ABRAMS ROBERT

Form 4

February 03, 2009

FORM 4

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

OMB APPROVAL OMB

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Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** Form 5

obligations may continue. See Instruction

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 * ABRAMS ROBERT			2. Issuer Name and Ticker or Trading Symbol STERLING BANCORP [STL]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
650 FIFTH A	650 FIFTH AVENUE, 4TH FLOOR		(Month/Day/Year) 01/30/2009	_X_ Director 10% Owner Officer (give title below) Other (specify below)		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
NEW YORK, NY 10019			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

11211	1 01111, 1	1 10017			

(City)	(State) (Zip) Table	e I - Non-D	erivative	Secur	ities Ac	quired, Disposed	of, or Benefici	ally Owned
1.Title of Security	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if	3. Transactio	4. Securi		r	5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect
(Instr. 3)	(any (Month/Day/Year)	Code (Instr. 8)	Disposed (Instr. 3,	of (D)	Beneficially Owned	(D) or Indirect (I)	Beneficial Ownership
		(4.20.14.1.2.4), 1.04.1)	Code V	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	(Instr. 4)
Common Stock	01/30/2009		P	900	A	\$ 11	1,600	I (1)	By Immediate Family
Common Stock							33,360	D	

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

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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. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and 4	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Non-qualified Stock Options (right to buy)	\$ 21.93					06/30/2005(2)	06/30/2009	Common Stock	4,72:
Non-qualified Stock Options (right to buy)	\$ 21.41					07/30/2005(2)	07/30/2009	Common Stock	4,573
Non-qualified Stock Options (right to buy)	\$ 20.34					12/19/2005(3)	06/30/2010	Common Stock	4,72:
Non-qualified Stock Options (right to buy)	\$ 19.5					06/30/2007(4)	06/30/2011	Common Stock	4,72:

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	01/30/2009			
**Signature of Reporting Person	Date			

Reporting Owners 2

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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) Reporting person disclaims beneficial ownership of shares.
- (2) 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 (3) 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.
- (4) 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 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.