

SOUTHERN NATIONAL BANCORP OF VIRGINIA INC

Reported by
FORCH JOHN J

FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 06/21/10 for the Period Ending 06/17/10

Address	1770 TIMBERWOOD BOULEVARD SUITE 100 CHARLOTTESVILLE, VA 22911
Telephone	(434) 973-5242
CIK	0001325670
Symbol	SONA
SIC Code	6022 - State Commercial Banks
Industry	Regional Banks
Sector	Financial
Fiscal Year	12/31

FORM 4

[] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**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(f) of the
Investment Company Act of 1940

1. Name and Address of Reporting Person *			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
FORCH JOHN J			Southern National Bancorp of Virginia Inc [SONA]			<input checked="" type="checkbox"/> Director _____ 10% Owner _____ Officer (give title below) _____ Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)					
1465 MAYHURST BLVD			6/17/2010					
(Street)			4. If Amendment, Date Original Filed (MM/DD/YYYY)			6. Individual or Joint/Group Filing (Check Applicable Line)		
MCLEAN, VA 22102						<input checked="" type="checkbox"/> 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 Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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)
			Code	V	Amount	(A) or (D)	Price			
Southern National Bancorp of Virginia Common Stock								5000	I	By IRA
Southern National Bancorp of Virginia Common Stock	6/17/2010		P		494	A	\$7.98	33494	D	
Southern National Bancorp of Virginia Common Stock								1000 ⁽²⁾	D	

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option Right to Buy	\$14.73							1/24/2008 ⁽¹⁾	1/24/2017	Common Stock	1100		1100	D	
Employee Stock Option Right to Buy	\$9.2							1/23/2009 ⁽³⁾	1/23/2018	Common Stock	1000		2100	D	
Employee Stock Option	\$5.5							1/27/2010 ⁽⁴⁾	1/27/2019	Common Stock	1000		3100	D	

Explanation of Responses:

- (1) These options are exercisable as follows: 220 shares on 1/24/2008, 220 shares on 1/24/2009, 220 shares on 1/24/2010, 220 shares on 1/24/2011, 220 shares on 1/24/2012.
- (2) These shares are held jointly with Spouse.
- (3) These options are exercisable as follows: 200 shares on 1/23/2009, 200 shares on 1/23/2010, 200 shares on 1/23/2011, 200 shares on 1/23/2012, 200 shares on 1/23/2013.

(4) These shares are exercisable as follows: 200 shares on 1/27/2010, 200 shares on 1/27/2011, 200 shares on 1/27/2012, 200 shares on 1/27/2013, 200 shares on 1/27/2014.

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

6/21/2010

** Signature of Reporting Person

Date

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

* 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).

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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