

BOWMAN LARRY
Form 4
March 07, 2008

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
BOWMAN LARRY

2. Issuer Name and Ticker or Trading Symbol
COMMUNITY FIRST BANCORP
[cfok.ob]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
10630 CLEMSON BLVD, STE 100
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
12/21/2007

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

SENECA, SC 29678

(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 Ownership (Instr. 4)
				Code V Amount (D) Price			
Common Stock	12/21/2007	12/21/2007	M	7,134 D \$ 5.1859	97,787	D	

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)

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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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option Right to Buy	\$ 5.1859	06/18/1998	06/18/1998	M		7,134		06/19/1998	06/19/2008	Common Stock	7,134
Option Right to Buy	\$ 11.128	02/26/1999	02/26/1999	M		3,567		02/26/1999	02/26/2009	Common Stock	3,567
Option right to Buy	\$ 11.2128	10/16/2000	10/16/2000	M		3,243		10/16/2000	10/16/2011	Common Stock	3,243
Option right to Buy	\$ 10.6845	12/20/2001	12/20/2011	M		3,088		12/20/2001	12/20/2011	Common Stock	3,088
Option right to Buy	\$ 11.2187	11/21/2002	11/21/2002	M		2,941		11/21/2002	11/21/2012	Common Stock	2,941
Option right to Buy	\$ 12.1062	04/10/2004	04/10/2004	M		2,801		04/10/2004	04/10/2014	Common Stock	2,801
Option Right to Buy	\$ 12.7434	04/28/2004	04/28/2004	M		2,668		04/28/2004	04/28/2014	Common Stock	2,668
Option right to Buy	\$ 15.6669	04/26/2005	04/26/2005	M		2,425		04/26/2005	04/26/2015	Common Stock	2,425
Option right to Buy	\$ 18.6147	05/18/2006	05/18/2006	M		2,313		05/18/2006	05/18/2016	Common Stock	2,313

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BOWMAN LARRY 10630 CLEMSON BLVD	X			

STE 100
SENECA, SC 29678

Signatures

Larry S.
Bowman

03/07/2008

__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).

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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