

STERLING BANCORP  
Form 4  
August 04, 2005

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

OMB APPROVAL

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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).

**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 \*  
APPLEBAUM HOWARD M

(Last) (First) (Middle)

650 FIFTH AVENUE, 4TH FLOOR

(Street)

NEW YORK, NY 10019

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
STERLING BANCORP [STL]

3. Date of Earliest Transaction  
(Month/Day/Year)  
08/03/2005

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)  
Senior Vice President

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) |                 | 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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|-----------------|---|--|---|
|                                 |                                      |  |                                | (A) or (D)                                    | Amount or Price |   |  |   |
| Common Stock                    | 08/03/2005                           |  | S                              | V   | 3,100           | D \$ 23 15,311  | D  |   |
| Common Stock                    |                                      |  |                                |   |                 | 2,278   | I  | By 401(k)   |
| Common Stock                    |                                      |  |                                |   |                 | 6,041   | I  | By IRA  |

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

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SEC 1474 (9-02)

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) |                  |                 |       |                            |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|------------------|-----------------|-------|----------------------------|
|  |  |                                      |  | Code                           | V   | (A)  | (D)   | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
| Incentive Stock Option (right to buy)      | \$ 9.12  |                                      |  |                                |   | 02/12/2000 <sup>(1)</sup>                                | 02/12/2009  | Common Stock     | 11,43           |       |                            |
| Incentive Stock Options (right to buy)     | \$ 10.85   |                                      |  |                                |   | 02/10/1999 <sup>(1)</sup>                                | 02/10/2008  | Common Stock     | 11,43           |       |                            |
| Incentive Stock Options (right to buy)     | \$ 7.28  |                                      |  |                                |   | 02/11/2001 <sup>(1)</sup>                                | 02/11/2010  | Common Stock     | 16,33           |       |                            |
| Incentive Stock Options (right to buy)     | \$ 15.32   |                                      |  |                                |   | 02/06/2003 <sup>(1)</sup>                                | 02/06/2012  | Common Stock     | 18,00           |       |                            |
| Non-qualified Stock Options                | \$ 28.28   |                                      |  |                                |   | 03/22/2006 <sup>(2)</sup>                                | 03/22/2011  | Common Stock     | 10,00           |       |                            |

## Reporting Owners

| Reporting Owner Name / Address  | Relationships |           |                       |       |
|---|---------------|-----------|-----------------------|-------|
|   | Director      | 10% Owner | Officer               | Other |
| APPLEBAUM HOWARD M<br>650 FIFTH AVENUE<br>4TH FLOOR<br>NEW YORK, NY 10019 |               |           | Senior Vice President |       |

## Signatures

/s/ Applebaum,  
Howard M

08/04/2005

\_\_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) Options became exercisable in three installments on the first anniversary of the grant, for a term of 10 years from date of grant (first exercisable date listed).
- (2) Non-qualified stock options become exercisable in installments over a four year period, commencing on the first anniversary of the grant for a term of six years from the date of grant (first exercisable date listed).

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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