

ALEXANDERS J CORP  
 Form 4  
 November 25, 2009

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

OMB APPROVAL

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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 <sup>(2)</sup>	D	\$ 4 202,114	D
Common Stock	11/24/2009		S		150 <sup>(2)</sup>	D	\$ 4 201,964	D
Common Stock	11/24/2009		S		150 <sup>(2)</sup>	D	\$ 4 201,814	D
Common Stock	11/24/2009		S		150 <sup>(2)</sup>	D	\$ 4 201,664	D
Common Stock	11/24/2009		S		250 <sup>(2)</sup>	D	\$ 4 201,414	D

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Common Stock	11/24/2009	S	150 <sup>(2)</sup>	D	\$ 4	201,264	D
Common Stock	11/24/2009	S	143 <sup>(2)</sup>	D	\$ 4	201,121	D
Common Stock	11/24/2009	S	107 <sup>(2)</sup>	D	\$ 4	201,014	D
Common Stock	11/24/2009	S	43 <sup>(2)</sup>	D	\$ 4	200,971	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,921	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,871	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,821	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,771	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,721	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,671	D
Common Stock	11/24/2009	S	50 <sup>(2)</sup>	D	\$ 4	200,621	D
Common Stock	11/24/2009	S	60 <sup>(2)</sup>	D	\$ 4	200,561	D
Common Stock	11/24/2009	S	700 <sup>(2)</sup>	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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(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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
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.

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