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 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)													
Name and Address of Reporting Person Henderson Christopher J				2. Issuer Name and Ticker or Trading Symbol SALEM COMMUNICATIONS CORP /DE/ [SALM]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X Officer (give title below) SVP, General Counsel & Secy				
(Last) (First) (Middle) 4880 SANTA ROSA ROAD				3. Date of Earliest Transaction (Month/Day/Year) 03/17/2014								SVP, Gene	erai Counsei	& Secy	
(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				
CAMARILLO, CA 93012													Reporting Person	n	
(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu							ired, Disposed of, or Beneficially Owned				
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	(Instr. 8)		etion	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)	7. Nature of Indirect Beneficial Ownership	
					Code	V	Amount	(A) or (D)	Price				or Indirect (I) (Instr. 4)	(Instr. 4)	
Class A Common Stock 03/17/2014			03/17/2014		М			4,555 (1)	A	\$ 2.38	4,555		D		
Class A Common Stock 03/17/2014			03/17/2014	S			4,555 (1)	D	\$ 10	0			D		
Class A Common Stock 03/19/2014			03/19/2014			M		6,000	A	\$ 5.20	6,000			D	
Class A Common Stock 03/19/2014			03/19/2014			S		3,000	D	\$ 10	3,000			D	
Class A Common Stock 03/19/2014					S		1,598	D	\$ 10.02	1,402			D		
Class A Common Stock 03/19/2014					S		100	D	\$ 10.04	1,302			D		
Class A Common Stock 03/19/2014					S		295	D	\$ 10.06	1,007			D		
Class A Common Stock 03/19/2014					S		200	D	\$ 10.07	807			D		
Class A Common Stock 03/19/2014					S		200	D	\$ 10.08	607			D		
Class A Common Stock 03/19/2014					S		500	D	\$ 10.22	107			D		
Class A Common Stock 03/19/2014					S		29	D	\$ 10.23	78			D		
Class A Common Stock 03/19/2014			03/19/2014			S		78	D	\$ 10.255	0			D	
Class A Common Stock										1,207			I	In 401(k) Plan (2)	
Reminder:	Report on a s	separate line for each	a class of securities l	beneficially ow	ned dire	ectly or i	Pers	ons who	re not	require	e collection o d to respond MB control n	unless the		ned SEC	1474 (9-02)
				Derivative Se							Owned				
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	4. 5 Transaction of Code I (Instr. 8) 5	5. Numb	eer 6. E Exp (Mo	ate Ex iration	ercisable		7. Title of Und Securi	e and Amount derlying ties 3 and 4)		9. Number Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form of Derivat Security Direct (or Indir	Ownershi v: (Instr. 4) D) ect

			Code	V	(A)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (Right to buy)	\$ 2.38	03/17/2014	M			4,555	09/28/2013	09/28/2018	Class A Common Stock	4,555	\$ 0	0	D	
Stock Option (Right to buy)	\$ 5.2	03/19/2014	M			6,000	03/08/2014	03/08/2019	Class A Common Stock	6,000	\$ 0	0	D	

Reporting Owners

D. C. N.	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
Henderson Christopher J 4880 SANTA ROSA ROAD CAMARILLO, CA 93012			SVP, General Counsel & Secy						

Signatures

/s/Christopher J. Henderson	03/19/2014
**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) This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on May 24, 2013.
- (2) Shares purchased under the Issuer's 401(k) 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.