J. Alexander's Holdings, Inc.

Form 4

March 09, 2017

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

0.5

Estimated average burden hours per

OMB APPROVAL

response...

Section 16. Form 4 or Form 5 obligations may continue.

Check this box

if no longer

subject to

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 See Instruction

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

STOLIT LONNIE LIL

1. Name and Address of Reporting Person *

STOUT LONNIE J II			Symbol	Symbol				Issuer			
(14)	(First)	(M: 141-)	J. Alexander's Holdings, Inc. [JAX] 3. Date of Earliest Transaction			(Check all applicable)					
(Last)	(First)	(Middle)			ransaction			V Di	100	0	
3401 WES	•	(Month/Day/Year) 03/07/2017				X Director 10% Owner X Officer (give title Other (specify					
AVENUE,, SUITE 260			03/07/2	03/07/2017				below) below)			
<i>"</i>								President and CEO			
	(Street)			4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)					Applicable Line) _X_ Form filed by One Reporting Person			
NASHVIL	LE, TN 37203						Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secu	rities Acqu	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	r) Executi any	emed on Date, if /Day/Year)	3. Transaction Code (Instr. 8)	(Instr. 3,	ispose	d of (D)	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	03/07/2017			P P	Amount 2,500	(D)	\$ 9.3592	28,405	D		
Common Stock	03/08/2017			P	2,000	A	\$ 9.2383 (2)	30,405	D		
Common Stock	03/09/2017			P	500	A	\$ 9.2811	30,905	D		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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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 Exer	cisable and	7. Titl	le and	8. Price of	9. Nu
Derivati	ve Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orNumber	Expiration D	ate	Amou	ınt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	rlying	Security	Secu
(Instr. 3) Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)	Bene
	Derivative				Securities	3		(Instr.	. 3 and 4)		Own
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
									Amount		
						Date	Expiration	Title	or Number		
						Exercisable	Date	Title	of		
				Code V	(A) (D)				Shares		
				Code v	(A) (D)				Snares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other			
STOUT LONNIE J II 3401 WEST END AVENUE, SUITE 260 NASHVILLE, TN 37203	X		President and CEO				

Signatures

/s/ Jessica H. Root,
Attorney-in-Fact 03/09/2017

**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) \$9.3244 and \$9.3859. 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.
- This price represents the weighted average purchase price of multiple transactions on the reported date at prices that ranged between (2) \$9.1445 and \$9.2862. 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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