

- 1. Reporting Person is custodian for her minor grandchild.
- 2. Securities held directly by spouse. Reporting Person disclaims any beneficial ownership of securities and any direct or indirect control or voting power over the securities.
- 3. Shares held directly by Lantern Investment Company LLC. Reporting Person's Spouse is the sole member.