

Southern National Bancorp of Virginia Inc
 Form 4
 March 31, 2014

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, 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 *
 Jennings W. Bruce

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)
 11021 MERION LANE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/28/2014

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

FAIRFAX, VA 22030
 (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		
Southern National Bancorp of Virginia Common Stock					11,000 ⁽¹⁾	D	
Southern National Bancorp of Virginia Common Stock	03/28/2014		P	1,794 A	\$ 10.16	D	

Southern
National
Bancorp of
Virginia
Common
Stock

5,500 I By IRA

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)	8. Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 6.24			V	(A)	02/09/2013 ⁽³⁾ 02/09/2022	Common Stock	2,000
Employee Stock Option (Right to Buy)	\$ 9.32			V	(A)	01/29/2014 ⁽⁴⁾ 01/29/2023	Common Stock	3,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Jennings W. Bruce 11021 MERION LANE FAIRFAX, VA 22030	X			

Signatures

W. Bruce
Jennings

03/31/2014

__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) These shares are held in the W. Bruce Jennings Revocable Living Trust.

(2) These shares are held in the WBJ Irrevocable Trust.

(3) These options are exercisable as follows: 400 on 2/9/2013,400 on 2/9/2014,400 on 2/9/2015,400 on 2/9/2016,400 on 2/9/2017.

(4) These options are exercisable as follows: 700 on 1/29/2014,700 on 1/29/2015,700 on 1/29/2016,700 on 1/29/2017,700 on 1/29/2018.

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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