

NBT BANCORP INC  
Form 4  
July 30, 2007

**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  
1(b).

**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

## OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
INGRAHAM JANET H

(Last) (First) (Middle)

52 SOUTH BROAD STREET

(Street)

NORWICH, NY 13815

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading  
Symbol  
NBT BANCORP INC [NBTB]

3. Date of Earliest Transaction  
(Month/Day/Year)  
07/27/2007

4. If Amendment, Date Original  
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

☒ Director ☐ 10% Owner  
☐ Officer (give title below) ☐ Other (specify  
below)

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
☒ Form filed by One Reporting Person  
☐ Form filed by More than One Reporting  
Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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	07/27/2007		M	758	A \$ 17.6008	16,957.97	D
NBT Bancorp Inc. Common Stock					526.384	I	by Spouse

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. Transaction Code (Instr. 8)	5. Number of 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 Security (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 17.6008	07/27/2007		M		758		01/01/2004 <sup>(1)</sup>	01/01/2013	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 20.1067	07/27/2007		A		758		07/27/2009 <sup>(2)</sup>	07/27/2017	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 20.12							08/04/2005 <sup>(2)</sup>	08/04/2013	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 20.7492							05/01/2006 <sup>(1)</sup>	05/01/2015	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 21.3108							05/06/2006 <sup>(2)</sup>	05/06/2014	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option	\$ 21.5133							11/06/2005 <sup>(2)</sup>	11/06/2013	NBT Bancorp	

(right to buy)

Inc.  
Common  
StockNon-Qualified  
Stock Option \$ 21.74  
(right to buy)05/01/2007<sup>(1)</sup> 05/01/2016NBT  
Bancorp  
Inc.  
Common  
StockNon-Qualified  
Stock Option \$ 22.1388  
(right to buy)01/01/2005<sup>(1)</sup> 01/01/2014NBT  
Bancorp  
Inc.  
Common  
StockNon-Qualified  
Stock Option \$ 22.4842  
(right to buy)05/01/2008<sup>(1)</sup> 05/01/2017NBT  
Bancorp  
Inc.  
Common  
StockNon-Qualified  
Stock Option \$ 22.5708  
(right to buy)05/02/2009<sup>(2)</sup> 05/02/2017NBT  
Bancorp  
Inc.  
Common  
StockNon-Qualified  
Stock Option \$ 23.2708  
(right to buy)01/20/2006<sup>(1)</sup> 01/20/2015NBT  
Bancorp  
Inc.  
Common  
StockNon-Qualified  
Stock Option \$ 24.2958  
(right to buy)02/26/2009<sup>(2)</sup> 02/26/2017NBT  
Bancorp  
Inc.  
Common  
Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
INGRAHAM JANET H 52 SOUTH BROAD STREET NORWICH, NY 13815			X	

## Signatures

By: Michael J. Chewens, Power of Attorney For: Janet H.  
Ingraham

07/30/2007

\_\_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.
- (2) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director 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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