ADAMKO JOSEPH M Form 4

July 05, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

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OMB APPROVAL

if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

Check this box

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * ADAMKO JOSEPH M

2. Issuer Name and Ticker or Trading

Issuer

Symbol

STERLING BANCORP [STL]

(Check all applicable)

5. Relationship of Reporting Person(s) to

(Last)

(City)

(First)

650 FIFTH AVENUE, 4TH FLOOR

(Street)

(State)

(Middle)

(Zip)

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

4. If Amendment, Date Original

Officer (give title below)

10% Owner Other (specify

06/30/2005

X Director

6. Individual or Joint/Group Filing(Check

Filed(Month/Day/Year) Applicable Line)

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

NEW YORK, NY 10019

1.Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date, if (Instr. 3) (Month/Day/Year)

4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) 5. Amount of Securities Beneficially (D) or Owned Following (Instr. 4) Reported

6. Ownership 7. Nature of Form: Direct Indirect Beneficial Indirect (I) Ownership (Instr. 4)

(A)

Transaction(s) (Instr. 3 and 4)

Common Stock

Code V Amount (D) Price

or

21,089 D

Ι

Common Stock

4,602

By Spouse

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

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SEC 1474 (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. Transactic Code (Instr. 8)	5. Number coof 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 Amo Underlying Secu (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	An or Nu of Sh
Non-qualified Stock Options (right to buy)	\$ 21.35	06/30/2005		A	4,500	06/30/2006(1)	06/30/2010	Common Stock	4
Non-qualified stock option (right to buy)	\$ 15.47					06/29/2002(1)	06/29/2006	Common Stock	9
Non-qualified stock option (right to buy)	\$ 14.39					07/31/2002(1)	07/31/2006	Common Stock	4
Non-qualified stock option (right to buy)	\$ 19.85					06/28/2003(1)	06/28/2007	Common Stock	9
Non-qualified stock option (right to buy)	\$ 16.61					07/31/2003(1)	07/31/2007	Common Stock	4
Non-qualified stock option (right to buy)	\$ 18.61					06/30/2004(1)	06/30/2008	Common Stock	4
Non-qualified stock option (right to buy)	\$ 19.71					07/31/2004(1)	07/31/2008	Common Stock	4
Non-qualified stock option (right to buy)	\$ 23.02					06/30/2005(1)	06/30/2009	Common Stock	4
Non-qualified stock option (right to buy)	\$ 22.47					07/30/2005(1)	07/30/2009	Common Stock	4

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

Reporting Owners 2

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ADAMKO JOSEPH M 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019

X

Signatures

/s/ Adamko, Joseph M

07/01/2005

**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) 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 five 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. 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.

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