

ABRAMS ROBERT
Form 4
August 25, 2005

FORM 4

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.
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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
ABRAMS ROBERT

(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)
08/24/2005

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)

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) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	08/24/2005		F		4,498	D	\$ 0
							25,146
Common Stock	08/24/2005		M		2,287	A	\$ 15.47
							27,433
Common Stock	08/24/2005		M		4,356	A	\$ 14.39
							31,789

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

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information contained in this form are not
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SEC 1474
(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. 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 Underlying Security (Instr. 3 and 4)	8. Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable Expiration Date Date	Title	
Non-qualified stock option (right to buy)	\$ 15.47	08/24/2005		M	2,287	06/29/2002 ⁽¹⁾ 06/29/2006	Common Stock	2
Non-qualified stock option (right to buy)	\$ 14.39	08/24/2005		M	4,356	07/31/2002 ⁽¹⁾ 07/31/2006	Common Stock	4
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
Non-qualified Stock Options (right to buy)	\$ 21.35					06/30/2006 ⁽¹⁾ 06/30/2010	Common Stock	4
Non-qualified stock option (right to buy)	\$ 19.85					06/28/2003 ⁽¹⁾ 06/28/2007	Common Stock	9

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ABRAMS ROBERT 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019	X			

Signatures

/s/ Abrams,
Robert

08/25/2005

**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.

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