McPhaill Kevin J Form 4 August 31, 2018

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

Estimated average burden hours per

response...

OMB APPROVAL

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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 * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading McPhaill Kevin J Issuer Symbol SIERRA BANCORP [BSRR] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner X_ Officer (give title _ Other (specify 86 N. MAIN STREET 08/29/2018 below) President/CEO (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting PORTERVILLE, CA 93257 Person

(City)	(State)	(Zip) Tab	le I - Non-	Derivativo	e Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired (A) Transactiomr Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or		(D)	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 Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(D)	Price	(Ilisti. 5 and 4)		
Common Stock	08/29/2018		M	2,230	A	\$ 8.8	12,230	D	
Common Stock	08/29/2018		M	2,000	A	\$ 19.19	14,230	D	
Common Stock	08/29/2018		M	4,000	A	\$ 10.73	18,230	D	
Common Stock	08/29/2018		S	4,801	D	\$ 29.3723	13,429	D	

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

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SEC 1474

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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. Number op 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 Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Stock Options	\$ 8.8	08/29/2018		M	2,230	11/19/2009(1)	11/19/2019	Common Stock	2,23
Stock Options	\$ 19.19	08/29/2018		M	2,000	11/20/2009(2)	11/20/2018	Common Stock	2,00
Stock Options	\$ 10.73	08/29/2018		M	4,000	11/18/2011(3)(4)	11/18/2020	Common Stock	4,00

Reporting Owners

Reporting Owner Name / Address	Relationships
reporting o wher runne, man ess	

Director 10% Owner Officer Other

McPhaill Kevin J 86 N. MAIN STREET PORTERVILLE, CA 93257

President/CEO

Signatures

/s/ Kevin J.
McPhaill

**Signature of Date

**Signature of
Reporting Person

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) Represents date on which first installment of the reported option becomes exercisable. This option will become cumulatively exercisable in installments of 20% per year commencing one year from the date of grant and ending five years before the expiration of the option.

(2)

Reporting Owners 2

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Represents date on which first installment of the reported option becomes exercisable. All options reported become cumulatively exercisable in installments of 20% per year commencing one year from the date of grant and ending five years before the expiration of the option.

- (3) Options vesting at rate of 20% per year for 5 years. This option was not filed at the time of the grant.
- (4) This option vests at a rate of 20% per year commencing on 11/18/2011 and will be fully vested on 11/18/2015. The form 4 filing concerning this option was inadvertently missed at the time of the grant.

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.