HORGER PAUL D Form 4 May 03, 2007

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 obligations may continue. See Instruction

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 * HORGER PAUL D			2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
52 SOUTH BROAD STREET			(Month/Day/Year) 05/01/2007	X Director 10% Owner Officer (give title below) Other (specify below)		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
NORWICH.	NY 13815		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting		

1,011,11011,111 10010				Person						
	(City)	(State) (Z	Zip) Table	I - Non-De	erivative S	Securi	ties Acc	quired, Disposed	of, or Beneficial	ly Owned
	1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	(A))	Securities Fe Beneficially (I Owned Ir	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
	NBT			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
	Bancorp Inc. Common Stock	05/01/2007		A	626	A	\$ 0 (1)	16,984	D	
	NBT Bancorp Inc. Common Stock	05/01/2007		A	400	A	\$ 0 (2)	17,384	D	

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

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(9-02)

$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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)	omf Derivative Expiration Date Underlying Securities (Month/Day/Year) (Instr. 3 a		Expiration Date		7. Title and A Underlying S (Instr. 3 and 4	ec
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	A or N or Si
Non-Qualified Stock Option (right to buy)	\$ 22.4842	05/01/2007		A	1,500		05/01/2008(3)	05/01/2017	NBT Bancorp Inc. Common Stock	-
Non-Qualified Stock Option (right to buy)	\$ 14.3492						01/28/2003(3)	01/28/2012	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 16.0625						01/22/2002(3)	01/22/2011	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 17.6008						01/01/2004(3)	01/01/2013	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.7492						05/01/2006(3)	05/01/2015	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 21.74						05/01/2007(3)	05/01/2016	NBT Bancorp Inc.	

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				Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.1388	01/01/2005(3)	01/01/2014	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(3)	01/20/2015	NBT Bancorp Inc. Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
. r · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other			
HORGER PAUL D							
52 SOUTH BROAD STREET	X						
NORWICH, NY 13815							

Signatures

By: Michael J. Chewens, Power of Attorney For: Paul D.
Horger

05/03/2007

**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).
- Acquired pursuant to the formula provisions of the NBT Bancorp Inc. Non-employee Directors' Restricted and Deferred Stock Plan

 (1) pursuant to which each outside director is entitled to receive an annual retainer for Board service in the form of restricted shares of the Company's common stock rather than cash that vests in three annual installments.
- Acquired pursuant to the NBT Bancorp Inc. Non-employee Directors' Restricted and Deferred Stock Plan pursuant to which each outside director is entitled to receive an annual retainer for Board service in the form of deferred shares of the Company's common stock rather than cash that vests immediately upon date of grant.
- (3) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan grant vests 40% for first year, 20% annually for following years.

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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