

CAPPELLO FRANK A  
 Form 4  
 February 26, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

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 \*  
 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)  
 02/25/2010

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)  
 Vice President Finance and CFO

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	(D)	Price
SIFCO Industries, Inc. Common Stock	02/25/2010		M		2,542	A	\$ 6.81
					3,542		

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 displays a currently valid OMB control number.**

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 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
Stock Options - right to purchase SIFCO common stock	\$ 6.81	02/25/2010		M	5,000	03/01/2000 <sup>(1)</sup> 03/01/2010	SIFCO Industries, Inc. common stock 5,000
Stock Options - right to purchase SIFCO common stock	\$ 4.69					11/08/2000 <sup>(1)</sup> 11/08/2010	SIFCO Industries, Inc. common stock 10,000
Stock Options - right to purchase SIFCO common stock	\$ 5.5					04/30/2002 <sup>(1)</sup> 04/30/2012	SIFCO Industries, Inc. common stock 10,000
Stock Options - right to purchase SIFCO common stock	\$ 3.5					11/03/2003 <sup>(1)</sup> 11/03/2013	SIFO Industries, Inc. common stock 10,000
Stock Options - right to purchase SIFCO common	\$ 3.74					07/26/2005 <sup>(1)</sup> 07/26/2015	SIFCO Industries, Inc common stock 6,000

