#### **NBT BANCORP INC**

Form 4 July 27, 2007

## FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB APPROVAL** OMB

Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

0.5

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if no longer subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

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

2. Issuer Name and Ticker or Trading

30(h) of the Investment Company Act of 1940

1(b).

Bancorp

(Print or Type Responses)

1. Name and Address of Reporting Person \*

RAVEN DAVID E			Symbol  NBT BANCORP INC [NBTB]					Issuer			
(Last) (First) (Middle) 52 SOUTH BROAD STREET			3. Date of Earliest Transaction (Month/Day/Year) 07/26/2007					(Check all applicable)  Director 10% Owner _X_ Officer (give title Other (specify below)  President & CEO Pennstar			
(Street)  NORWICH, NY 13815			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
			(7:)						Person		
	(City)	(State)	(Zip)	Tab	ole I - Non-	-Derivativ	e Secu	ırities Acqu	ired, Disposed of,	or Beneficial	ly Owned
	1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	Code (Instr. 8)	4. Securi oror Dispo (Instr. 3,	sed of		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)
	NBT Bancorp Inc. Common Stock	07/26/2007			I	5,379	A	\$ 18.4977	11,820.0999	I	401k
	NBT Bancorp Inc. Common Stock								18,802	D	
	NBT								1,463.9257	I	NBT

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Inc. ESOP

Common Stock

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

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SEC 1474

(9-02)

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. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou Numb Shares
Non-Qualified Stock Option (right to buy)	\$ 11.6424					01/28/1998(1)	01/28/2007	NBT Bancorp Inc. Common Stock	0.
Non-Qualified Stock Option (right to buy)	\$ 16.0625					01/22/2002(1)	01/22/2011	NBT Bancorp Inc. Common Stock	17,4
Non-Qualified Stock Option (right to buy)	\$ 17.538					01/01/2004(1)	01/01/2013	NBT Bancorp Inc. Common Stock	18,4
Non-Qualified Stock Option (right to buy)	\$ 19.4886					07/07/2001(2)	07/07/2009	NBT Bancorp Inc. Common Stock	2,31:
Non-Qualified Stock Option (right to buy)	\$ 20.5952					01/26/2000(1)	01/26/2009	NBT Bancorp Inc.	5,1

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				Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.1715	01/01/2005(1)	01/01/2014	NBT Bancorp Inc. Common Stock	15,8
Non-Qualified Stock Option (right to buy)	\$ 22.352	01/01/2007(1)	01/01/2016	NBT Bancorp Inc. Common Stock	20,0
Non-Qualified Stock Option (right to buy)	\$ 23.1133	01/26/2007(2)	01/26/2015	NBT Bancorp Inc. Common Stock	1,5
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(1)	01/20/2015	NBT Bancorp Inc. Common Stock	16,2
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(1)	01/01/2017	NBT Bancorp Inc. Common Stock	19,0

# **Reporting Owners**

Reporting Owner Name / Address			Kelationships	
	D' (	100/ 0	O.CC.	041-

Director 10% Owner Officer Other

Deletionships

RAVEN DAVID E

52 SOUTH BROAD STREET President & CEO Pennstar

NORWICH, NY 13815

## **Signatures**

By: Michael J. Chewens, Power of Attorney For: David E. Raven 07/27/2007

\*\*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).
- (1) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.

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(2) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

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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