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NIDT DANGODD INC

Form 4 November 1										
FORM	ЛЛ								OMB AF	PPROVAL
	UNITED	STATES S		RITIES A shington			ANGE CO	OMMISSION	OMB Number:	3235-0287
Check th if no lon subject t Section Form 4 Form 5	so STATEN 16. or		CHAN	IGES IN SECUI	BENEI RITIES	FICL		ERSHIP OF Act of 1934,	Expires: Estimated a burden hou response	
obligatio may con <i>See</i> Instr 1(b).	ons Section 17((a) of the P	ublic U	tility Ho	lding Co	mpan		1935 or Section		
(Print or Type	Responses)									
	Address of Reporting MICHAEL M	5	Symbol	er Name an ANCOR				5. Relationship of I Issuer	Reporting Pers	son(s) to
(Last)	(First) (A			f Earliest T	-		.1	(Check	all applicable	2)
52 SOUTH	BROAD STREE		Month/I 11/10/2	Day/Year) 2008			· i	_X_ Director Officer (give the below)		Owner er (specify
NODWICL	(Street) I, NY 13815			endment, D nth/Day/Yea	-	al		6. Individual or Joi Applicable Line) _X_ Form filed by Ou Form filed by Mo	ne Reporting Pe	rson
		(7:-)						Person		
(Instr. 3) any		2A. Deemee Execution I	Date, ifTransactionor Disposed of (D)SecuritiCode(Instr. 3, 4 and 5)Beneficny/Year)(Instr. 8)Owned				5. Amount of Securities Beneficially Owned	6. 7. Natur Ownership Indirect Form: Benefic Direct (D) Owners	7. Nature of Indirect Beneficial Ownership	
NDT				Code V	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I) (Instr. 4)	(Instr. 4)
NBT Bancorp Inc. Common Stock	11/10/2008			S	1,470	D	\$ 25.65	38,194.171	D	
NBT Bancorp Inc. Common Stock	11/10/2008			М	600	А	\$ 17.6008	38,794.171	D	
NBT Bancorp	11/10/2008			S	600	D	\$ 25.75	38,194.171	D	

Inc. Common Stock								
NBT Bancorp Inc. Common Stock	11/10/2008	М	1,500	A	\$ 22.1388	39,694.171	D	
NBT Bancorp Inc. Common Stock	11/10/2008	S	1,500	D	\$ 25.75	38,194.171	D	
NBT Bancorp Inc. Common Stock	11/10/2008	М	300	A	\$ 22.1542	38,494.171	D	
NBT Bancorp Inc. Common Stock	11/10/2008	S	300	D	\$ 25.75	38,194.171	D	
NBT Bancorp Inc. Common Stock	11/10/2008	М	1,200	A	\$ 20.7492	39,394.171	D	
NBT Bancorp Inc. Common Stock	11/10/2008	S	1,200	D	\$ 25.75	38,194.171	D	
NBT Bancorp Inc. Common Stock	11/11/2008	S	737	D	\$ 26	37,457.171	D	
NBT Bancorp Inc. Common Stock						1,635	Ι	Spouse

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form displays a currently valid OMB control number.

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 An Underlying Sec (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Ai or Ni of Sł
Non-Qualified Stock Option (right to buy)	\$ 17.6008	11/10/2008		М	600	01/01/2004	01/01/2013	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.7492	11/10/2008		М	1,200	05/01/2006 <u>(1)</u>	05/01/2015	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 22.1388	11/10/2008		М	1,500	01/01/2005 <u>(1)</u>	01/01/2014	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 22.1542	11/10/2008		М	300	02/02/2006 <u>(2)</u>	02/02/2014	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 18.3408					08/08/2009 <u>(2)</u>	08/08/2017	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007(1)	05/01/2016	NBT Bancorp Inc. Common	1

				Stock
Non-Qualified Stock Option (right to buy)	\$ 22.4842	05/01/2008 <u>(1)</u>	05/01/2017	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.5508	05/01/2009 <u>(1)</u>	05/01/2018	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.05	01/28/2007 <u>(2)</u>	01/28/2015	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.1133	01/26/2007 <u>(2)</u>	01/26/2015	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(1)	01/20/2015	NBT Bancorp Inc. Common Stock

Reporting Owners

Reporting Owner Name / Address						
	Director	10% Owner	Officer	Other		
MURPHY MICHAEL M 52 SOUTH BROAD STREET NORWICH, NY 13815	Х					
Signatures						
Dev Michael I. Chewang, Davier of Attampty For Michael M						

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

**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).
- (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.

11/12/2008

Date

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(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. 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.