DICUS JOHN B

Form 4

CFFN

stock

common

December 01, 2009

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 See Instruction See Instruction ONE OF THE SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 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								APPROVAL 3235-0287 January 31, 2005 average ours per 0.5	
See Instruction 1(b). (Print or Type Responses)									
1. Name and Addre DICUS JOHN 1		Symbol	r Name and Ticker or		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) C/O CAPITOL FINANCIAL, 7 KANSAS AVE	700 SOUTH	3. Date of (Month/D 11/30/20			X Director 10% Owner Superior Other (specify below) below) Chairman and President				
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year) TOPEKA, KS 66603					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting				
(City)	(State)	(Zip)	Table	e I - Non-Derivative	Securities A	Person	of, or Benefici	ally Owned	
	Transaction Date (onth/Day/Year)	2A. Deen Execution any (Month/D	ned n Date, if	3. 4. Securi TransactionAcquired Code Disposed (Instr. 8) (Instr. 3,	ties 1 (A) or 1 of (D) 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
CFFN common stock				Code V Amount	(D) Price		D		
CFFN common stock						23,504	I	ESOP	

Spouse for

child one

100

I

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CFFN common stock						100	I	Spouse for child two
CFFN common stock						100	I	Spouse for child three
CFFN common stock	11/30/2009	G	500	A	\$0	2,970	I	Custodian for child one
CFFN common stock	11/30/2009	G	500	A	\$0	3,000	I	Custodian for child two
CFFN common stock	11/30/2009	G	500	A	\$0	3,000	I	Custodian for child three

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)

> 8. Price Derivat Security (Instr. 5

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. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration D (Month/Day/	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	
CFFN phantom stock 2007	\$ 38.42					<u>(1)</u>	01/25/2010	CFFN common stock	1,937	
CFFN phantom stock 2008	\$ 31					<u>(1)</u>	01/25/2011	CFFN common stock	1,779	

CFFN
phantom
stock
2009

CFFN

(1)
01/25/2012

Ommon
3,289

stock

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

DICUS JOHN B
C/O CAPITOL FEDERAL FINANCIAL
700 SOUTH KANSAS AVENUE
TOPEKA, KS 66603

Relationships
Other

Signatures

James D. Wempe, Power of
Attorney 12/01/2009

**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) Phantom stock units were acquired under the Company's Deferred Incentive Bonus Plan. The units are deemed sold and settled in cash three years from date of acquisition.

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.

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