

ALEXANDERS J CORP
 Form 4
 November 25, 2009

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
 OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
STOUT LONNIE J II

2. Issuer Name and Ticker or Trading Symbol
ALEXANDERS J CORP [JAX]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 3401 WEST END AVENUE, SUITE 260

3. Date of Earliest Transaction (Month/Day/Year)
 11/23/2009

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

Chairman, President & CEO

(Street)
 NASHVILLE, TN 37202

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

(City) (State) (Zip)

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 Indirect Beneficial Ownership (Instr. 4)	
			Code	V	Amount	(A) or (D)	Price	
Common Stock	11/24/2009		S		100 ⁽²⁾	D	\$ 4 202,114	D
Common Stock	11/24/2009		S		150 ⁽²⁾	D	\$ 4 201,964	D
Common Stock	11/24/2009		S		150 ⁽²⁾	D	\$ 4 201,814	D
Common Stock	11/24/2009		S		150 ⁽²⁾	D	\$ 4 201,664	D
Common Stock	11/24/2009		S		250 ⁽²⁾	D	\$ 4 201,414	D

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Common Stock	11/24/2009	S	150 ⁽²⁾	D	\$ 4	201,264	D
Common Stock	11/24/2009	S	143 ⁽²⁾	D	\$ 4	201,121	D
Common Stock	11/24/2009	S	107 ⁽²⁾	D	\$ 4	201,014	D
Common Stock	11/24/2009	S	43 ⁽²⁾	D	\$ 4	200,971	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,921	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,871	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,821	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,771	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,721	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,671	D
Common Stock	11/24/2009	S	50 ⁽²⁾	D	\$ 4	200,621	D
Common Stock	11/24/2009	S	60 ⁽²⁾	D	\$ 4	200,561	D
Common Stock	11/24/2009	S	700 ⁽²⁾	D	\$ 4.1	199,861	D

Common Stock						10,648.2525	I
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J.
Alexander's
Corporation
Employee
Stock
Ownership
Plan

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

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SEC 1474
(9-02)

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

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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)
Employee Stock Option (Right to Buy)	\$ 4.1	11/23/2009		A	160,000	(1) 11/23/2016	Common Stock 160,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
STOUT LONNIE J II 3401 WEST END AVENUE, SUITE 260 NASHVILLE, TN 37202	X		Chairman, President & CEO	

Signatures

Mark A. Parkey,
Attorney-in-Fact
11/25/2009

__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) The option is scheduled to vest in four equal installments on November 23, 2010, 2011, 2012 and 2013.
- (2) Sold pursuant to a Rule 10b5-1(c)(1) trading plan.

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.