#### NBT BANCORP INC

Check this box

if no longer

subject to

Section 16.

Form 4 or

Form 4 July 27, 2007

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

**OMB APPROVAL** OMB

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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 \* 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading NASSER JOSEPH G Issuer Symbol NBT BANCORP INC [NBTB] (Check all applicable) (First) (Middle) (Last) 3. Date of Earliest Transaction (Month/Day/Year) X\_ Director 10% Owner Other (specify Officer (give title **52 SOUTH BROAD STREET** 07/26/2007 below) (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

#### NORWICH, NY 13815

Bancorp

Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 4. Securities Acquired (A) 5. Amount of 7. Nature of Security (Month/Day/Year) Execution Date, if Transaction Disposed of (D) Securities Ownership Indirect (Instr. 3) Code (Instr. 3, 4 and 5) Beneficially Form: Beneficial (Month/Day/Year) (Instr. 8) Owned Direct (D) Ownership Following or Indirect (Instr. 4) Reported (A) Transaction(s) (Instr. 4) or (Instr. 3 and 4) Code V Amount (D) Price **NBT** Bancorp 07/26/2007 P 910 27,095 D Inc. Common Stock **NBT** Bancorp P Ι 07/26/2007 115 415 by Spouse Inc. Common Stock **NBT** 26,569 Ι Custodian

for Minor

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Inc.
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)

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

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)	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 or Numb of Shares
Non-Qualified Stock Option (right to buy)	\$ 14.3492					01/28/2003(1)	01/28/2012	NBT Bancorp Inc. Common Stock	300
Non-Qualified Stock Option (right to buy)	\$ 17.6008					01/01/2004(1)	01/01/2013	NBT Bancorp Inc. Common Stock	1,43
Non-Qualified Stock Option (right to buy)	\$ 20.7492					05/01/2006(1)	05/01/2015	NBT Bancorp Inc. Common Stock	1,50
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007(1)	05/01/2016	NBT Bancorp Inc. Common Stock	1,30
	\$ 22.1388					01/01/2005(1)	01/01/2014		1,50

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Non-Qualified Stock Option (right to buy)				NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.4842	05/01/2008(1)	05/01/2017	NBT Bancorp Inc. Common Stock	1,50
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(1)	01/20/2015	NBT Bancorp Inc. Common Stock	630

# **Reporting Owners**

Reporting Owner Name / Address	Relationships					
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other		
NASSER JOSEPH G						
52 SOUTH BROAD STREET	X					
NORWICH, NY 13815						

# **Signatures**

By: Michael J. Chewens, Power of Attorney For: Joseph Nasser 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 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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