NBT BANCORP INC

Form 4

August 04, 2008

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

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response...

if no longer subject to Section 16. Form 4 or Form 5

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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 * LEVY JEFFREY M			2. Issuer Name and 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)		
			(Month/Day/Year)	Director 10% Owner		
52 SOUTH BROAD STREET		REET	08/01/2008	X Officer (give title Other (specify below)		
				President Commercial Banking		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
NORWICH, NY 13815				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Ta	ble I - I	Non-	-Derivative Se	curiti	es 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. 4. Securities Acquired (A) or TransactionDisposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				red (A) or	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
NBT Bancorp Inc. Common Stock	03/17/2008		J		19.197	A	\$ 22.1743	6,797.635	D	
NBT Bancorp Inc. Common Stock	06/17/2008		J	V	18.081	A	\$ 23.757 (1)	9,615.716	D	
NBT Bancorp	08/01/2008		S		1,865.716	D	\$ 24.9	7,750	D	

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Inc. Common Stock								
NBT Bancorp Inc. Common Stock	08/01/2008	S	300	D	\$ 24.91	7,450	D	
NBT Bancorp Inc. Common Stock						1,391.885	I	401k
NBT Bancorp Inc. Common Stock						48.96	I	NBT Bancorp ESOP

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

Stock Option

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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. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		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)	\$ 20.3617					01/15/2009(2)	01/15/2018	NBT Bancorp Inc. Common Stock	7,50
Non-Qualified	\$ 22.352					01/01/2007(2)	01/01/2016	NBT	5,00

Bancorp

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 23.293	10/01/2006(2)	10/01/2015	NBT Bancorp Inc. Common Stock	20,00
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(2)	01/01/2017	NBT Bancorp Inc. Common Stock	9,00

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

LEVY JEFFREY M 52 SOUTH BROAD STREET NORWICH, NY 13815

President Commercial Banking

Signatures

By: Michael J. Chewens, Power of Attorney For: Jeffrey M.
Levy

08/04/2008

**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) Shares acquired under Dividend Reinvestment Plan.
- (2) Pursuant to NBT Bancorp Inc. 1993 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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