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FRONTIER Form 4 August 10, 2	COMMUNIC	ATIONS C	ORP								
									OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549										3235-0287	
Check th if no lon subject t Section Form 4 c	iger STATI 16. or	STATEMENT OF CHANGES IN BENEFICIAL OWNERSH SECURITIES								January 31, 2005 verage rs per 0.5	
Form 5 obligatio may con <i>See</i> Instr 1(b).	tinue. Section 1	7(a) of the	Public U		ding Cor	npan	y Act of	e Act of 1934, 1935 or Sectior 0	1		
(Print or Type	Responses)										
KAHAN JAMES S Symb FRO			Symbol FRON	CONTIER COMMUNICATIONS				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Lest)	(First)	(Middle)	CORP				_X_ Director	100	Owner		
(Month				ate of Earliest Transaction nth/Day/Year) 10/2011				X_ Director 10% Owner Officer (give title Other (specify below) below)			
				mendment, Date Original Ionth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
STAMFOR	RD, CT 06905							Person	ore than one Re	porting	
(City)	(State)	(Zip)	Tab	le I - Non-E	Derivative	Secu	rities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	any (Month/Day/Year)			4. Securi on(A) or D (Instr. 3, Amount	ispose	d of (D)	5. Amount of Securities6.BeneficiallyForm: DirectOwned(D) orFollowingIndirect (I)Reported(Instr. 4)Transaction(s)(Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	08/10/2011			Р	600	А	\$ 6.8454	600	D		
Common Stock	08/10/2011			Р	700	А	\$ 6.8457	1,300	D		
Common Stock	08/10/2011			Р	700	А	\$ 6.85	2,000	D		
Common Stock	08/10/2011			Р	600	А	\$ 6.8554	2,600	D		
Common Stock	08/10/2011			Р	400	А	\$ 6.86	3,000	D		

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Common Stock	08/10/2011	Р	600	Α	\$ 6.8654	3,600	D
Common Stock	08/10/2011	Р	1,000	A	\$ 6.8657	4,600	D
Common Stock	08/10/2011	Р	400	А	\$ 6.87	5,000	D

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) 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	2.	3. Transaction Date		4.	5.	6. Date Exer	cisable and	7. Title	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amou	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underl	lying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securit	ties	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
	•				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
KAHAN JAMES S 3 HIGH RIDGE PARK STAMFORD, CT 06905	Х							
Signatures								
/s/ David G. Schwartz, under P Attorney		08/10/2011						

**Signature of Reporting Person

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).

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.