

FORCH JOHN J
Form 4
April 29, 2011

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

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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 *
FORCH JOHN J

2. Issuer Name and Ticker or Trading Symbol
Southern National Bancorp of Virginia Inc [SONA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
1465 MAYHURST BLVD
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
03/21/2011

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

MCLEAN, VA 22102
(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)
				(A) or (D)	Price		
Code	V	Amount	(D)	Price			
Southern National Bancorp of Virginia Common Stock					5,000	I	By IRA
Southern National Bancorp of Virginia Common Stock					33,494	D	

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Southern National Bancorp of Virginia Common Stock	1,000 ⁽¹⁾	D	
Southern National Bancorp of Virginia Common Stock	710	I	By Profit Sharing Plan

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 Security (Instr. 3 and 4)	Am or Nur of Sha
				Code V (A) (D)		Date Exercisable Expiration Date	Title	
Employee Stock Option(Right to Buy)	\$ 14.73					01/24/2008 ⁽²⁾ 01/24/2017	Common Stock	1,
Employee Stock Option(Right to Buy)	\$ 9.2					01/23/2009 ⁽³⁾ 01/23/2018	Common Stock	1,
Employee Stock Option(Right to Buy)	\$ 5.5					01/27/2010 ⁽⁴⁾ 01/27/2019	Common Stock	1,
Employee Stock	\$ 7.04					07/27/2011 ⁽⁵⁾ 07/27/2020	Common Stock	1,

Option(Right
to Buy)

Employee

Stock
Option(Right
to Buy)

\$ 7.2

03/21/2011

A

1,000

03/21/2012⁽⁶⁾

03/21/2021

Common
Stock 1,

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FORCH JOHN J 1465 MAYHURST BLVD MCLEAN, VA 22102	X			

Signatures

John J. Forch

04/29/2011

**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) These shares are held jointly with spouse.

(2) These options are exercisable as follows: 220 on 1/24/2008, 220 on 1/24/2009, 220 on 1/24/2010, 220 on 1/24/2011, 220 on 1/24/2012.

(3) These options are exercisable as follows: 200 on 1/23/2009, 200 on 1/23/2010, 200 on 1/23/2011, 200 on 1/23/2012, 200 on 1/23/2013.

(4) These options are exercisable as follows: 200 on 1/27/2010, 200 on 1/27/2011, 200 on 1/27/2012, 200 on 1/27/2013, 200 on 1/27/2014.

(5) These options are exercisable as follows: 200 on 7/27/2011, 200 on 7/27/2012, 200 on 7/27/2013, 200 on 7/27/2014, 200 on 7/27/2015.

(6) These options are exercisable as follows: 200 on 3/21/2012, 200 on 3/21/2013, 200 on 3/21/2014, 200 on 3/21/2015, 200 on 3/21/2016.

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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