

HUMPHREYS HENRY J
 Form 4
 December 23, 2005

FORM 4

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

OMB APPROVAL

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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 *
HUMPHREYS HENRY J

 (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)
12/23/2005

 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	12/23/2005		S	7,110 D \$ 19.5	16,736	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 Acquired (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 Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-qualified stock option (right to buy)	\$ 14.74					06/29/2002	06/29/2006	Common Stock	9,600
Non-qualified stock option (right to buy)	\$ 13.71					07/31/2002	07/31/2006	Common Stock	4,573
Non-qualified stock option (right to buy)	\$ 18.91					06/28/2003	06/28/2007	Common Stock	9,600
Non-qualified stock option (right to buy)	\$ 15.82					07/31/2003	07/31/2007	Common Stock	4,573
Non-qualified stock option (right to buy)	\$ 17.73					06/30/2004	06/30/2008	Common Stock	4,725
Non-qualified stock option (right to buy)	\$ 18.78					07/31/2004	07/31/2008	Common Stock	4,573
Non-qualified stock option (right to buy)	\$ 21.93					06/30/2005	06/30/2009	Common Stock	4,725
Non-qualified stock option (right to buy)	\$ 21.41					07/30/2005	07/30/2009	Common Stock	4,573
Non-qualified Stock Options (right to buy)	\$ 20.34					06/30/2006 ⁽¹⁾	06/30/2010	Common Stock	4,725

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

HUMPHREYS HENRY J
650 FIFTH AVENUE
4TH FLOOR
NEW YORK, NY 10019

X

Signatures

/s/ Humphreys,
Henry J

12/23/2005

 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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