Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).	FATES SECUR Was ENT OF CHAN ant to Section 10 of the Public Ut 30(h) of the In	Shington, GES IN 1 SECUR 6(a) of the ility Hold	D.C. 205 BENEFI ITIES e Securiti ling Com	5 49 CIAI es Ex pany	OW Chang Act o	NERSHIP OF te Act of 1934, f 1935 or Sectio	OMB Number: Expires: Estimated burden hou response	urs per	
(Print or Type Responses)									
1. Name and Address of Reporting Pe Poole E. Ashton	uer Name and Ticker or Trading s BDC, Inc. [TCAP]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Mic	ddle) 3. Date of	3. Date of Earliest Transaction				(Check an applicable)			
3700 GLENWOOD AVENUE SUITE 530	Month/Day/Year) 7/31/2018				X Director 10% Owner X Officer (give title Other (specify below) below) President and CEO				
(Street)	mendment, Date Original Month/Day/Year)				6. Individual or Joint/Group Filing(CheckApplicable Line)_X_ Form filed by One Reporting Person				
RALEIGH, NC 27612 Form filed by More than One Reporting Person							eporting		
(City) (State) (Z	ip) Tabl	e I - Non-D	erivative S	ecurit	ies Acc	uired, Disposed o	f, or Beneficia	lly Owned	
		3. Transactio Code (Instr. 8) Code V	on(A) or Dis (D)	sposed	of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock 07/31/2018		F	65,549	D	\$ 12	181,534	D		
Common Stock						2,011	Ι	By spouse (for son)	
Common Stock						2,011	I	By spouse (for daughter)	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form

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displays a currently valid OMB control number.

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	 6. Date Exercisabl actionNumber Expiration Date of (Month/Day/Year) 8) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) 		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
Beno	rting O	wnore		Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Poole E. Ashton 3700 GLENWOOD AVENUE, SUITE 530 RALEIGH, NC 27612	Х		President and CEC)				
Signatures								
Harry S. Pangas, attorney-in-fact for E. Asht Poole	08/02/2018							
**Signature of Reporting Person		Date						
Explanation of Responses:								

or nesponse

* 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.