NBT BANCORP INC

Form 4

January 03, 2008

FORM 4

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

OMB Number:

3235-0287

0.5

if no longer subject to

Check this box

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

January 31, Expires: 2005 Estimated average

OMB APPROVAL

Section 16. Form 4 or Form 5

burden hours per response...

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)

(11111 01 1) PC	responses)								
1. Name and Address of Reporting Person * FORSYTHE DARYL R (Last) (First) (Middle)			Symbol		d Ticker or Trading P INC [NBTB]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
				f Earliest T	-				
` '	I BROAD STREI	,		Day/Year)	ransaction	X Director 10% Owner Officer (give title below) Other (specify below)			
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check			
NORWICE	H, NY 13815		Filed(Mo	nth/Day/Yea	ar)	Applicable Line) _X_ Form filed by I Form filed by I Person			
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative Securities Acq	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of	2. Transaction Date	e 2A. Deem	ied	3.	4. Securities Acquired	5. Amount of	6.	7. Nature	
Security	(Month/Day/Year)	Execution	Date, if	Transaction	or(A) or Disposed of (D)	Securities	Ownership	Indirect	
(Instr. 3)		any		Code	(Instr. 3, 4 and 5)	Beneficially	Form:	Beneficia	
		(Month/D	av/Year)	(Instr. 8)		Owned	Direct (D)	Ownersh	

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	Secu	rities Acqu	iired, 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. Transactic Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	ispose 4 and (A) or	d of (D)	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	01/02/2008		S	786	D	\$ 22.227	124,473.302	D	
NBT Bancorp Inc. Common Stock							1,063.284	I	401k
NBT Bancorp							13.385	I	NBT Bancorp

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Inc. ESOP
Common
Stock

NBT
Bancorp
Inc. 1,842 I by Spouse
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. Transaction Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		on Date		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha	
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007(1)	05/01/2016	NBT Bancorp Inc. Common Stock	5,00	
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005(2)	01/01/2014	NBT Bancorp Inc. Common Stock	18,20	
Non-Qualified Stock Option (right to buy)	\$ 22.3517					09/01/2006(3)	09/01/2014	NBT Bancorp Inc. Common Stock	9,70	
Non-Qualified Stock Option	\$ 22.4075					09/08/2006(3)	09/08/2014	NBT Bancorp	15,30	

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.4842	05/01/2008(1)	05/01/2017	NBT Bancorp Inc. Common Stock	5,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(2)	01/20/2015	NBT Bancorp Inc. Common Stock	31,9
Non-Qualified Stock Option (right to buy)	\$ 23.7553	07/01/2007(3)	07/01/2015	NBT Bancorp Inc. Common Stock	12,84
Non-Qualified Stock Option (right to buy)	\$ 23.8712	07/05/2007(3)	07/05/2015	NBT Bancorp Inc. Common Stock	2,69

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

FORSYTHE DARYL R

52 SOUTH BROAD STREET X

NORWICH, NY 13815

Signatures

By: Michael J. Chewens, Power of Attorney For: Daryl R.
Forsythe

01/03/2008

**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 Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (3) 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.

Reporting Owners 3

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