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NASSER JO Form 4										
FORM Check thi if no long subject to Section 1 Form 4 or Form 5 obligation may cont <i>See</i> Instru 1(b).	obligations may continue. See Instruction Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940								String 3235-028 Number: January 3* Expires: 200 Estimated average burden hours per response 0.	
(Print or Type F 1. Name and A NASSER JC	ddress of Reporting P	Symbol	Name and			-	5. Relationship of Issuer	Reporting Pe	erson(s) to	
(Last) 52 SOUTH	iddle) 3. Date of (Month/D	NBT BANCORP INC [NBTB] 3. Date of Earliest Transaction (Month/Day/Year) 10/29/2010				_X_ Director	(Check all applicable) rector 10% Owner icer (give title Other (specify below)			
			Amendment, Date Original Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
(City)		Zip) Tabl	e I - Non-D	erivative S	Securi	ities Ac	Person Quired, Disposed of	f. or Benefici	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Transaction Date 2A. Deemed			ties (A) o of (D 4 and (A) or	r)	5. Amount of Securities Beneficially Owned	. Ownership Form: Direct D) or ndirect (I)	7. Nature of	
NBT Bancorp Inc. Common Stock	10/29/2010		Code V	Amount 692	(D) D	Price \$ 22		D		
NBT Bancorp Inc. Common Stock							26,511	I	Custodian for Minor	
NBT Bancorp							431.732	I	by Spouse	

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Inc. Common Stock

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. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Shares
Non-Qualified Stock Option (right to buy)	\$ 20.7492					05/01/2006 <u>(1)</u>	05/01/2015	NBT Bancorp Inc. Common Stock	300
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007 <u>(1)</u>	05/01/2016	NBT Bancorp Inc. Common Stock	520
Non-Qualified Stock Option (right to buy)	\$ 22.4842					05/01/2008 <u>(1)</u>	05/01/2017	NBT Bancorp Inc. Common Stock	1,50
Non-Qualified Stock Option (right to buy)	\$ 22.5508					05/01/2009 <u>(1)</u>	05/01/2018	NBT Bancorp Inc. Common Stock	1,55
	\$ 23.2708					01/20/2006(1)	01/20/2015		630

Non-Qualified Stock Option (right to buy)

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

NASSER JOSEPH G 52 SOUTH BROAD STREET X NORWICH, NY 13815

Signatures

By: Donna Dolansky, Power of Attorney For: Joseph Nasser

**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.

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.

NBT Bancorp Inc. Common Stock

11/01/2010

Date