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	MS SONOMA INC							
Form 4	12 2000							
	er 12, 2008					PPROVAL		
FOR	M 4 UNITED		URITIES AND EXCHA ashington, D.C. 20549	NGE COMMISSION	OMB Number:	3235-0287		
if no subje Sectio Form Form	on 16. 4 or 5 Filed put	MENT OF CHA	NGES IN BENEFICIA SECURITIES 16(a) of the Securities E:	Expires: Estimated a burden hou response	irs per			
may	ations	(a) of the Public	Utility Holding Company Investment Company Act	Act of 1935 or Section	1			
(Print or Ty	pe Responses)							
1. Name ar ALBER	nd Address of Reporting LAURA	Symbo	uer Name and Ticker or Tradin I JAMS SONOMA INC [V	Issuer VSM1				
(Last) 3250 VA	(First) ((Month	of Earliest Transaction /Day/Year) /2008	Director X Officer (give below)	Director 10% Owner X Officer (give title Other (specify			
	(Street)		nendment, Date Original Ionth/Day/Year)	Applicable Line) _X_ Form filed by O	_X_ Form filed by One Reporting Person			
SAN FR	ANCISCO, CA 941	09		Form filed by M Person	ore than One Re	eporting		
(City)	(State)	(Zip) Ta	ble I - Non-Derivative Securi	ities Acquired, Disposed of,	or Beneficial	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if any	Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5 (A) or	Securities For Beneficially (I) Owned (I	orm: Direct D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Domindom	Doport on a comparate line	for each class of						
Kennider.	Report on a separate fine	e for each class of se	curities beneficially owned dire	eetry of munecuy.				

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.

 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. Number of	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Secur
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	3)	Acquired (A Disposed of (Instr. 3, 4, 5)	f (D)				
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Am Nur Sha
Stock Settled Stock Appreciation Right (SSAR)	\$ 8.56	11/07/2008		A		230,000		11/07/2009	11/07/2018	Common Stock	23

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
ALBER LAURA 3250 VAN NESS AVENUE SAN FRANCISCO, CA 94109			PRESIDENT WSI				
Signatures							
By: Laurel Pies, Attorney in Fac Alber	ura	11/12/2008					
**Signature of Reporting Per	son		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).

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.