

FORCH JOHN J
Form 4
December 11, 2009

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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)
12/11/2009

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)
			Code	V Amount (D) Price			
Southern National Bancorp of Virginia Common Stock	12/11/2009		S	2,284 D \$ 7	33,000	D	
Southern National Bancorp of Virginia Common Stock					5,000	I	BY IRA

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

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Options(Right to Buy)	\$ 14.73					01/24/2008 ⁽¹⁾	01/24/2017	Common Stock	1,100
Employee Stock Options (Right to Buy)	\$ 9.2					01/23/2009 ⁽²⁾	01/23/2018	Common Stock	1,000
Employee Stock Options (Right to Buy)	\$ 5.5					01/27/2010 ⁽³⁾	01/27/2019	Common Stock	1,000

Reporting Owners

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

Signatures

Alberta Gibson 12/11/2009

**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) There shares are exercisable as follows: 220 Shares on 1/24/2008, 220 shares on 1/24/2009, 220 shares on 1/24/2010, 220 shares on 1/24/2011, 220 shares on 1/24/2012
- (2) There shares are exercisable as follows: 200 shares on 1/23/2009, 200 shares on 1/23/2010, 200 shares on 1/23/2011, 200 shares on 1/23/2012, 200 shares on 1/23/2013
- (3) There shares are exercisable as follows: 200 shares on 1/27/2010, 200 shares on 1/27/2011, 200 shares on 1/27/2012, 200 shares on 1/27/2013, 200 shares on 1/27/2014

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.