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LAROCHE RICHARD F JR

Form 4 May 06, 2009

FORM 4

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

OMB Number:

Expires:

3235-0287 January 31,

0.5

Check this box if no longer

subject to Section 16. Form 4 or STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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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 Addre LAROCHE RIC	Symbol	Symbol NATIONAL HEALTHCARE CORP			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) 2103 SHANNON DRIVE				(Month/Day/Year)			_X Director 10% Owner Officer (give title Other (specify below)		
(Street) MURFREESBORO, TN 37129			4. If Amendme	4. If Amendment, Date Original 6 Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting		
MORIALESDO	JKO, IN J	1129				P	erson		
(City)	(State)	(Zip)	Table I - N	Non-Deriva	ative Secu	rities Acqui	red, Disposed of,	or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transac (Month/Da	ay/Year) H	2A. Deemed Execution Date, if any Month/Day/Year)	Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3,	(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)
Common Stock, held in trust, subject to life estate	,						29,523	I	Remainder in GRAT
Common Stock - IRA							1,038	D	
Common Stock - Held in my name or my wife's name							17,000	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	1,921	D				
Shares of Series A Conv. Preferred Stock - LaRoche Family LP	12,113	I	Family Partnership			
Shares of Series A Conv. Preferred Stock-LaRoche Enterprises	330,202	D				
Shares of Series A Conv. Preferred Stock-Family Foundation	10,480	I	Trustee of Family Foundation			
Domindon Domost on a commentation for each along of a comition by	£"-:-11					
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 required to respond unless the form displays a currently valid OMB control number. SEC 1474 (9-02)						
	Acquired, Disposed of, or Beneficially Own	ed				

(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)		4. Transactio	5. Number of or Derivative	6. Date Exercisable and Expiration Date	7. Title and Amount of Underlying Securities
Security (Instr. 3)	or Exercise Price of	(Woldin Bay, Tear)	any (Month/Day/Year)	Code	Securities Acquired (A)	(Month/Day/Year)	(Instr. 3 and 4)
(msu. 3)	Derivative Security		(Monumbay/Tear)	(msu. o)	or Disposed of (D)		

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(Instr. 3, 4, and 5)

					und 5)					
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase Common Stock	\$ 32.01						05/03/2005	05/02/2010	Common Stock	15,000
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	A		15,000		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

**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).

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.

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