

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

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

OMB Number: 3235-0287

Expires: January 31, 2005

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1. Name and Address of Reporting Person *
BARLOW JAMES R

2. Issuer Name **and** Ticker or Trading Symbol
Home Federal Bancorp, Inc. of Louisiana [HFBL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)
03/13/2019

X Director _____ 10% Owner
X Officer (give title below) _____ Other (specify below)
President & CEO***

C/O HOME FEDERAL BANK, 222
FLORIDA STREET

(Street)

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing (Check Applicable Line)
 X Form filed by One Reporting Person
 ___ Form filed by More than One Reporting Person

SHREVEPORT, LA 71105

(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)
			Code	V	Amount	(A) or (D) Price			
Common Stock	03/13/2019		D		2,089	D \$ 32.49	22,562 <u>(1)</u>	D	
Common Stock							13,500	I	By IRA
Common Stock							550	I	By Spouse
Common Stock							14,560.9705 <u>(2)</u>	I	By 401(k) Plan
Common Stock							6,976.085	I	By ESOP

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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.

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(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)	8. Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 23					(3) 10/26/2025	Common Stock	10,000
Employee Stock Option (Right to Buy)	\$ 18.92					(4) 07/31/2024	Common Stock	2,133
Employee Stock Option (Right to Buy)	\$ 14.7					01/31/2017(5) 01/31/2022	Common Stock	48,630
Employee Stock Option (Right to Buy)	\$ 10.93					08/19/2015(6) 08/19/2020	Common Stock	9,611

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

BARLOW JAMES R
C/O HOME FEDERAL BANK
222 FLORIDA STREET
SHREVEPORT, LA 71105

X

President & CEO***

Signatures

/s/James R.

03/15/2019

Barlow

__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).

- Includes 6,000 shares granted pursuant to the 2014 Stock Incentive Plan which reflect the unvested portion of a grant award originally
- (1) covering 15,000 shares that commenced vesting at a rate of 20% per year on October 26, 2016, and 6,473 shares held jointly with the reporting person's spouse.
 - (2) Reflects units which represent share interests and a reserve of cash in the Issuer's 401(k) Plan. Based on a report dated March 13, 2019.
 - (3) The options are vesting at a rate of 20% per year commencing on October 26, 2016.
 - (4) The options are vesting at a rate of 20% per year commencing on July 31, 2015.
 - (5) The options vested at a rate of 20% per year commencing on January 31, 2013.
 - (6) The options vested at a rate of 20% per year commencing on August 19, 2011.

Remarks:

*** Also serves as President and Chief Executive Officer of the Issuer's wholly owned subsidiary, Home Federal Bank.

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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