J. Alexander's Holdings, Inc.

Form 4 May 11, 2016

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

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Check this box

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

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

05/11/2016

Stock

See Instruction

MARTIRE FRANK R			Symbol J. Alexa	Symbol J. Alexander's Holdings, Inc. [JAX]					Issuer			
(Last) 3401 WEST AVENUE,,	, ,	(Middle)	3. Date of (Month/D 05/10/20	ay/Year)	Γra	nsaction			_X_ DirectorOfficer (give		Owner (specify	
NASHVILI	(Street) LE, TN 37203		4. If Amer Filed(Mon			e Original			6. Individual or J Applicable Line) _X_ Form filed by Form filed by I Person	•	erson	
(City)	(State)	(Zip)	Table	e I - Non-	De	erivative S	Securi	ities Acq	uired, Disposed o	of, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Yea	r) Execut any	eemed tion Date, if h/Day/Year)	Code (Instr. 8		4. Securit n(A) or Di (D) (Instr. 3,	spose	d of 5) Price	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	05/10/2016			P		2,900	A	\$ 9.62 (1)	52,900	I	See footnote (2)	
Common	05/11/2016			D		2 700	Δ	\$ 0.50	55 600	ĭ	See	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

P

2,700

A

Persons who respond to the collection of **SEC 1474** information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

9.59 55,600

(3)

footnote (2)

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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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orNumber	Expiration D	ate	Amou	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underl	lying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e		Securit	ties	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Own
	Security				Acquired						Follo
	·				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									A		
									Amount		
						Date	Expiration		or		
						Exercisable	Date	Title Number			
				C 1 W	(A) (D)				of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
MARTIRE FRANK R 3401 WEST END AVENUE, SUITE 260 NASHVILLE, TN 37203	X							

Signatures

/s/ Matthew I. O'Brien, 05/11/2016 Attorney-in-Fact

> **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).
- This price represents the weighted average purchase price of multiple transactions on the reported date at prices that ranged between (1) \$9.33 and \$9.71. Detailed information regarding the number of shares purchased at each separate price will be provided by the reporting person upon request by the staff of the Securities and Exchange Commission, the issuer, or a security holder of the issuer.
- (2) The shares are held in a family trust of which Mr. Martire and spouse are co-trustees.
- This price represents the weighted average purchase price of multiple transactions on the reported date at prices that ranged between (3) \$9.52 and \$9.65. Detailed information regarding the number of shares purchased at each separate price will be provided by the reporting person upon request by the staff of the Securities and Exchange Commission, the issuer, or a security holder of the issuer.

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.

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