

ALEXANDERS J CORP
 Form 4
 May 22, 2007

FORM 4

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

OMB APPROVAL

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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)
 05/18/2007

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 (Instr. 4)
			Code	V	Amount	Price	
Common Stock	05/18/2007		M		2,125	\$ 5.6875	164,994 D
Common Stock	05/18/2007		S		1,600	\$ 13.5	163,394 D
Common Stock	05/18/2007		S		200	\$ 13.54	163,194 D
Common Stock	05/18/2007		F		325	\$ 13.5	162,869 D
Common Stock	05/21/2007		M		4,123	\$ 5.6875	166,992 D

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Common Stock	05/21/2007	S	1,300	D	\$ 13.2	165,692	D
Common Stock	05/21/2007	S	1,200	D	\$ 13.29	164,492	D
Common Stock	05/21/2007	S	800	D	\$ 13.31	163,692	D
Common Stock	05/21/2007	S	200	D	\$ 13.5	163,492	D
Common Stock	05/21/2007	F	623	D	\$ 13.27	162,869	D

Common Stock						9,384.1126	I	J. Alexander's Corporation Employee Stock Ownership Plan
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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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)	8. Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 5.6875	05/18/2007		M	2,125	<u>(1)</u> 11/18/2007	Common Stock	2,125
Employee Stock Option	\$ 5.6875	05/21/2007		M	4,123	<u>(1)</u> 11/18/2007	Common Stock	4,123

