

Trinsic, Inc.  
Form 4  
April 06, 2006

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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, 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 \*  
LAROCHE RICHARD F JR

(Last) (First) (Middle)

C/O 601 S. HARBOUR ISLAND  
BLVD., SUITE 220

(Street)

TAMPA, FL 33603

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
Trinsic, Inc. [TRIN]

3. Date of Earliest Transaction  
(Month/Day/Year)  
04/04/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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)	(A) or (D)		
			Code	V	Amount	(D)	Price
Common Stock - Restricted (1)					5,500 (2)	D	
Common Stock - Restricted (3)	04/04/2006		A		20,000 (3)	D	20,000

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474 (9-02)

displays a currently valid OMB control number.

**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. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Beneficially (Instr. 5)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LAROCHE RICHARD F JR C/O 601 S. HARBOUR ISLAND BLVD. SUITE 220 TAMPA, FL 33603	X			

## Signatures

/s/ Victoria Neil as Attorney-in-Fact for Richard F. LaRoche, Jr. pursuant to a Power of Attorney dated September 23, 2002.

04/06/2006

\_\_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) Restricted stock was awarded under the 2004 Equity Participation Plan at par value (\$.01/share); one-third of the restrictions lapse on the first anniversary (March 24, 2006) of the vesting date (March 24, 2005) and the remaining in equal monthly installments over the next two years.
- (2) On September 23, 2005, the common stock of Trinsic, Inc. underwent a one-for-ten reverse stock split which resulted in a decrease in the number of shares owned by the reporting person.
- (3) Restricted stock issued pursuant to the 2004 Stock Incentive Plan. Restrictions lapse over a three year period with the restrictions on one-third of the shares being lifted on the first anniversary of the vesting date (December 16, 2005) and the restrictions on the remaining shares being lifted in equal annual installments over the next two years

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.