#### Edgar Filing: LAROCHE RICHARD F JR - Form 4

#### LAROCHE RICHARD F JR

Form 4

August 31, 2012

## FORM 4

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

**OMB** Number:

3235-0287 January 31,

0.5

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** 

Expires: 2005 Estimated average

**OMB APPROVAL** 

burden hours per

response...

Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * LAROCHE RICHARD F JR		2. Issuer Name <b>and</b> Ticker or Trading Symbol NATIONAL HEALTHCARE CORP [NHC]				Is	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)			
(Last) (First) (Middle) 2103 SHANNON DRIVE			(Month/Day/Year)			_X Director Officer (give telow)		Owner or (specify		
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)				A	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting		
MURFREESB	ORO, TN 3	7/129					P	Person		
(City)	(State)	(Zip)	Table I -	Non-Deri	vative Sec	urities A	cqui	red, Disposed of,	or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transacti (Month/Day	/Year) Exe	cution Date, if	Code (Instr. 8)	4. Securi on(A) or Don (D) (Instr. 3,	4 and 5)  (A) or		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, Family LP (BFLP)								29,523	I	General Partner
Common Stock - Fam. Partnership (LR Ent.)								31,698	D	
Common Stock - Fam. Partnership (LFLP)								100,000	I	General Partner

#### Edgar Filing: LAROCHE RICHARD F JR - Form 4

Common Stock - Held in my name or my wife's name	08/31/2012	M	3,900 (1)	A	\$ 37.7	168,693	D	
Shares of Series A Conv. Preferred Stock -(BFLP)						96,534	I	General Partner
Shares of Series A Conv. Preferred Stock (LR Ent.)						375,602	D	
Shares of Series A Conv. Preferred Stock- (LFLP)						425	I	General Partner
Shares of Series A Conv. Preferred Stock-Family Foundation						8,500	I	Trustee
Reminder: Report o	on a separate line for each class of securities	beneficia	lly owned	directl	y or indi	rectly.		

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 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. Transacti Code (Instr. 8)	5. Number ion 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)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase Common	\$ 51.5						05/01/2008	05/01/2013	Common Stock	15,000

SEC 1474

(9-02)

#### Edgar Filing: LAROCHE RICHARD F JR - Form 4

Stock								
Option to Purchase Common Stock	\$ 37.7	08/31/2012	M	3,900	05/05/2009	05/04/2014	Common Stock	11,900
Option to Purchase Common Stock	\$ 45.8				05/09/2011	05/08/2016	Common Stock	7,500
Option to Purchase Common Stock	\$ 44.8				05/03/2012	05/02/2017	Common Stock	7,500

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
LAROCHE RICHARD F JR 2103 SHANNON DRIVE	X							
MURFREESBORO, TN 37129	Λ							

# **Signatures**

Stock

Richard F.
LaRoche, Jr.

\*\*Signature of Reporting 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).
- (1) These stock options were granted pursuant to the Company's Stock Option Plan on May 5, 2009. The grant and exercise of these stock options are exempt from Section 16(b) pursuant to Rule 16b-3(d).

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.

Reporting Owners 3