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).

(Print or Type Response

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Instr. 3) Date (Month/Day/Year) (Month/Day/Year) Date (Month/Day/Year) ((1 tillt of Type Responses)											
911 PANORAMA TRAIL SOUTH (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 4)									(Check all applicable)			
ROCHESTER, NY 14625 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) Date (Month/Day/Year) (Month/Day/Year		` '		ansaction (M	1onth	/Day/Yea	r)					
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Execution Date, if (Month/Day/Year) 2. Transaction Date (Execution Date, if (Month/Day/Year) 2. Transaction Date (Execution Date, if (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction (A) or Disposed of (D) (Instr. 3, 4 and 5) Transaction(s) (Instr. 3 and 4)	` '	4	4. If Amendment, Date Original Filed(Month/Day/Year)						_X_ Form filed by One Reporting Person			
(Instr. 3) Date (Month/Day/Year) (Month/Day/Year) Date (Month/Day/Year) ((City) (State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
Code V Amount (D) Price (I) (Instr. 4)	(Instr. 3)	Date	Execution Date, if any	Code (Instr. 8)		(A) or Disposed of (D)			Owned Following Reported Transaction(s)	Ownership Form:	7. Nature of Indirect Beneficial Ownership	
2 559				Code	V	Amount		Price		(I)	(Instr. 4)	
Common Stock 07/10/2019 A \$0 63,262 D	Common Stock	07/10/2019		A		2,559 (1)	A	\$ 0	63,262	D		
Common Stock 07/10/2019 A 8,306 A \$ 0 71,568 D	Common Stock	07/10/2019		A			A	\$ 0	71,568	D		
Common Stock 07/11/2019 S 434 (3) D \$ 85.33 71,134 D	Common Stock	07/11/2019		S		434 (3)	D	\$ 85.33	71,134	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)

	Conversion		4. Transac Code (Instr. 8	tion	on of Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Stock Option	\$ 85.46	07/10/2019	A		34,165		07/10/2020	07/09/2029	Common Stock	34,165	\$ 85.46	34,165	D	
Stock Option	\$ 26.02						07/07/2011	07/06/2020	Common Stock	4,468		4,468	D	
Stock Option	\$ 31.34						07/06/2012	07/05/2021	Common Stock	16,001		16,001	D	
Stock Option	\$ 31.63						07/07/2014	07/06/2021	Common Stock	47,500		47,500	D	
Stock Option	\$ 47.32						07/08/2016	07/07/2025	Common Stock	11,719		11,719	D	
Stock Option	\$ 60.84						07/06/2017	07/05/2026	Common Stock	41,329		41,329	D	
Stock Option	\$ 60.84						07/06/2017	07/05/2026	Common Stock	147,405		147,405	D	
Stock Option	\$ 57.24						07/12/2018	07/11/2027	Common Stock	41,159		41,159	D	
Stock Option	\$ 69.54						07/11/2019	07/10/2028	Common Stock	31,653		31,653	D	

Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Gioja Michael E 911 PANORAMA TRAIL SOUTH ROCHESTER, NY 14625			Sr. Vice President					

Signatures

Stephanie L. Schaeffer, Attorney-in-fact	07/12/2019
**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) Award of restricted stock units, subject to vesting, pursuant to the Amended and Restated 2002 Stock Incentive Plan
- (2) Award of restricted stock, subject to vesting, pursuant to the performance award under the Amended and Restated 2002 Stock Incentive Plan.
- (3) Disposition of shares to satisfy tax withholding obligations arising from lapse of restrictions applicable to restricted stock.

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

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