SEC Form 4
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## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average burden										
hours per response:	0.5									

1. Name and Address of Reporting Person* <u>Haag Joyce P</u>					er Name <b>and</b> Ticke TMAN KOD					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner v Officer (give title Other (specify					
(Last) (First) (Middle) 343 STATE STREET					e of Earliest Transa /2008	ction (M	onth/E	Day/Year)		X Oncer (give the Oner (specify below) below) Senior Vice President					
(Street) ROCHESTER (City)	NY (State)	14650 (Zip)		4. If Ar	4. If Amendment, Date of Original Filed (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 Person				
		Table I - No	on-Deriv	vative	Securities Acc	quired	, Dis	posed of,	or Ben	eficia	ally	Owned			
			2. Transa Date (Month/Da		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) of Disposed Of (D) (Instr. 3, 4 a			and 5) Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
						Code V		Amount	mount (A) or (D) Pri			Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock												2,436.01	D		
Common Stock												5,230.9779	I	By Trustee in 401(k)	
Common Stock												23.6967	I	By Trustee in ESOP	
Common Stock												4,110.8546	I	By Trustee in Spouse's 401(k)	
Common Stock												100	I	By Trustee in IRA	
Common Stock												100	Ι	By Spouse	
Common Stock												100(1)	I	By adult children	
Common Stock												733	I	As a Trustee of Gull Rock Foundation, Inc.	
Common Stock												4,300	I	As co- Manager of Pluta Family, LLC	
		Table II			ecurities Acqu alls, warrants,							Dwned	*	*	
1 Title of 2	2 Transacti	on 34 Deemed		-	5 Number 6 D	-				-	-	8 Price of 9 Nu		11 Nature	

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. Transa Code ( 8)		5. Nun of Deriva Securi Acqui (A) or Dispos of (D) (Instr. and 5)	itive ities red sed 3, 4	6. Date Exercis Expiration Date (Month/Day/Yea	•	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option (right to buy)	\$31.3							(2)	03/17/2008	Common Stock	97		97	D	
Option (right to buy)	\$31.3							(2)	04/01/2008	Common Stock	2,200		2,200	D	
Option (right to buy)	\$31.3							(2)	05/04/2008	Common Stock	600		600	D	
Option (right to buy)	\$31.3							(2)	03/11/2009	Common Stock	241		241	D	

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. Transa Code 8)		5. Num of Deriva Securi Acquir (A) or Dispos of (D) (Instr. and 5)	itive ities red sed 3, 4	6. Date Exercis Expiration Date (Month/Day/Yea	9	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable			Amount or Number of Shares				
Option (right to buy)	\$31.3							(2)	03/31/2009	Common Stock	2,200		2,200	D	
Option (right to buy)	\$31.3							(2)	03/29/2010	Common Stock	2,934		2,934	D	
Option (right to buy)	\$31.3							(2)	01/11/2011	Common Stock	3,667		3,667	D	
Option (right to buy)	\$31.3							(2)	11/15/2011	Common Stock	6,500		6,500	D	
Option (right to buy)	\$36.66							(3)	11/21/2012 <sup>(5)</sup>	Common Stock	6,875		6,875	D	
Option (right to buy)	\$26.47							(3)	05/31/2012	Common Stock	30,833		30,833	D	
Option (right to buy)	\$27.06							(3)	06/29/2012	Common Stock	10,000(6)		10,000	D	
Option (right to buy) <sup>(4)</sup>	\$24.75							(3)	12/06/2012	Common Stock	12,400		12,400	D	
Option (right to buy) <sup>(4)</sup>	\$25.88							(3)	12/11/2013	Common Stock	41,580		41,580	D	
Option (right to buy) <sup>(4)</sup>	\$23.28							(3)	12/10/2014	Common Stock	49,460		49,460	D	
Restricted Stock Units <sup>(7)</sup>	(9)	02/26/2008		A		186		12/31/2008 <sup>(10)</sup>	12/31/2008 <sup>(10)</sup>	Common Stock	186	\$0	186	D	
Restricted Stock Units <sup>(8)</sup>	(9)	02/26/2008		A		9,709		12/31/2009 <sup>(10)</sup>	12/31/2009 <sup>(10)</sup>	Common Stock	9,709	\$0	9,709	D	
Option (right to buy)	\$31.31							(2)	04/01/2008	Common Stock	67		67	I	Options held by Spouse
Option (right to buy)	\$31.3							(2)	03/12/2010	Common Stock	67		67	I	Options held by Spouse

## Explanation of Responses:

1. The reporting person disclaims beneficial ownership of these securities, and this report shall not be deemed an admission that the reporting person is the beneficial owner of the securities for purposes of Section 16 or for any other purposes.

2. These Options have vested.

3. These options vest one-third on each of the first three anniversaries of the grant date.

4. Stock option granted under the 2005 Omnibus Long-Term Compensaton Plan.

5. Corrected expiration date - previously filed as 11/21/2011.

6. This transaction was inadvertantly listed twice, the duplicate entry has been removed.

7. These units granted under the 2005 Omnibus Long-Term Compensation Plan; Leadership Stock 2006-2007 Cycle.

8. Theses units granted under the 2005 Omnibus Long-Term Compensation Plan; Leadership Stock 2007 cycle.

9. These units convert on a one-for-one basis.

10. This is the date these restricted stock units will vest.

**Remarks:** 

Laurence L. Hickey, as attorney-<u>in-fact for Joyce P. Haag</u>

\*\* Signature of Reporting Person Date

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

\* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.