

Trinsic, Inc.
Form 4
May 18, 2005

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 *
Kohler Paul T

(Last) (First) (Middle)
C/O 601 S. HARBOUR ISLAND
BLVD., SUITE 220
(Street)

TAMPA, FL 33602

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
05/02/2005

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)
Chief Technology Officer

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)
Restricted Stock	05/02/2005		A	V A	Amount 3,000 Price \$ 0.01	I	By wife. (2)

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

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(9-02)

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

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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. Amount or Number of Shares
Stock Options (Right to Buy) ⁽¹⁾	\$ 35	01/21/2001		A	4,000	01/02/2002 01/25/2011	Common Stock	4,000
Stock Option (Right to Buy) ⁽¹⁾	\$ 6.5	07/20/2001		A	8,000	07/20/2002 07/20/2011	Common Stock	8,000
Stock Options (Right to Buy) ⁽¹⁾	\$ 6.5	09/20/2002		A	4,000	09/20/2003 09/20/2012	Common Stock	4,000
Stock Options (Right to Buy) ⁽¹⁾	\$ 8.85	08/29/2003		A	1,500	08/29/2004 08/29/2013	Common Stock	1,500
Stock Options (Right to Buy) ⁽¹⁾	\$ 12	04/19/2004		A	1,900	04/19/2005 04/19/2014	Common Stock	1,900

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Kohler Paul T C/O 601 S. HARBOUR ISLAND BLVD. SUITE 220 TAMPA, FL 33602			Chief Technology Officer	

Signatures

Victoria Neil as attorney-in-fact for Paul T. Kohler pursuant to Power of Attorney dated April 29, 2005 05/18/2005

__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 stock options vest such that one third vest on the first anniversary of the vesting date and the remaining two thirds vesting in equal monthly installments over the next two years.
- (2) The stock is owned by the wife of Mr. Kohler, an employee of Trinsic, Inc. Mr. Kohler disclaims beneficial ownership.

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.