Holder Julie Form 4	Fasone									
October 04, 2	2017									
FORM	ГЛ							OMB A	PPROVAL	
	UNITED	STATES		RITIES A shington			COMMISSION	NOMB Number:	3235-0287	7
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). TATEMENT OF CHANGES IN BENEFIC SECURITIES Filed pursuant to Section 16(a) of the Securitie Section 17(a) of the Public Utility Holding Comp 30(h) of the Investment Company 1(b).							nge Act of 1934, of 1935 or Sectio	Expires: Estimated burden hou response	urs per	5
(Print or Type F	Responses)									
1. Name and Address of Reporting Person <u>*</u> Holder Julie Fasone			Symbol	er Name an MAN CH		Trading	5. Relationship of Reporting Person(s) to Issuer[] (Check all applicable)			
(Last) (First) (Middle) 200 SOUTH WILCOX			3. Date of Earliest Transaction (Month/Day/Year) 10/02/2017				X_Director10% Owner Officer (give titleOther (specify below) below)			
(Street) KINGSPORT, TN 37660			4. If Amendment, Date Original 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 Person 			
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	Securities A	cquired, Disposed o	of, or Beneficia	lly Owned	
	2. Transaction Date (Month/Day/Year)	2A. Deemo Execution any (Month/Da	Date, if	Code (Instr. 8)	4. Securit mAcquired Disposed (Instr. 3, 4 Amount	(A) or of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Rep	ort 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 cained in this form ond unless the for ntly valid OMB co	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		Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)								
			Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock Units	\$ 0 <u>(1)</u>	10/02/2017	А		331 (2)		<u>(1)</u>	<u>(1)</u>	Common Stock	331 <u>(2)</u>	\$ 0 <u>(2</u>

Reporting Owners

Reporting Owner Name / Address		Relationsh	ips	
	Director	10% Owner	Officer	Other
Holder Julie Fasone 200 SOUTH WILCOX KINGSPORT, TN 37660	Х			
Signatures				
Brian L. Henry, by Power of Attorney		10/04/201	7	
**Signature of Reporting Person		Date		
Evalenation of De	~ ~ ~ ~			

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 40 units credited since April 3, 2017 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.