Holder Julie Fa Form 4	asone								
October 09, 20	18								
FORM	Л							OMB A	PPROVAL
	UNITED	STATES		RITIES A			COMMISSIO	N OMB Number:	3235-0287
Check this I if no longer subject to Section 16. Form 4 or Form 5 obligations may continu <i>See</i> Instruct 1(b).	Filed pur section 17(suant to S (a) of the l	F CHAN Section 1 Public U	NGES IN SECUI 16(a) of th Jtility Hol	BENEF RITIES ne Securit ding Cor	ICIAL O	WNERSHIP OF nge Act of 1934, of 1935 or Secti 940	Expires: Estimated burden hou response	urs per
(Print or Type Res	sponses)								
1. Name and Add Holder Julie F	lress of Reporting Fasone	Person <u>*</u>	Symbol	er Name an MAN CHI		Trading	5. Relationship o Issuer		
(Last) 200 SOUTH V	· / · ·	Middle)		of Earliest T Day/Year) 2018	ransaction		(Chi X_ Director Officer (giv below)		e) % Owner her (specify
KINGSPORT	(Street) , TN 37660			endment, D onth/Day/Yea	-	1	6. Individual or Applicable Line) _X_ Form filed by Form filed by Person	-	erson
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned
	Transaction Date Ionth/Day/Year)	2A. Deeme Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	4. Securit nAcquired Disposed (Instr. 3, 4 Amount	(A) or 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)
Reminder: Report	t on a separate line	e for each cl	ass of sec	urities bene	Perso inforn requir	ns who res nation cont ed to resp lys a curre	or indirectly. spond to the colle ained in this forn ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)

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	6. Date Exercisable and	7. Title and Amount of	8. Price
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof	Expiration Date	Underlying Securities	Derivativ
Security	or Exercise		any	Code	Derivative	(Month/Day/Year)	(Instr. 3 and 4)	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Securities			(Instr. 5)

	Derivative Security				Acqui (A) or Dispos of (D) (Instr. and 5)	sed 3, 4,					
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock Units	\$ 0 <u>(1)</u>	10/05/2018	А		332 (2)		<u>(1)</u>	<u>(1)</u>	Common Stock	332 <u>(2)</u>	\$ 0 <u>(2</u>

Reporting Owners

Reporting Owner Name / Address
Director 10% Owner Officer Other
Holder Julie Fasone200 SOUTH WILCOXXKINGSPORT, TN 37660
Signatures
Brian L. Henry, by Power of Attorney 10/09/2018
<u>**</u> 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).
- (1) Phantom Stock Units credited under the Directors' Deferred Compensation Plan, each having a value equal to the market value of one share of issuer common stock and payable only in cash after termination of service as a director.
- (2) Automatic deferral of a portion of director's annual retainer fees that would otherwise have been paid in cash into the director's stock account of the Directors' Deferred Compensation Plan.
- (3) Includes 82 units credited since April 6, 2018 as hypothetical reinvestment of dividend equivalents.

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.