ADAMKO JOSEPH M

Form 5

January 30, 2009

FORM 5

OMB APPROVAL

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

Number: Expires:

OMB

3235-0362 January 31,

1.0

no longer subject to Section 16.

Check this box if

Form 4 or Form 5 obligations

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

2005 Estimated average burden hours per response...

may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

12/31/2008

Reported Form 4

30(h) of the Investment Company Act of 1940

Transactions Reported

> 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Symbol

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

STERLING BANCORP [STL]

(Check all applicable)

Issuer

below)

(First) (Last) (Middle) 3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)

X Director

10% Owner _ Other (specify Officer (give title

below)

650 FIFTH AVENUE, 4TH **FLOOR**

(Street)

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

6. Individual or Joint/Group Reporting

(check applicable line)

NEW YORK, NYÂ 10019

X Form Filed by One Reporting Person Form Filed by More than One Reporting

(City)	(State)	Zip) Table	e I - Non-Deri	vative Sec	uritie	s Acqui	ired, Disposed o	f, or Beneficial	ly 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. Securi Acquired Disposed (Instr. 3,	l (A) o l of (D)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	Â	Â	Â	Â	Â	Â	13,211	D	Â
Common Stock	Â	Â	Â	Â	Â	Â	2,832	I	By Spouse

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

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SEC 2270 (9-02)

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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. Numb of Deriv Secur Acqui (A) or Dispo of (D) (Instr. 4, and	rative rities ired r osed)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and 4	ecui
					(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of Sha
Non-qualified Stock Options (right to buy)	\$ 21.93	Â	Â	Â	Â	Â	06/30/2005(1)	06/30/2009	Common Stock	4,
Non-qualified Stock Options (right to buy)	\$ 21.41	Â	Â	Â	Â	Â	07/30/2005(1)	07/30/2009	Common Stock	4,
Non-qualified Stock Options (right to buy)	\$ 20.34	Â	Â	Â	Â	Â	12/19/2005(2)	06/30/2010	Common Stock	4,
Non-qualified Stock Options (right to buy)	\$ 19.5	Â	Â	Â	Â	Â	06/30/2007(3)	06/30/2011	Common Stock	4,

Reporting Owners

Reporting Owner Name / Address	Relationships					
F	Director	10% Owner	Officer	Other		
ADAMKO JOSEPH M 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019	ÂX	Â	Â	Â		

Signatures

/s/ Adamko, Joseph M	02/12/200		
**Signature of Reporting Person	Date		

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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) Transfer of shares acquired by exercise of non-qualified stock options is restricted to even installments over a four year period commencing on the first anniversary of the grant.
- On December 15, 2005 the Board of Directors voted to accelerate the vesting and exercisability of any outstanding unvested and (2) unexercisable non-qualified stock options held by non-employee directors, effective as of December 19, 2005; provided, however, that transfer of shares acquired by such exercise is restricted until the date that the option would have been exercisable prior to such change.
- (3) Non-employee directors were granted options for 4,753 shares of common stock pursuant to the final grant under an automatic grant of options adopted in 2002.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.