Shillingburg Stephanie E Form 4 March 05, 2019

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Shillingburg Stephanie E			2. Issuer Name and Ticker or Trading Symbol F&M BANK CORP [fmbm]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(a see afficiency)			
1699 LAKEVIEW DRIVE		E	(Month/Day/Year) 03/05/2019	Director 10% OwnerX Officer (give title Other (specify below) below) Executive Vice President			
(Street) WOODSTOCK, VA 22664			4. If Amendment, Date Original 6. Individual or Joint/Group I				
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

(City)	(State)	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. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	of (D)	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	03/05/2019		P	5.6022	A	\$ 35.7	513.1219	D		
Common Stock							2,500	I	By Non-Qualified Comp. Plan	
Common Stock							4,640.89	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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Tit	le and	8. Price of	9. Nu	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	orNumber	Expiration D	Expiration Date		ınt of	Derivative	Deriv	
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Unde	rlying	Security	Secui	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	rities	(Instr. 5)	Bene	
	Derivative				Securities			(Instr	. 3 and 4)		Own	
	Security				Acquired						Follo	
	·				(A) or						Repo	
					Disposed						Trans	
					of (D)						(Instr	
					(Instr. 3,							
					4, and 5)							
									Amount			
						Date	Expiration	m: 1	or			
							Exercisable	Date	Title	Number		
				C 1 W	(A) (D)			of				
				Code V	(A) (D)				Shares			

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Shillingburg Stephanie E 1699 LAKEVIEW DRIVE WOODSTOCK, VA 22664

Executive Vice President

Signatures

Stephanie E. 03/05/2019 Shillingburg

**Signature of Reporting Date
Person

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).

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.

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