

Trinsic, Inc.
Form 4
April 06, 2006

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

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
LAROCHE RICHARD F JR

(Last) (First) (Middle)

C/O 601 S. HARBOUR ISLAND
BLVD., SUITE 220

(Street)

TAMPA, FL 33603

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol
Trinsic, Inc. [TRIN]

3. Date of Earliest Transaction
(Month/Day/Year)
04/04/2006

4. If Amendment, Date Original
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock - Restricted (1)					5,500 (2)	D	
Common Stock - Restricted (3)	04/04/2006		A		20,000	A	(3) 20,000

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

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information contained in this form are not
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SEC 1474
(9-02)

displays a currently valid OMB control number.

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. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following the Reported Transaction (Instr. 10)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

LAROCHE RICHARD F JR
C/O 601 S. HARBOUR ISLAND BLVD.
SUITE 220
TAMPA, FL 33603

X

Signatures

/s/ Victoria Neil as Attorney-in-Fact for Richard F. LaRoche, Jr. pursuant to a Power of Attorney dated September 23, 2002.

04/06/2006

__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).

Restricted stock was awarded under the 2004 Equity Participation Plan at par value (\$.01/share); one-third of the restrictions lapse on the first anniversary (March 24, 2006) of the vesting date (March 24, 2005) and the remaining in equal monthly installments over the next two years.

(2) On September 23, 2005, the common stock of Trinsic, Inc. underwent a one-for-ten reverse stock split which resulted in a decrease in the number of shares owned by the reporting person.

Restricted stock issued pursuant to the 2004 Stock Incentive Plan. Restrictions lapse over a three year period with the restrictions on one-third of the shares being lifted on the first anniversary of the vesting date (December 16, 2005) and the restrictions on the remaining shares being lifted in equal annual installments over the next two years

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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