

Southern National Bancorp of Virginia Inc  
 Form 4  
 July 22, 2016

**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 \*  
**LAGOS WILLIAM H**

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)  
 12605 THUNDER CHASE DR.  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
 07/21/2016

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
 Senior Vice President

RESTON, VA 20191

(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 Indirect Beneficial Ownership (Instr. 4) |
|--|--------------------------------------|--|--------------------------------|---|---|--|---|
| Southern National Bancorp of Virginia Common Stock |                                      |  |                                | (A)<br>or<br>(D)  | 33,157  | D  |   |
| Southern National Bancorp of Virginia Common Stock |                                      |  |                                | (A)<br>or<br>(D)  | 2,637   | I  | By 401k Plan  |

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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 Option (Right to Buy)       | \$ 9.2   |                                      |  |                                |   | 01/23/2009   | 01/22/2018  | Common Stock | 3,500                      |
| Employee Stock Option (Right to Buy)       | \$ 5.5   |                                      |  |                                |   | 01/27/2010   | 01/27/2019  | Common Stock | 2,000                      |
| Employee Stock Option (Right to Buy)       | \$ 8.02  |                                      |  |                                |   | 07/29/2010   | 07/29/2019  | Common Stock | 2,000                      |
| Employee Stock Option (Right to Buy)       | \$ 7.04  |                                      |  |                                |   | 07/27/2011   | 07/27/2020  | Common Stock | 2,500                      |
| Employee Stock Option (Right to Buy)       | \$ 7.2   |                                      |  |                                |   | 03/21/2012   | 03/21/2021  | Common Stock | 4,000                      |
| Employee Stock                             | \$ 7.92  |                                      |  |                                |   | 12/05/2013   | 12/05/2022  | Common Stock | 4,000 <sup>(1)</sup>       |

|  |          |            |  |   |       |            |            |                 |       |            |
|--|----------|------------|--|---|-------|------------|------------|-----------------|-------|------------|
| Option<br>(Right to<br>Buy)                      |          |            |  |   |       |            |            |                 |       |            |
| Employee<br>Stock<br>Option<br>(Right to<br>Buy) | \$ 9.14  |            |  |   |       | 06/21/2014 | 06/21/2023 | Common<br>Stock | 4,000 | <u>(2)</u> |
| Employee<br>Stock<br>Option<br>(Right to<br>Buy) | \$ 10.47 |            |  |   |       | 07/22/2015 | 07/22/2024 | Common<br>Stock | 5,000 | <u>(3)</u> |
| Employee<br>Stock<br>Option<br>(Right to<br>Buy) | \$ 11.43 |            |  |   |       | 06/19/2016 | 06/19/2025 | Common<br>Stock | 5,500 | <u>(4)</u> |
| Employee<br>Stock<br>Option<br>(Right to<br>Buy) | \$ 11.99 | 06/16/2016 |  | P | 6,000 | 06/16/2017 | 06/16/2026 | Common<br>Stock | 6,000 | <u>(5)</u> |

## Reporting Owners

| Reporting Owner Name / Address                                 | Relationships |           |                       |       |
|--|---------------|-----------|-----------------------|-------|
|  | Director      | 10% Owner | Officer               | Other |
| LAGOS WILLIAM H<br>12605 THUNDER CHASE DR.<br>RESTON, VA 20191 |               |           | Senior Vice President |       |

## Signatures

William H.  
Lagos

07/22/2016

\*\*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 options are exercisable as follows: 800 on 12/5/2013, 800 on 12/5/2014, 800 on 12/5/2015, 800 on 12/5/2016, 800 on 12/5/2017.
- (2) These options are exercisable as follows: 800 on 6/21/2014, 800 on 6/21/2015, 800 on 6/21/2016, 800 on 6/21/2017, 800 on 6/21/2018.
- (3) These options are exercisable as follows: 1000 on 7/22/2015, 1000 on 7/22/2016, 1000 on 7/22/2017, 1000 on 7/22/2018, 1000 on 7/22/2019.

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- (4) These options are exercisable as follows: 1100 on 6/19/2016, 1100 on 6/19/2017, 1100 on 6/19/2018, 1100 on 6/9/2019, 1100 on 6/19/2020.
- (5) These options are exercisable as follows: 1200 on 6/16/2017, 1200 on 6/16/2018, 1200 on 6/17/2019, 1200 on 6/17/2020, 1200 on 6/17/2021.

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.