Southern National Bancorp of Virginia Inc Form 4

June 23, 2015

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

may continue. See Instruction

1(b).

obligations

Form 5

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

(Print or Type Responses)

(Last)

1. Name and Address of Reporting Person *

FORCH JOHN J

(First) (Middle)

1465 MAYHURST BLVD

MCLEAN, VA 22102

(Street)

Southern National Bancorp of Virginia Inc [SONA]

Symbol

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

06/22/2015

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

OMB

Number:

Expires:

response...

Estimated average

burden hours per

OMB APPROVAL

3235-0287

January 31,

2005

0.5

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

I

Person

5,000

(City) (State) (Zip)

(City)	(State) (2	Table	I - Non-De	erivative S	Securi	ties Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any	3. Transactio Code				5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or	7. Nature of Indirect Beneficial
		(Month/Day/Year)	(Instr. 8)	. 8) (Instr. 3, 4 and 5)		Owned Following Reported Transaction(s)	Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Southern National			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Bancorp of Virginia Common Stock	06/22/2015		P	424	A	\$ 11.5	40,127 (1)	D	

Southern National Bancorp of

Virginia

Common Stock

1

By IRA

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Southern			
National			By Profit
Bancorp of	810	T	Sharing
Virginia	010	1	Plan
Common			1 Iaii
Stock			

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(9-02)

8. F Der Sec (Ins

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			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 Option (Right to Buy)	\$ 14.73					01/24/2008	01/24/2017	Common Stock	1,100
Employee Stock Option (Right to Buy)	\$ 9.2					01/23/2009	01/23/2018	Common Stock	1,000
Employee Stock Option (Right to Buy)	\$ 7.04					07/27/2011	07/27/2020	Common Stock	1,000 (2)
Employee Stock Option	\$ 7.2					03/21/2012	03/21/2021	Common Stock	1,000 (3)

(Right to Buy)					
Employee Stock Option (Right to Buy)	\$ 6.24	02/09/2013	02/09/2022	Common Stock	2,000 (4)
Employee Stock Option (Right to Buy)	\$ 9.32	01/29/2014	01/29/2023	Common Stock	3,500 (5)

Reporting Owners

Reporting Owner Name / Address	Keiationships					
	Director	10% Owner	Officer	Other		
FORCH JOHN J						

1465 MAYHURST BLVD X MCLEAN, VA 22102

Signatures

John J. Forch 06/23/2015

**Signature of 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).

Deletionships

- (1) These shares are jointly owned with spouse.
- (2) 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.
- (3) 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.
- (4) 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.
- (5) 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. 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.

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