COGGIN D GERALD

Form 4

December 06, 2012

FORM	1						APPROVAL	
1 011111	UNITED S'		RITIES AND EXC shington, D.C. 205		OMMISSION	OMB Number:	3235-0287	
Check this if no longe	>r					Expires:	January 31, 2005	
subject to Section 16 Form 4 or	STATEMI 6.	ENT OF CHAN	IGES IN BENEFIC SECURITIES	CIAL OW	NERSHIP OF	Estimated average burden hours per response 0.5		
Form 5 obligations may continue See Instruction 1(b).	Section 17(a)	of the Public U	6(a) of the Securitie tility Holding Company	pany Act of	1935 or Section	n		
(Print or Type Re	esponses)							
COGGIN D GERALD Syml			r Name and Ticker or T	_	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
		[NHC]			(Chec	к ан аррисас	nc)	
(Last) 1942 DILTO	(First) (Mi	(Month/I	f Earliest Transaction Day/Year) 2012		Director _X_ Officer (give below) SVP-Anc. S			
	(Street)		endment, Date Original nth/Day/Year)		6. Individual or Jo Applicable Line) _X_ Form filed by O	oint/Group Fil	ling(Check Person	
MURFREES	BORO, TN 3712	7			Form filed by M Person	fore than One l	Reporting	
(City)	(State) (Z	Zip) Tab	le I - Non-Derivative So	ecurities Acq	uired, Disposed of	, or Benefici	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		Transaction(A) or Dis Code (Instr. 3, 4		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)	
Shares of			Code V Amount	(D) Price	(Ilisu. 5 aliu 4)			
Common Stock in my name and my spouse's name	12/05/2012		M 4,000 (1)	A \$ 46.69	342,382	D		
Shares of Common Stock in Trust					1,937	I	Trustee of Estate Trust	
Shares of Common					12,136	I	Family Partnership	

Edgar Filing: COGGIN D GERALD - Form 4

S		- 1	1_
	ഗ	\boldsymbol{c}	\sim

Shares of Common Stock	104	I	Family Partnership
Shares of Series A Convertible Preferred Stock	63,181	D	
Shares of Series A Convertible Preferred Stock held in Trust	3,500	I	Trustee of Estate Trust

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)

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 Exerc	isable and	7. Title and A	Amount of	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction Derivative		e Expiration Da	Expiration Date		Underlying Securities	
Security	or Exercise		any	Code	Securities (Month/Day/Year)		(ear)	(Instr. 3 and 4)		
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired					
	Derivative				(A) or					
	Security				Disposed of					
				(D)						
				(Instr. 3, 4,						
				and 5)						
						Date	Expiration	Title	Amount	
						Exercisable	Exercisable Date		Number	
				Code V	(A) (D)				of Shares	
Option to										
purchase Common	\$ 46.69	12/05/2012		M	4,00) 12/04/2012	02/29/2016	Common Stock	36,000	

Reporting Owners

Stock

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

SVP-Anc. Serv & Corp Relations

Reporting Owners 2

COGGIN D GERALD 1942 DILTON-MANKIN ROAD MURFREESBORO, TN 37127

Signatures

D. Gerald Coggin

**Signature of Date
Reporting Person

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 2010 Omnibus Equity Incentive Plan on March 1, 2011. 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.

Signatures 3