FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

washington, D.C. 205

OMB	APPROVAL
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Section 16. Form 4 or Form 5							
obligations may continue. See							
Instruction 1(h)							

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

					01 5	ection	1 30(11)	of the inves	sunei	IL COIII	рапу Р	1940								
1. Name and Address of Reporting Person* <u>Faraci Philip J</u>					2. Issuer Name and Ticker or Trading Symbol										5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) (Middle) 343 STATE STREET					3. Date 12/07			Transaction	і (Моі	nth/Da	y/Year)	X	X Officer (give title Other (specify below) President & COO							
(Street) ROCHESTER NY 14650				4. If Ar	mendr	ment, [Date of Orig	inal F	Filed (M	lonth/D		Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person								
(City) (State) (Zip)															Form file	а by моге	tnan C	ле керопіп	ig Person	
			Table I - Non-			_				Disp					_			-		
1. Title of Security (Instr. 3)		11	2. Transaction Date (Month/Day/Ye		Execution		n Date, T	ransa ode (ecurities Acquired (A) of posed Of (D) (Instr. 3, 4					6. Owr Form: (D) or (I) (Ins	Direct II Indirect E tr. 4)	7. Nature of ndirect Beneficial Dwnership		
							c	Code	v	Amou	nt (/	A) or D)	Price	Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common Stock				12/07/2009					F			B75 ⁽¹⁾ D		\$4.37	33,472(2)		D			
			Table II - D	erivat e.g., p	ive S uts, c	ecui alls,	rities , war	Acquire rants, op	d, D tior	ispo is, co	sed (onvei	of, or Be rtible se	nefici curitie	ally Ov es)	vned					
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)		of Deriv Secu Acqu (A) o Disp of (D	vative irities uired or osed o) r. 3, 4	6. Date Exe Expiration (Month/Day			d	7. Title and Amount of Securities Underlying Derivative Security (Ins 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 Exercisabl		Expirat Date	ion	Title	Amou Numb Share	er of						
Option (right to buy)	\$26.47							(3)	05/3		2012	Common Stock	52,500			52,500		D		
Option (right to ouy)	\$26.46							(3)		05/11/2012		Common Stock	10),000		10,000		D		
Option (right to ouy) ⁽⁵⁾	\$24.75							(3)		12/06/2012		Common Stock	20	20,940		20,940		D		
Option (right to ouy) ⁽⁵⁾	\$25.01							(3)		01/31/2013		Commons Stock	25	5,000		25,000		D		
Option (right to buy) ⁽⁵⁾	\$32.5							(4)		12/05/2011		Common Stock	32,800			32,800		D		
Option (right to ouy) ⁽⁵⁾	\$25.88							(3)		12/11/2013		Common Stock	58,690			58,690		D		
Option (right to ouy) ⁽⁵⁾	\$23.28							(3)		12/10/2014		Common Stock	130,490			130,490		D		
Option (right to buy) ⁽⁵⁾	\$7.41							(3)		12/08/2015		Common Stock	24	246,750		246,750		D		
Option (right to ouy)	\$4.54							10/14/201	.3	10/13/2016		Common Stock	30	0,000		300,000		D		
Restricted Stock Units ⁽⁶⁾	(7)							12/31/2009	(9)	12/31/2009 ⁽⁹⁾		Common Stock	14,509.4602			14,509.4602		D		
Restricted Stock Units ⁽⁸⁾	(7)							12/31/2011	(9)	12/31/2011 ⁽⁹		Common Stock	31,230			31,230		D		
Restricted Stock	(7)							(10)	T	(10))	Commons	34	4,200		344,2	200	D		

Explanation of Responses:

- 1. Payment of withholding taxes.
- 2. Some of these shares are restricted.
- 3. These options vest one-third on each of the first three anniversaries of the grant date.
- 4. These options have vested.
- $5.\ Stock\ option\ granted\ under\ the\ 2005\ Omnibus\ Long-Term\ Compensaton\ Plan.$

- $6.\ These sunits granted under the 2005\ Omnibus\ Long-Term\ Compensation\ Plan;\ Leadership\ Stock\ 2007\ cycle.$
- 7. These units convert on a one-for-one basis.
- 8. The effective date for these restricted stock units is January 1, 2009.
- 9. This is the date these restricted stock units will vest.
- 10. These units vest 50% on both the 3rd and 4th anniversary of the grant date.

Remarks:

Patrick M. Sheller, as attorneyin-fact for Philip J. Faraci

12/09/2009

** 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.