#### **NBT BANCORP INC**

Form 4

December 31, 2007

#### FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

**OMB APPROVAL** OMB

3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per response... 0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

subject to

Section 16.

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

**SECURITIES** 

30(h) of the Investment Company Act of 1940

1(b).

Bancorp

(Print or Type Responses)

1. Name and Address of Reporting Person * DIETRICH MARTIN A			2. Issuer Name <b>and</b> 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		ET	(Month/Day/Year) 12/27/2007	X Director 10% OwnerX Officer (give title Other (specify below) President/CEO NBT Bancorp			
(	(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 Person			

(City)	(State)	(Zip) Tal	ole I - Non-	-Derivativ	e Secu	rities Acqui	red, Disposed of	or Beneficial	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	oror Dispos (Instr. 3,	ed 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	12/27/2007		M	12,641	, ,		59,440.25	D	
NBT Bancorp Inc. Common Stock	12/27/2007		F	9,345	D	\$ 24.5692	50,095.25	D	
NBT	12/27/2007		F	1,613	D	\$	48,482.25	D	

24.5692

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Inc. Common Stock			
NBT Bancorp Inc. Common Stock	13,851.332	I	401k
NBT Bancorp Inc. Common Stock	755	I	Custodian for Minor
NBT Bancorp Inc. Common Stock	8,364.82	I	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock	6,000	I	by Mother
NBT Bancorp Inc. Common Stock	848	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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisal Expiration Date (Month/Day/Year		7. Title : Underly (Instr. 3
						Date Exercisable	Expiration Date	Title

Code V

(A)

(D)

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Non-Qualified Stock Option (right to buy)	\$ 18.1632	12/27/2007	M		12,641	01/27/1999(1)	01/27/2008	NBT Banco Inc. Comm
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2007	A	12,641		12/27/2009(2)	12/27/2017	NBT Banco Inc. Comm
Non-Qualified Stock Option (right to buy)	\$ 14.3492					01/28/2003(1)	01/28/2012	NBT Banco Inc. Comm
Non-Qualified Stock Option (right to buy)	\$ 16.227					08/03/2003(2)	08/03/2011	NBT Banco Inc. Comm
Non-Qualified Stock Option (right to buy)	\$ 17.538					01/01/2004(1)	01/01/2013	NBT Banco Inc. Comm Stock
Non-Qualified Stock Option (right to buy)	\$ 20.5952					01/26/2000(1)	01/26/2009	NBT Banco Inc. Comm Stock
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005(1)	01/01/2014	NBT Banco Inc. Comm
Non-Qualified Stock Option (right to buy)	\$ 22.205					02/11/2006(2)	02/11/2014	NBT Banco Inc. Comm
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007(1)	01/01/2016	NBT Banco Inc. Commo
	\$ 23.2708					01/20/2006(1)	01/20/2015	

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Non-Qualified **Stock Option** Banco (right to buy)

Comm Stocl

**NBT** 

Inc.

**NBT** 

Banco

Non-Qualified

08/01/2007(2) 08/01/2015 \$ 24.4458

**Stock Option** (right to buy) Inc.

Comm Stocl

**NBT** 

Inc.

Banco

Non-Qualified

**Stock Option** 01/01/2008(1) 01/01/2017 \$ 25.762

(right to buy)

Comm Stock

# **Reporting Owners**

Relationships Reporting Owner Name / Address Other Director 10% Owner Officer

DIETRICH MARTIN A

**52 SOUTH BROAD STREET** X President/CEO NBT Bancorp

NORWICH, NY 13815

## **Signatures**

By: Michael J. Chewens, Power of Attorney For: Martin A 12/31/2007 Dietrich

> \*\*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.
- (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. 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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