

ALEXANDERS J CORP

Form 4

November 24, 2009

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
MOORE J MICHAEL

(Last) (First) (Middle)

3401 WEST END AVENUE, SUITE
260

(Street)

NASHVILLE, TN 37203

(City) (State) (Zip)

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

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

11/20/2009

4. If Amendment, Date Original
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

VP Human Resources & Admin.

6. 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 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 Indirect Beneficial Ownership (Instr. 4)
Common Stock	11/20/2009		S	900 D	\$ 4.04 2,814	D	
Common Stock	11/20/2009		S	100 D	\$ 4.07 2,714	D	
Common Stock	11/20/2009		S	100 D	\$ 4.07 2,614	D	
Common Stock	11/20/2009		S	100 D	\$ 4.07 2,514	D	
Common Stock	11/20/2009		S	100 D	\$ 4.07 2,414	D	

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Common Stock	11/20/2009	S	100	D	\$ 4.07	2,314	D
Common Stock	11/20/2009	S	40	D	\$ 4.05	2,274	D
Common Stock	11/20/2009	S	100	D	\$ 4.05	2,174	D
Common Stock	11/20/2009	S	100	D	\$ 4.05	2,074	D
Common Stock	11/20/2009	S	100	D	\$ 4.04	1,974	D
Common Stock	11/23/2009	S	500	D	\$ 4.1	1,474	D
Common Stock	11/23/2009	S	100	D	\$ 4.1	1,374	D
Common Stock	11/23/2009	S	900	D	\$ 4.1	474	D

Common Stock 5,786.9773 I

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)

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 or Number of Shares
Employee Stock	\$ 4.1	11/23/2009		A	10,000	<u>(1)</u> 11/23/2016	Common Stock 10,000

Option
(Right to
Buy)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MOORE J MICHAEL 3401 WEST END AVENUE SUITE 260 NASHVILLE, TN 37203			VP Human Resources & Admin.	

Signatures

J. Michael Moore	11/24/2009
**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.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.
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