

CRIST JOHN N
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 *
CRIST JOHN N

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)
342 S MAIN STREET
(Street)

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

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

HARRISONBURG, VA 22801

(City) (State) (Zip)

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

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	V Amount (A) or (D) Price \$ 13.25	425 A \$ 13.25 8,677 ⁽¹⁾	D	
Common Stock	03/11/2011		X	V Amount (A) or (D) Price \$ 13.25	1,666 A \$ 13.25 6,666	I	By 401-K
Common Stock	03/11/2011		P	V Amount (A) or (D) Price \$ 13.25	3,334 A \$ 13.25 10,000	I	By 401-K
Common Stock	03/11/2011		X	V Amount (A) or (D) Price \$ 13.25	33 A \$ 13.25 133	I	By Roth IRA
Common Stock	03/11/2011		P	V Amount (A) or (D) Price \$ 13.25	7 A \$ 13.25 140	I	By Roth IRA
	03/11/2011		X	V Amount (A) or (D) Price \$ 13.25	359 A \$ 13.25 1,439	I	

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Common Stock \$ 13.25 By Traditional IRA

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

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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	425	01/19/2011 03/11/2011	Common Stock	425
Subscription Rights (right to buy)	\$ 13.25	03/11/2011		X	1,666	01/19/2011 03/11/2011	Common Stock	1,666
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	359	01/19/2011 03/11/2011	Common Stock	359

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CRIST JOHN N 342 S MAIN STREET HARRISONBURG, VA 22801	X			

Signatures

Sylvia T. Bowman Attorney in Fact for John N.
Crist

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) The reporting person no longer reports as beneficially owned any securities owned by his ex-wife.

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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