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SANTANGE Form 4 May 05, 2008		A									
FORM	Δ								-	PPROVAL	
	■ UNITE	D STATES		ITIES Al hington, 1			NGE (COMMISSION	OMB Number:	3235-0287	
Check this if no long subject to Section 16 Form 4 or	er STAT I								Expires: January 31 2005 Estimated average burden hours per response 0.5		
Form 5 obligation may conti <i>See</i> Instru 1(b).	s Section 1	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									
(Print or Type R	esponses)										
	ldress of Reporti ELO JOSEPH	-	Symbol	Name and				5. Relationship of Issuer			
(Last)	(First)	(Middle)	3. Date of	Earliest Tra	insaction			(Chec	ck all applicable	5)	
52 SOUTH I	BROAD STR	EET	(Month/Da 05/01/20	-				X Director Officer (give below)		b Owner er (specify	
	(Street)			ndment, Dat h/Day/Year)	e Original			6. Individual or Jo Applicable Line) _X_ Form filed by	-	erson	
NORWICH,	NY 13815							Person		porting	
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction 1 (Month/Day/Ye	h/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or)) 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)		
NBT Bancorp Inc. Common Stock	05/01/2008			Code V	Amount 605	(D) A	Price \$ 0 (1)		D		
NBT Bancorp Inc. Common Stock	05/01/2008			A	400	A	\$ 0 (2)	14,285	D		

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

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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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Ame Underlying Secu (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Ai or Ni of Sh
Non-Qualified Stock Option (right to buy)	\$ 22.5508	05/01/2008		A	1,500	05/01/2009 <u>(3)</u>	05/01/2018	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 14.3492					01/28/2003 <u>(3)</u>	01/28/2012	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 17.6008					01/01/2004(3)	01/01/2013	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 20.7492					05/01/2006 <u>(3)</u>	05/01/2015	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007 <u>(3)</u>	05/01/2016	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 22.1388					01/01/2005(3)	01/01/2014	NBT Bancorp Inc.	1

		Common Stock			
Non-Qualified Stock Option (right to buy)	\$ 22.4842 05/01/2008 <u>(3)</u> 05/01/2017	NBT Bancorp Inc. Common Stock			
Non-Qualified Stock Option (right to buy)	\$ 23.2708 01/20/2006 <u>(3)</u> 01/20/2015	NBT Bancorp Inc. Common Stock			
Reporting Owners					

Reporting Owner Name / Address		Relationsh			
Reporting O when Funite / Funitess	Director	10% Owner	Officer	Other	
SANTANGELO JOSEPH A					
52 SOUTH BROAD STREET	Х				
NORWICH, NY 13815					
Signatures					
By: Michael J. Chewens, Powe	r of Attor	nev For: Jose	eph A.		

05/05/2008 Santangelo Date

**Signature of Reporting Person

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).
- Acquired pursuant to the formula provisions of the NBT Bancorp Inc. Non-employee Directors' Restricted and Deferred Stock Plan pursuant to which each outside director is entitled to receive an annual retainer for Board service in the form of restricted shares of the (1) Company's common stock rather than cash that vests in three annual installments.

Acquired pursuant to the NBT Bancorp Inc. Non-employee Directors' Restricted and Deferred Stock Plan pursuant to which each outside (2) director is entitled to receive an annual retainer for Board service in the form of deferred shares of the Company's common stock rather than cash that vests immediately upon date of grant.

Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan grant vests 40% for first year, (3) 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.