

PARKEY MARK A
Form 4
September 19, 2012

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 *
PARKEY MARK A

(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)
09/17/2012

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 below) ___ Other (specify below)

Vice President & Controller

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	09/17/2012		M		5,000	A	\$ 4.25
Common Stock	09/17/2012		M		11,303	A	\$ 8.22
Common Stock	09/17/2012		M		10,000	A	\$ 6.1
Common Stock	09/17/2012		M		5,000	A	\$ 4.1
Common Stock	09/17/2012		M		3,750	A	\$ 5.5
							35,069

Common Stock	3,969.6843	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.

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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)	
					V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 4.25	09/17/2012		M		5,000	(1)	07/22/2013	Common Stock	5,000
Stock Option (Right to Buy)	\$ 6.1	09/17/2012		M		10,000	(2)	07/24/2015	Common Stock	10,000
Stock Option (Right to Buy)	\$ 8.22	09/17/2012		M		11,303		12/21/2005 12/21/2015	Common Stock	11,303
Stock Option (Right to Buy)	\$ 4.1	09/17/2012		M		5,000	(3)	11/23/2016	Common Stock	5,000
Stock Option (Right to Buy)	\$ 5.5	09/17/2012		M		3,750	(4)	08/08/2018	Common Stock	3,750

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
PARKEY MARK A 3401 WEST END AVENUE, SUITE 260 NASHVILLE, TN 37203			Vice President & Controller	

Signatures

Mark A. Parkey 09/19/2012

__Signature of Date
Reporting Person

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 July 22, 2004, 2005, and 2006.
- (2) The option vested in four equal installments on July 24, 2009, 2010, 2011, and 2012.
- (3) The option, the award of which covered 10,000 shares of common stock, was scheduled to vest in four equal installments on November 23, 2010, 2011, 2012, and 2013.
- (4) The option, the award of which covered 15,000 shares of common stock, was scheduled to vest in four equal installments on August 8, 2012, 2013, 2014, and 2015.

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.