

FORCH JOHN J  
Form 4  
May 17, 2012

**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  
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

## OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
FORCH JOHN J

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)  
1465 MAYHURST BLVD  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
05/15/2012

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

MCLEAN, VA 22102

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

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

| 1. Title of<br>Security<br>(Instr. 3)                             | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 3.<br>Transaction<br>Code<br>(Instr. 8) | 4. Securities<br>Acquired (A) or<br>Disposed of (D)<br>(Instr. 3, 4 and 5) | 5. Amount of<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 3 and 4) | 6. Ownership<br>Form: Direct<br>(D) or<br>Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |   |
|-------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|---|
|                                                                   |                                         |                                                             | Code                                    | V                                                                          | Amount                                                                                                             | (A)<br>or<br>(D)                                                     | Price                                                             |   |
| Southern<br>National<br>Bancorp of<br>Virginia<br>Common<br>Stock |                                         |                                                             |                                         |                                                                            | 33,494                                                                                                             | D                                                                    |                                                                   |   |
| Southern<br>National<br>Bancorp of<br>Virginia<br>Common<br>Stock | 05/15/2012                              |                                                             | P                                       | 30                                                                         | A                                                                                                                  | \$ 7                                                                 | 1,030 <sup>(1)</sup>                                              | D |

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Southern  
National  
Bancorp of  
Virginia  
Common  
Stock

05/16/2012

P 720 A \$ 7 1,750 <sup>(1)</sup> D

Southern  
National  
Bancorp of  
Virginia  
Common  
Stock

5,000 I By IRA

Southern  
National  
Bancorp of  
Virginia  
Common  
Stock

710 I By Profit  
Sharing  
Plan

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<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4.<br>Transaction<br>Code<br>(Instr. 8) | 5.<br>Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3,<br>4, and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) |
|-----------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------|
|                                                     |                                                                       |                                         |                                                             | Code                                    | V (A) (D)                                                                                                             | Date Exercisable<br>Expiration<br>Date                         | Title<br>Amount<br>or<br>Number<br>of<br>Shares                     |
| Employee<br>Stock<br>Option(Right<br>to Buy)        | \$ 14.73                                                              |                                         |                                                             |                                         |                                                                                                                       | 01/24/2008 <sup>(2)</sup> 01/24/2017                           | Common<br>Stock 1,100                                               |
| Employee<br>Stock                                   | \$ 9.2                                                                |                                         |                                                             |                                         |                                                                                                                       | 01/23/2009 <sup>(3)</sup> 01/23/2018                           | Common<br>Stock 1,000                                               |

Option(Right  
to Buy)

Employee

Stock

Option(Right  
to Buy)

\$ 5.5

01/27/2010<sup>(4)</sup>

01/27/2019

Common  
Stock

1,000

Employee

Stock

Option(Right  
to Buy)

\$ 7.04

07/27/2011<sup>(5)</sup>

07/27/2020

Common  
Stock

1,000

Employee

Stock

Option(Right  
to Buy)

\$ 7.2

03/21/2012<sup>(6)</sup>

03/21/2021

Common  
Stock

1,000

Employee

Stock

Option(Right  
to Buy)

\$ 6.24

02/09/2013<sup>(7)</sup>

02/09/2022

Common  
Stock

2,000

## Reporting Owners

| Reporting Owner Name / Address                         | Relationships |           |         |       |
|--------------------------------------------------------|---------------|-----------|---------|-------|
|                                                        | Director      | 10% Owner | Officer | Other |
| FORCH JOHN J<br>1465 MAYHURST BLVD<br>MCLEAN, VA 22102 | X             |           |         |       |

## Signatures

John J. Forch 05/17/2012

\*\*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 jointly with spouse.
- (2) 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.
- (3) 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.
- (4) 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.
- (5) 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.
- (6) 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.
- (7) 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.

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