

STILLMAN PAUL O  
Form 4  
January 26, 2005

**FORM 4**

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

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 Responses)

1. Name and Address of Reporting Person \*  
STILLMAN PAUL O

(Last) (First) (Middle)

52 SOUTH BROAD STREET

(Street)

NORWICH, NY 13815

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
NBT BANCORP INC [NBTB]

3. Date of Earliest Transaction  
(Month/Day/Year)  
01/24/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities 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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
NBT Bancorp Inc. Common Stock				(A) or (D)	Amount		Price
NBT Bancorp Inc. Common Stock				(A) or (D)	32,059	D	
NBT Bancorp Inc. Common Stock				(A) or (D)	164,041	I	by Corporation
NBT Bancorp				(A) or (D)	11,500	I	by Spouse

Inc.  
Common  
Stock  
  
NBT  
Bancorp  
Inc.  
Common  
Stock

1,543 I by Trust

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. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/24/2005		A	630	01/20/2006 <sup>(1)</sup> 01/20/2015	NBT Bancorp Inc. Common Stock	630
Non-Qualified Stock Option (right to buy)	\$ 14.3492					01/28/2003 <sup>(1)</sup> 01/28/2012	NBT Bancorp Inc. Common Stock	600
Non-Qualified Stock Option (right to buy)	\$ 16.0625					01/22/2002 <sup>(1)</sup> 01/22/2011	NBT Bancorp Inc. Common Stock	300
Non-Qualified Stock Option	\$ 17.6008					01/01/2004 <sup>(1)</sup> 01/01/2013	NBT Bancorp	900

(right to buy)

Inc.  
Common  
Stock

Non-Qualified  
Stock Option \$ 21.2326  
(right to buy)

05/07/2006<sup>(2)</sup> 05/07/2014

NBT  
Bancorp  
Inc.  
Common  
Stock

1,2

Non-Qualified  
Stock Option \$ 21.6475  
(right to buy)

07/28/2006<sup>(2)</sup> 07/28/2014

NBT  
Bancorp  
Inc.  
Common  
Stock

1,5

Non-Qualified  
Stock Option \$ 22.1388  
(right to buy)

01/01/2005<sup>(1)</sup> 01/01/2014

NBT  
Bancorp  
Inc.  
Common  
Stock

1,5

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
STILLMAN PAUL O 52 SOUTH BROAD STREET NORWICH, NY 13815			X	

## Signatures

By: Michael J. Chewens, Power of Attorney For: Paul O.  
Stillman

01/26/2005

\_\_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 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.