

ALEXANDERS J CORP

Form 4

May 24, 2007

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 *
STOUT LONNIE J II

(Last) (First) (Middle)

3401 WEST END AVENUE, SUITE
260

(Street)

NASHVILLE, TN 37202

(City) (State) (Zip)

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

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

05/22/2007

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

Chairman, President & CEO

6. Individual or Joint/Group Filing(Check
Applicable Line)
☒ 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	05/22/2007		M	2,834 A \$ 5.6875	165,703	D	
Common Stock	05/22/2007		S	2,400 D \$ 13.5	163,303	D	
Common Stock	05/22/2007		F	434 D \$ 13.5	162,869	D	
Common Stock	05/23/2007		M	1,771 A \$ 5.6875	164,640	D	
Common Stock	05/23/2007		S	1,500 D \$ 13.5	163,140	D	

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Common Stock 05/23/2007 F 271 D \$ 13.5 162,869 D

Common Stock 9,384.1126 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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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)	8. Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 5.6875	05/22/2007		M	2,834	<u>(1)</u> 11/18/2007	Common Stock	2,834
Employee Stock Option (Right to Buy)	\$ 5.6875	05/23/2007		M	1,771	<u>(1)</u> 11/18/2007	Common Stock	1,771

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other
X Chairman, President & CEO

STOUT LONNIE J II
3401 WEST END AVENUE, SUITE 260
NASHVILLE, TN 37202

Signatures

Mark A. Parkey,
Attorney-in-Fact

05/24/2007

__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 vested in three equal installments on November 18, 1998, 1999 and 2000.

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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