

SHIELD ROBIN R
Form 4
August 13, 2010

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 *
SHIELD ROBIN R

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)

3. Date of Earliest Transaction (Month/Day/Year)
07/27/2010

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

66 CHURCH ST
(Street)

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

NORWICH, VT 05055
(City) (State) (Zip)

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)
Southern National Bancorp of Virginia Common Stock				(A) or (D) Price	66,000	D	
Southern National Bancorp of Virginia Common Stock				(A) or (D) Price	29,072	I	Held in Trust for Minor Children

Southern National Bancorp of Virginia Common Stock	20,900	I	Held In Robin R. Shield Revocable Trust
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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 Am Underlying Sec (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
Employee Stock Option (Right to Buy)1/24/2017	\$ 14.73					01/24/2008 ⁽¹⁾ 01/24/2017	Common Stock
Employee Stock Option (Right to Buy)	\$ 9.2					01/23/2009 ⁽²⁾ 01/22/2018	Common Stock
Employee Stock Option (Right to Buy)	\$ 5.5					01/27/2010 ⁽³⁾ 01/27/2019	Common Stock
Employee Stock Option (Right to Buy)	\$ 7.04	07/27/2010		A	1,000	07/27/2011 ⁽⁴⁾ 07/27/2020	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other

SHIELD ROBIN R
66 CHURCH ST
NORWICH, VT 05055

X

Signatures

Robin R. Shield 08/13/2010

 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: 220 on 1/24/2008, 220 on 1/24/2009, 220 on 1/24/2010, 220 on 1/24/2011, 220 on 1/24/2012.
- (2) These options are exercisable as follows: 200 on 1/23/2009, 200 on 1/23/2010, 200 on 1/23/2011, 200 on 1/23/2012, 200 on 1/23/2013.
- (3) These options are exercisable as follows: 200 on 1/27/2010, 200 on 1/27/2011, 200 on 1/27/2012, 200 on 1/27/2013, 200 on 1/27/2014.
- (4) 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.

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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