

ROSSIDES EUGENE T  
Form 4  
January 11, 2006

**FORM 4**

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
ROSSIDES EUGENE T

2. Issuer Name and Ticker or Trading Symbol  
STERLING BANCORP [STL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
650 FIFTH AVENUE, 4TH FLOOR  
  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
01/09/2006

Director  10% Owner  
 Officer (give title below)  Other (specify below)

NEW YORK, NY 10019

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

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

(City) (State) (Zip)

**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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
|                                 |                                      |  |                                | (A) or (D)  | Price   |  |                                   |
| Common Stock                    | 01/09/2006                           |  | M                              | 9,603   | A \$ 14.74  | 28,309   | D                                 |
| Common Stock                    | 01/09/2006                           |  | M                              | 4,573   | A \$ 13.71  | 32,882   | D                                 |

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

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SEC 1474 (9-02)

**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) | 5. Number of Derivative Securities (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Security (Instr. 3 and 4) |
|--|--|--------------------------------------|--|--------------------------------|--|--|---|
| Non-qualified stock option (right to buy)  | \$ 14.74   | 01/09/2006                           |  | M                              | 9,603  | 06/29/2002 <sup>(1)</sup> 06/29/2006                     | Common Stock 9  |
| Non-qualified stock option (right to buy)  | \$ 13.71   | 01/09/2006                           |  | M                              | 4,573  | 07/31/2002 <sup>(1)</sup> 07/31/2006                     | Common Stock 4  |
| Non-qualified stock option (right to buy)  | \$ 18.91   |                                      |  |                                |  | 06/28/2003 <sup>(1)</sup> 06/28/2007                     | Common Stock 9  |
| Non-qualified stock option (right to buy)  | \$ 15.82   |                                      |  |                                |  | 07/31/2003 07/31/2007                                    | Common Stock 4  |
| Non-qualified stock option (right to buy)  | \$ 17.73   |                                      |  |                                |  | 06/30/2004 06/30/2008                                    | Common Stock 4  |
| Non-qualified stock option (right to buy)  | \$ 18.78   |                                      |  |                                |  | 07/31/2004 07/31/2008                                    | Common Stock 4  |
| Non-qualified stock option (right to buy)  | \$ 21.93   |                                      |  |                                |  | 06/30/2005 06/30/2009                                    | Common Stock 4  |
| Non-qualified stock option (right to buy)  | \$ 21.41   |                                      |  |                                |  | 07/30/2005 07/30/2009                                    | Common Stock 4  |
| Non-qualified Stock Options (right to buy) | \$ 20.34   |                                      |  |                                |  | 06/30/2006 <sup>(1)</sup> 06/30/2010                     | Common Stock 4  |

## Reporting Owners

| Reporting Owner Name / Address | Relationships |           |         |       |
|--------------------------------|---------------|-----------|---------|-------|
|                                | Director      | 10% Owner | Officer | Other |

ROSSIDES EUGENE T  
650 FIFTH AVENUE  
4TH FLOOR  
NEW YORK, NY 10019

X

## Signatures

/s/ Rossides,  
Eugene T

01/10/2006

\_\_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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