FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washingto

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

on, D.C. 20549	OMB APPROVAL
	II.

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

1. Name and Address of Reporting Person* <u>HEYER RICHARD</u>																	ionship of Reporting all applicable) Director			son(s) to Is		
(Last)	,	irst) NK & TRUST C	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 09/30/2004											Officer (give title below)		Other (sp below)		specify	
209 TROY STREET					4. I	4. If Amendment, Date of Original Filed (Month/Day/Year)										6. Individual or Joint/Group Filing (Check Applicable Line)						
(Street)	O M	IS .	38802-0709														X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(S	tate)	(Zip)																			
		Tab	le I - Non	-Deriva	ative	Sec	uritie	s Ac	cquire	ed, D	isp	osed o	of, or	Ben	eficial	ly Ow	nec	d .				
1. Title of Security (Instr. 3) 2. Transar Date (Month/Date)					ar) E	2A. Deemed Execution Date if any (Month/Day/Yea		Code (Instr.							I Seci Ben Owr	5. Amount of Securities Beneficially Owned Following Reported		Form (D) o	vnership n: Direct r Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									de V	<i>,</i>	Amount	(A) or (D)		Price	Transac (Instr. 3		tion(s)					
		Т	able II - D									sed of onverti				Owne	ed					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution I if any (Month/Day	Date, T	Code (Ins		5. Num of Deriva Securi Acquii (A) or Dispos of (D) (Instr. and 5)	6. Date Exercisal Expiration Date (Month/Day/Year				7. Title Amoui Securi Underl Deriva (Instr.	nt of ties ying tive S	ecurity 4)			9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exerc	isable		opiration	Title	1	Amount or Number of Shares							
Phantom	\$31.73 ⁽³⁾	09/30/2004			Α		72.49		(1	l)	Г	(1)	Comm		72.49	\$31.73	(2)	393.87		D		

Explanation of Responses:

- 1. The stock units are to be settled 100% in common stock upon the reporting person's retirement or upon approved request for hardship reasons.
- 2. The phantom stock units were accrued under the PHC deferred compensation plan.
- 3. The conversion or exercise price is one for one.

Richard Heyer, Jr 10/04/2004

** Signature of Reporting Person Date

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

- * 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.

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 Number.