DALTON GREGORY W

Form 4

August 23, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

(Print or Type Responses)

1(b).

(Last)

Stock

1. Name and Address of Reporting Person * DALTON GREGORY W

2. Issuer Name and Ticker or Trading

Symbol

BAR HARBOR BANKSHARES

5. Relationship of Reporting Person(s) to

Issuer

below)

[BHB]

Director 10% Owner

(Middle) 3. Date of Earliest Transaction (Month/Day/Year)

08/20/2010

X_ Officer (give title Other (specify Senior Vice President

(Check all applicable)

82 MAIN STREET PO BOX 400

6. Individual or Joint/Group Filing(Check

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

Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting

Person

27.26

(Street)

(First)

BAR HARBOR, ME 04609-0400

(City)	(State)	(Zip) Tab	le I - Non-I	Derivative So	ecurit	ies Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securitie mor Disposed (Instr. 3, 4 a	d of (È))	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)
Common Stock	08/20/2010	08/20/2010	<u>J(1)</u>	198.662	A	\$0	2,408.673	D	
Common Stock	08/20/2010	08/20/2010	M(2)	1,300	A	\$ 15.4	3,708.673	D	
Common Stock	08/20/2010	08/20/2010	S	200	D	\$ 27.85	3,508.673	D	
Common Stock	08/20/2010	08/20/2010	S	100	D	\$ 27.82	3,408.673	D	
Common	08/20/2010	08/20/2010	S	100	D	\$ 27.26	3,308.673	D	

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Common Stock	08/20/2010	08/20/2010	S	100	D	\$ 27.51	3,208.673	D
Common Stock	08/20/2010	08/20/2010	S	100	D	\$ 27.51	3,108.673	D
Common Stock	08/20/2010	08/20/2010	S	200	D	\$ 27.81	2,908.673	D
Common Stock	08/20/2010	08/20/2010	S	100	D	\$ 27.53	2,808.673	D
Common Stock	08/20/2010	08/20/2010	S	100	D	\$ 27.35	2,708.673	D
Common Stock	08/20/2010	08/20/2010	S	200	D	\$ 27.61	2,508.673	D
Common Stock	08/20/2010	08/20/2010	S	100	D	\$ 27.6	2,408.673	D

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 opportunities 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 Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Incentive Stock Option	\$ 15.4	08/20/2010	08/20/2010	M(2)	1,300	(2)	06/20/2011	Common Stock	1,300

Reporting Owners

Reporting Owner Name / Address	Relationships							
1 9	Director	10% Owner	Officer	Other				
			Senior Vice President					

Reporting Owners 2

DALTON GREGORY W 82 MAIN STREET PO BOX 400 BAR HARBOR, ME 04609-0400

Signatures

Gregory W 08/23/2010 Dalton

**Signature of Date
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) Shares purchased through regularly scheduled salary deferrals to the Bar Harbor Bankshares 401(k) plan f/b/o Gregory W. Dalton
- Grant of Incentive Stock Option to aquire 10,000 shares of Bar Harbor Bankshares Common Stock under the Bar harbor bankshares (and subsidiaries) Stock Option Plan of 2000. Options become exercisable with respect to 1,480 shares on 06/20/2002 and in 6 annual increments of 1,420 shares beginning on 06/20/2003. These options expire on 06/20/2011.

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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