APPLEBAUM HOWARD M

Form 5

February 09, 2005

OMB APPROVAL FORM 5

OMB

Number:

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5. Relationship of Reporting Person(s) to

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January 31,

2005

1.0

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL **OWNERSHIP OF SECURITIES**

2. Issuer Name and Ticker or Trading

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 Reported 30(h) of the Investment Company Act of 1940

Form 4

1. Name and Address of Reporting Person *

Transactions Reported

APPLEBAUM HOWARD M		Symbol STERL	Symbol STERLING BANCORP [STL]]	Issuer			
(Last)	(First) (M	(Month/D	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2004				(Check all applicable) Director 10% OwnerX_ Officer (give title Other (specify			
650 FIFTH AVENUE, 4TH FLOOR			75172004				below) Senior Vice President			
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Reporting (check applicable line)			
NEW YORI	K, NY 10019						_X_ Form Filed by Form Filed by		erson	
(City)	(State)	Zip) Tabl	e I - Non-Deri	vative Sec	uritie		Person 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. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or)	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	6,041	I	By ESOP	
Common Stock	Â	Â	Â	Â	Â	Â	18,636	D	Â	
Common Stock	Â	Â	Â	Â	Â	Â	2,278	I	By 401(k)	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.			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. SEC 227 (9-02)							

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$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)				7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 9.12	Â	Â	3	Â	Â	02/12/2000(2)	02/12/2009	Common Stock	11,432
Incentive Stock Options (right to buy)	\$ 7.28	Â	Â	3	Â	Â	02/11/2001(2)	02/11/2010	Common Stock	16,334
Incentive Stock Options (right to buy)	\$ 15.32	Â	Â	3	Â	Â	02/06/2003(2)	02/06/2012	Common Stock	18,000
Incentive Stock Options (right to buy)	\$ 10.85	Â	Â	3	Â	Â	02/10/1999(2)	02/10/2008	Common Stock	11,432

Reporting Owners

Reporting Owner Name / Address			Relationships			
Fg	Director	10% Owner	Officer	Other		
APPLEBAUM HOWARD M 650 FIFTH AVENUE 4TH FLOOR NEW YORK Â NYÂ 10019	Â	Â	Senior Vice President	Â		

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Signatures

/s/ Applebaum, Howard M 02/09/2005

**Signature of Reporting Date
Person

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).
- 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).

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.

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