

NATIONAL HEALTHCARE CORP  
 Form 4  
 September 22, 2008

**FORM 4**

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

OMB APPROVAL

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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)  
 09/19/2008

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 Indirect Beneficial Ownership (Instr. 4) |
|---|--------------------------------------|--|--------------------------------|---|---|--|---|
| Common Stock, held in trust, subject to life estate |                                      |  |                                | (A) or (D)  | Price   |  |   |
|   |                                      |  | Code                           | V   | Amount  | (D)  | Price   |
| Common Stock - IRA                                  |                                      |  |                                |   | 29,523  | I  | Remainder in GRAT                                     |
| Common Stock - Held in my name or my wife's name    |                                      |  |                                |   | 1,038   | D  |   |
|   |                                      |  |                                |   | 2,000   | D  |   |
|   | 09/19/2008                           |  | S                              |   | 11,300  | D  | 255,152   |

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|  |  |         |         |   |  |  |  |                                    |
|--|--|---------|---------|---|--|--|--|------------------------------------|
| Common Stock<br>- Partnership  |  | \$      |         |   |  |  |  |                                    |
|  |  | 51.0436 |         |   |  |  |  |                                    |
| Common Stock<br>- Family<br>Partnership                                  |  |         | 23,638  | I |  |  |  | Family<br>Partnership              |
| Common Stock<br>- Family<br>Foundation                                   |  |         | 8,635   | I |  |  |  | Trustee of<br>Family<br>Foundation |
| Shares of Series<br>A Conv.<br>Preferred Stock<br>by Trustee of<br>GRAT  |  |         | 31,523  | I |  |  |  | Remain. in<br>GRAT                 |
| Shares of Series<br>A Conv.<br>Preferred Stock<br>- IRA                  |  |         | 1,921   | D |  |  |  |                                    |
| Shares of Series<br>A Conv.<br>Preferred Stock<br>- LaRoche<br>Family LP |  |         | 3,938   | I |  |  |  | Family<br>Partnership              |
| Shares of Series<br>A Conv.<br>Preferred<br>Stock-LaRoche<br>Enterprises |  |         | 330,202 | D |  |  |  |                                    |
| Shares of Series<br>A Conv.<br>Preferred<br>Stock-Family<br>Foundation   |  |         | 10,480  | I |  |  |  | Trustee of<br>Family<br>Foundation |

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.**

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(9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) | 8. Pr<br>Deri<br>Secu<br>(Inst |
|---|--|---|---|--------------------------------------|---|--|---|--------------------------------|
|---|--|---|---|--------------------------------------|---|--|---|--------------------------------|



## 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.

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