

CAPLINGER LARRY A  
Form 4  
March 15, 2011

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

OMB APPROVAL

OMB Number: 3235-0287  
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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)  
PO BOX 274

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

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)

Executive Vice President

(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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
| 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 <sup>(1)</sup>   | I  | By son  |
| Common Stock                    | 03/11/2011                           |  | X                              | 34 A  | \$ 13.25 138.9039 <sup>(2)</sup>  | I  | By Daughter   |
| Common Stock                    | 03/11/2011                           |  | X                              | 33 A  | \$ 13.25 137.903 <sup>(3)</sup>   | 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.

**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 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<br>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. 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.