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GOLDSTEI Form 4 January 25,													
FORM	ЛЛ									OMB AF	PROVAL		
UNITED STATES SE				ECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							3235-0287		
Check th if no lon subject t Section Form 4 d	ger STATE 16.	MENT O	Number: Expires: Estimated a burden hour response										
Form 5 obligatio may con <i>See</i> Instr 1(b).	Filed pu ons tinue. Section 17 ruction	(a) of the	Public U	Itility H	Hol	ding Co	mpar	U	Act of 1934, 1935 or Section)	•	0.0		
(Print or Type	Responses)												
1. Name and Address of Reporting Person <u>*</u> GOLDSTEIN SETH			2. Issuer Name and Ticker or Trading Symbol VALASSIS COMMUNICATIONS]	5. Relationship of Reporting Person(s) to Issuer				
		INC					0.11	10110	(Check all applicable)				
				e of Earliest Transaction h/Day/Year)					X_ Director10% Owner Officer (give titleOther (specify below) below)				
115 CENTI 7A	RAL PARK WE	ST, APT.	01/21/2	2005					below)	below)			
	(Street)		4. If Ame Filed(Mo			ate Origin r)	al		6. Individual or Joi Applicable Line) _X_ Form filed by O	ne Reporting Pe	rson		
NEW YOR	K, NY 10023							i	Form filed by Mo Person	ore than One Re	porting		
(City)	(State)	(Zip)	Tab	ole I - No	on-I	Derivative	e Secu	rities Acqu	ired, Disposed of,	or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	(Month/Day/Year) Execution Date			Date, if Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) y/Year) (Instr. 8) (A) or					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)		
Common Stock	01/21/2005			Code M	V	Amount 6,000	(D) A	Price \$ 28.3125	3,051 <u>(1)</u>	D			
Common Stock	01/21/2005			S		6,000	D	\$ 33.6	3,051 <u>(1)</u>	D			
Common Stock	01/21/2005			М		5,000	A	\$ 25.71	3,051 <u>(1)</u>	D			
Common Stock	01/21/2005			S		5,000	D	\$ 33.6	3,051 <u>(1)</u>	D			
Common Stock	01/21/2005			М		5,000	А	\$ 26.9	3,051 <u>(1)</u>	D			

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Common Stock 01/21/2005

S 5,000 D \$33.6 3,051 (1) D

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.

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. Transactio Code (Instr. 8)	ransaction of Derivative ode Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of 8 Underlying Securities 1 (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Stock	\$ 28.3125	01/21/2005		М		6,000	12/05/2001	12/05/2010	Common Stock	6,000
Common Stock	\$ 25.71	01/21/2005		М		5,000	04/01/2004	04/01/2013	Common Stock	5,000
Common Stock	\$ 26.9	01/21/2005		М		5,000	10/01/2004	10/01/2013	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
GOLDSTEIN SETH 115 CENTRAL PARK WEST APT. 7A NEW YORK, NY 10023	Х							
Signatures								
Steven M. Mitzel, Power of Attorney		01/21/200	5					
**Signature of Reporting Person		Date						

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(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) Represents number of securities beneficially owned as of January 21, 2005.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.