STERLING BANCORP Form 5 January 26, 2009 FORM 5

1(b).

(Last)

FLOOR

OMB APPROVAL OMB UNITED STATES SECURITIES AND EXCHANGE COMMISSION 3235-0362 Number: Washington, D.C. 20549 Check this box if January 31, Expires: no longer subject 2005 to Section 16. Estimated average ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form burden hours per 5 obligations **OWNERSHIP OF SECURITIES** response... 1.0 may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 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 Transactions Reported 1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Issuer HUMPHREYS HENRY J Symbol STERLING BANCORP [STL] (Check all applicable) (First) 3. Statement for Issuer's Fiscal Year Ended (Middle) (Month/Day/Year) _X_ Director 10% Owner Other (specify Officer (give title 12/31/2008 below) below) 650 FIFTH AVENUE, 4TH (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Reporting Filed(Month/Day/Year) (check applicable line) NEW YORK, NYÂ 10019 _X_ Form Filed by One Reporting Person Form Filed by More than One Reporting Person (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 2. Transaction Date 2A. Deemed 3. 4. Securities 5. Amount of 6. Ownership 7. Nature of (Month/Day/Year) Execution Date, if Transaction Acquired (A) or Securities Form: Direct Indirect Code Disposed of (D) Beneficially (D) or Beneficial any (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned at end Indirect (I) Ownership of Issuer's (Instr. 4) (Instr. 4) (A) Fiscal Year

Common Stock

Â

(City)

1.Title of

Security

(Instr. 3)

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

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Persons who respond to the collection of information SEC 2270 contained in this form are not required to respond unless (9-02)the form displays a currently valid OMB control number.

(Instr. 3 and 4)

D

16,736

or

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Amount

Â

(D) Price

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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. Transaction Code (Instr. 8)	Number		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of Sha
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)	\$ 21.93	Â	Â	Â	Â	Â	06/30/2005 <u>(1)</u>	06/30/2009	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 <u>(3)</u>	06/30/2011	Common Stock	4,

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Reporting Owners

Reporting Owner Name / Addre	SS	Relationships						
I B	Director	10% Owner	Officer	Other				
HUMPHREYS HENRY J 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019		Â	Â	Â				
Signatures								
/s/ Humphreys, 0 Henry J	2/12/2009							

<u>**</u>Signature of Reporting Person

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Date

- ** 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.

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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.