

SHIELD ROBIN R
Form 4
March 13, 2012

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 *
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)
02/09/2012

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)
				(A) or (D)			
			Code	V	Amount	(D)	Price
Southern National Bancorp of Virginia Common Stock					70,400 ⁽¹⁾	D	
Southern National Bancorp of Virginia Common Stock					16,500 ⁽²⁾	D	

Southern National Bancorp of Virginia Common Stock	29,072	I	Held in Trust for Minor Children
Southern National Bancorp of Virginia Common Stock	875	D	

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

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SEC 1474
(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 Security (Instr. 3 and 4)	Am or Nur of Sha
				Code V (A) (D)		Date Exercisable Expiration Date	Title	
Employee Stock Option(Right to buy)	\$ 14.73					01/24/2008 ⁽³⁾ 01/24/2017	Common Stock	1,
Employee Stock Option(Right to buy)	\$ 9.2					01/23/2009 ⁽⁴⁾ 01/22/2018	Common Stock	1,
Employee Stock Option(Right to buy)	\$ 5.5					01/27/2010 ⁽⁵⁾ 01/27/2019	Common Stock	1,
Employee Stock	\$ 7.04					07/27/2011 ⁽⁶⁾ 07/27/2020	Common Stock	1,

Option(Right to buy)

Employee

Stock Option(Right to buy)

\$ 7.2

03/21/2012⁽⁷⁾ 03/21/2021

Common Stock 1,

Employee

Stock Option(Right to buy)

\$ 6.24

02/09/2012

A

2,000

02/09/2013⁽⁸⁾ 02/09/2022

Common Stock 2,

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 03/13/2012

**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 Robin R. Shield Revocable Trust.
- (2) These shares are held in the Porter/Shield Investment,LP.
- (3) 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.
- (4) 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.
- (5) 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.
- (6) 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.
- (7) 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.
- (8) These options are exercisable as follows: 400 on 2/09/2013,400 on 2/09/2014,400 on 2/09/2015,400 on 2/09/2016,400 on 2/09/2017.

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.