

Southern National Bancorp of Virginia Inc
 Form 4
 June 22, 2015

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 *
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)
 06/19/2015

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

MCLEAN, VA 22102
 (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 Ownership (Instr. 4) |
|--|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| | | | Code | V | Amount | (D) | Price |
| Southern National Bancorp of Virginia Common Stock | 06/19/2015 | | P | | 856 | A | \$ 11.63 |
| Southern National Bancorp of Virginia Common Stock | | | | | 5,000 | I | By IRA |

Southern
National
Bancorp of
Virginia
Common
Stock

810

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 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) | 8. P... Der... Sec... (Ins...) | |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|--------------------------------|----------------------------|
| | | | | 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 \$ 6.24

(Right to Buy)

02/09/2013 02/09/2022 Common Stock 2,000 (4)

Employee Stock

Option \$ 9.32

(Right to Buy)

01/29/2014 01/29/2023 Common Stock 3,500 (5)

Reporting Owners

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

Signatures

John J. Forch 06/22/2015

**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 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.