

LAROCHE RICHARD F JR  
Form 4  
September 17, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
LAROCHE RICHARD F JR

2. Issuer Name and Ticker or Trading Symbol  
NATIONAL HEALTHCARE CORP  
[NHC]

5. Relationship of Reporting Person(s) to Issuer  
  
(Check all applicable)

(Last) (First) (Middle)  
2103 SHANNON DRIVE  
  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
09/17/2010

Director  10% Owner  
 Officer (give title below)  Other (specify below)

MURFREESBORO, TN 37129  
  
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
Common Stock, held in trust, subject to life estate				(A) or (D)	29,523	I	Remainder in GRAT
Common Stock - IRA	09/17/2010		G	1,038 D	\$ 0 0	D	
Common Stock - Held in my name or my wife's name					37,000	D	
					255,152	D	

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Common Stock - Partnership									
Common Stock - Family Partnership						23,638	I		Family Partnership
Common Stock - Family Foundation						8,635	I		Trustee of Family Foundation
Shares of Series A Conv. Preferred Stock by Trustee of GRAT						31,523	I		Remain. in GRAT
Shares of Series A Conv. Preferred Stock - IRA	09/17/2010	G	1,921	D	\$ 0	0		D	
Shares of Series A Conv. Preferred Stock - LaRoche Family LP						52,113	I		Family Partnership
Shares of Series A Conv. Preferred Stock-LaRoche Enterprises						378,202		D	
Shares of Series A Conv. Preferred Stock-Family Foundation						10,480	I		Trustee of Family Foundation
Shares of Series A Conv. Preferred Stock - Bushy Forest LP	09/17/2010	P	12,131	A	\$ 13.1	0 <sup>(1)</sup>		I	Family Partnership
Shares of Series A Conv. Preferred Stock - Busy Forest L.P.	09/17/2010	G	2,959	A	\$ 0	65,011		I	Family Partnership

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

**Persons who respond to the collection of  
information contained in this form are not**

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(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 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. Transaction Code (Instr. 8)	5. Number of 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)	8. Pr Deri Secu (Inst	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase Common Stock	\$ 44.25					05/03/2006	05/02/2011	Common Stock	15,000
Option to Purchase Common Stock	\$ 52.5					04/24/2007	04/23/2012	Common Stock	13,000
Option to Purchase Common Stock	\$ 51.5					05/01/2008	05/01/2013	Common Stock	15,000
Option to Purchase Common Stock	\$ 37.7					05/05/2009	05/04/2014	Common Stock	15,000

## Reporting Owners

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

## Signatures

Richard F. LaRoche, Jr. by Ann S. Benson,  
POA

09/17/2010

\_\_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) Totaled on the next line.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.  
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