FORM 4	
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[] 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

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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 or Section 30(h) 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)			
CONTINENZA JAMES V	USA Mobility, Inc [USMO]				
(Last) (First) (Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)	X Director10% Owner Officer (give title below)Other (specify below)			
C/O USA MOBILITY, INC., 6677 RICHMOND HIGHWAY	6/30/2006				
(Street)	4. If Amendment, Date Original Filed (MM/DD/YYYY)	6. Individual or Joint/Group Filing (Check Applicable Line)			
ALEXANDRIA, VA 22306 (City) (State) (Zip)		_X _ 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	2. Trans. Date	2A. Deemed	3. Trans. Coo	ie	4. Securit	ies Acquire	ed (A)	5. Amount of Securities Beneficially Owned	6.	7. Nature
(Instr. 3)		Execution	(Instr. 8)		or Dispos	ed of (D)		Following Reported Transaction(s)	Ownership	of Indirect
		Date, if any			(Instr. 3, 4	4 and 5)		(Instr. 3 and 4)	Form:	Beneficial
									Direct (D)	Ownership
									or Indirect	(Instr. 4)
						(A) or			(I) (Instr.	
			Code	V	Amount	(D)	Price		4)	

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

1. Title of Derivate Security (Instr. 3)		3. Trans. Date	 4. Trans. Code (Instr. 8)				Expiration Date Ecurities Acquired (A) or Disposed of (D)		Securities Underlying Derivative Security		Derivative Security (Instr. 5)	Securities Beneficially Owned	Ownership Form of Derivative	Beneficial Ownership (Instr. 4)
	~		Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			or Indirect	
Restricted Stock Units	<u>(1)</u>	6/30/2006	Α		693		<u>(2)</u>	<u>(2)</u>	Common Stock	693	\$0.00	693	D	

Explanation of Responses:

(1) Each restricted stock unit represents a contingent right to receive one share of USA Mobility, Inc. common stock.

(2) The restricted stock units were granted and vested on June 30, 2006, and vested shares will be delivered to the reporting person after the reporting person terminates his service as a director.

Reporting Owners

Banarting Owner Name / Address	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
CONTINENZA JAMES V C/O USA MOBILITY, INC. 6677 RICHMOND HIGHWAY ALEXANDRIA, VA 22306	X					

Signatures

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.