

CAPLINGER LARRY A
Form 4
March 15, 2011

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 *
CAPLINGER LARRY A

2. Issuer Name and Ticker or Trading Symbol
F&M BANK CORP [fmbm.ob]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
03/11/2011

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

Executive Vice President

PO BOX 274

(Street)

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

TIMBERVILLE, VA 22853

(City) (State) (Zip)

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)
				(A) or (D) Code V Amount Price			
Common Stock	03/11/2011		X	272 A \$ 13.25	1,088	I	By IRA
Common Stock	03/11/2011		P	26 A \$ 13.25	1,114	I	By IRA
Common Stock	03/11/2011		X	33 A \$ 13.25	137.903 ⁽¹⁾	I	By son
Common Stock	03/11/2011		X	34 A \$ 13.25	138.9039 ⁽²⁾	I	By Daughter
Common Stock	03/11/2011		X	33 A \$ 13.25	137.903 ⁽³⁾	I	By Son

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Common Stock	7,200	D	
Common Stock	7,265	I	By ESOP

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

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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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
				Code V (A) (D)		Date Exercisable Expiration Date	Title	
Subscription Rights (right to buy)	\$ 13.25	03/11/2011		X	272	01/19/2011 03/11/2011	Common Stock	272
Subscription Rights (right to buy)	\$ 13.25	03/11/2011		X	33	01/19/2011 03/11/2011	Common Stock	33
Subscription Rights (right to buy)	\$ 13.25	03/11/2011		X	34	01/19/2011 03/11/2011	Common Stock	34
Subscription Rights (right to buy)	\$ 13.25	03/11/2011		X	33	01/19/2011 03/11/2011	Common Stock	33

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CAPLINGER LARRY A PO BOX 274			Executive Vice President	

TIMBERVILLE, VA 22853

Signatures

Sylvia T. Bowman for Larry A. Caplinger by Power of Attorney

03/15/2011

__Signature of Reporting Person

Date

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) Includes 4.903 shares Mr. Caplinger received in the F&M Bank Corp. Dividend Reinvestment Plan.
- (2) Includes 4.9039 shares Ms. Caplinger received in the F&M Bank Corp. Dividend Reinvestment Plan.
- (3) Includes 4.903 shares Mr. Caplinger received in the F&M Bank Cop. Divident Reinvestment Plan.

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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