

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

FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF THE
SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported):

SEPTEMBER 29, 2004

ALEXANDER'S, INC.
(EXACT NAME OF REGISTRANT AS SPECIFIED IN CHARTER)

DELAWARE
(State or Other
Jurisdiction of
Incorporation)

NO. 001-06064
(Commission
File Number)

NO. 51-0100517
(IRS Employer
Identification No.)

210 ROUTE 4 EAST
PARAMUS, NEW JERSEY

07652
(Zip Code)

(Address of Principal Executive offices)

Registrant's telephone number, including area code: (201) 587-8541

Former name or former address, if changed since last report: N/A

Check the appropriate box below if the Form 8-K filing is intended to
simultaneously satisfy the filing obligation of the registrant under any of the
following provisions (see General Instruction A.2):

Written communications pursuant to Rule 425 under the Securities Act (17 CFR
230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR
240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange
Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange
Act (17 CFR 240.13e-4(c))

Item 7.01 REGULATION FD DISCLOSURE.

On September 29, 2004, Alexander's, Inc. issued a press release. A copy of the press release is filed herewith as Exhibit 99.1 and is incorporated herein by reference.

Item 9.01 FINANCIAL STATEMENTS, PRO FORMA FINANCIAL INFORMATION AND EXHIBITS.

(c) Exhibits.

The following document is filed as an Exhibit to this report:

99.1 Press Release, dated September 29, 2004.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ALEXANDER'S, INC.

(Registrant)

By: /s/ Joseph Macnow

Name: Joseph Macnow
Title: Executive Vice President and
Chief Financial Officer

Date: September 29, 2004

EXHIBIT INDEX

99.1 Press Release, dated September 29, 2004

CONTACT: JOSEPH MACNOW
(201) 587-8541

[ALEXANDER'S, INC. LOGO]

210 Route 4 East
Paramus, NJ 07652

FOR IMMEDIATE RELEASE - September 29, 2004

ALEXANDER'S ANNOUNCES LIVE WEBCAST

PARAMUS, NEW JERSEY.....ALEXANDER'S, INC. (New York Stock Exchange:ALX) today announced that Vornado Realty Trust (NYSE:VNO), the manager which conducts Alexander's operations, will host an investor conference on October 5, 2004 at 2:00 P.M. EDT. At the conference, information concerning Alexander's may be discussed. The conference will be webcast live by Vornado Realty Trust and the webcast and materials presented at the conference can be accessed at Vornado Realty Trust's website www.vno.com. A replay of the conference will be available from October 6, 2004 through November 5, 2004, at the above website.

To ensure your computer's compatibility, please go to the Webcast Registration Page link to review the application viewing requirements. If your computer does not meet system or software requirements, the following call-in number will be available 888-481-3045, user passcode 102004.

Alexander's, Inc. is a real estate investment trust which has six properties in the greater New York City metropolitan area.

Certain statements contained or incorporated herein and in the investor conference referred to in this release may constitute "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. Such forward-looking statements involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Alexander's, Inc. to be materially different from any future results, performance or achievements expressed or implied by such forward-looking statements. Such factors include, among others, risks associated with the timing of and costs associated with property improvements, financing commitments and general competitive factors.

More detailed information about these and other factors is set forth in Alexander's, Inc.'s Annual Report on Form 10-K for the fiscal year ended December 31, 2003 and in its Quarterly Report on Form 10-Q for the fiscal quarter ended June 30, 2004. Alexander's, Inc. is under no obligation to, and expressly disclaims any such obligation to, update or alter its forward-looking statements.

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