

CAPPELLO FRANK A

Form 4

March 12, 2010

**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  
Number: 3235-0287  
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2005  
Estimated average  
burden hours per  
response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
CAPPELLO FRANK A

(Last) (First) (Middle)

SIFCO INDUSTRIES INC, 970  
EAST 64TH STREET

(Street)

CLEVELAND, OH 44103

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading  
Symbol  
SIFCO INDUSTRIES INC [sif]

3. Date of Earliest Transaction  
(Month/Day/Year)  
03/10/2010

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

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

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

Vice President Finance and CFO

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
\_X\_ 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<br>Security<br>(Instr. 3)           | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 3. Transaction<br>Code<br>(Instr. 8) | 4. Securities Acquired<br>(A) or Disposed of (D)<br>(Instr. 3, 4 and 5) | 5. Amount of<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 3 and 4) | 6. Ownership<br>Form: Direct<br>(D) or<br>Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|-------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|--------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|
|                                                 |                                         |                                                             | Code                                 | V                                                                       | Amount                                                                                                             | (D)                                                                  | Price                                                             |
| SIFCO<br>Industries,<br>Inc.<br>Common<br>Stock | 03/10/2010                              |                                                             | S                                    |                                                                         | 100                                                                                                                | D                                                                    | \$<br>15.75                                                       |
|                                                 |                                         |                                                             |                                      |                                                                         |                                                                                                                    |                                                                      | 1,442                                                             |
|                                                 |                                         |                                                             |                                      |                                                                         |                                                                                                                    |                                                                      | D                                                                 |

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

**Persons who respond to the collection of  
information contained in this form are not  
required to respond unless the form  
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SEC 1474  
(9-02)

# Edgar Filing: CAPPELLO FRANK A - Form 4

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)                     | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4.<br>Transaction<br>Code<br>(Instr. 8) | 5.<br>Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3,<br>4, and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) |                                     |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------|---------------------------------------------------------------------|-------------------------------------|
|                                                                         |                                                                       |                                         |                                                             | Code                                    | V (A) (D)                                                                                                             | Date Exercisable                                               | Expiration<br>Date | Title                                                               | Amount<br>or<br>Number<br>of Shares |
| Stock<br>Options -<br>right to<br>purchase<br>SIFCO<br>common<br>stock  | \$ 4.69                                                               |                                         |                                                             |                                         |                                                                                                                       | 11/08/2001 <sup>(1)</sup>                                      | 11/08/2010         | SIFCO<br>Industries,<br>Inc.<br>common<br>stock                     | 10,000                              |
| Stock<br>Options -<br>right to<br>purchase<br>SIFCO<br>common<br>stock  | \$ 5.5                                                                |                                         |                                                             |                                         |                                                                                                                       | 04/30/2003 <sup>(1)</sup>                                      | 04/30/2012         | SIFCO<br>Industries,<br>Inc.<br>common<br>stock                     | 10,000                              |
| Stock<br>Options -<br>right to<br>purchase<br>SIFCO<br>common<br>shares | \$ 3.5                                                                |                                         |                                                             |                                         |                                                                                                                       | 11/03/2004 <sup>(1)</sup>                                      | 11/03/2013         | SIFCO<br>Industries,<br>Inc.<br>common<br>stock                     | 10,000                              |
| Stock<br>Options -<br>right to<br>purchase<br>SIFCO<br>common<br>stock  | \$ 3.74                                                               |                                         |                                                             |                                         |                                                                                                                       | 07/26/2006 <sup>(1)</sup>                                      | 07/26/2015         | SIFCO<br>Industries,<br>Inc.<br>common<br>stock                     | 6,000                               |

## Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

## Edgar Filing: CAPPELLO FRANK A - Form 4

Director   10% Owner   Officer

Other

CAPPELLO FRANK A  
SIFCO INDUSTRIES INC  
970 EAST 64TH STREET  
CLEVELAND, OH 44103

Vice President Finance and CFO

## Signatures

By Power of Attorney - Remigijus  
Belzinskas

03/12/2010

\_\_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) 25% of options awarded vested on this date. The balance of the award vested 25% per year in each of the next three (3) years.

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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