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 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)																	
1. Name ar		f Reporting Person*				lame and EX INC			rading	Symb	ool				ationship Director			e) Owner	
911 PAN	*	TRAIL SOUTH	(Middle)	3. Date 07/12/		arliest Tr	ansac	tion (N	Month/	Day/Y	ear)			(Officer (give	title below)	Othe	r (specify belo	ow)
		(Street)		4. If An	nend	ment, Da	te Ori	iginal	Filed(N	Month/Da	ay/Year	r)				Joint/Group One Reporting I	Filing(Check A	Applicable Lii	ne)
ROCHES	STER, NY	14625															Reporting Person		
(Cit	y)	(State)	(Zip)			ŗ.	Гable	I - No	on-Der	rivativ	e Sec	urities	Acqu	ired, I	Disposed o	of, or Benef	icially Owne	d	
1.Title of S (Instr. 3)	Security		2. Transaction Date (Month/Day/Yea	r) any	ıtion	ned Date, if	3. Tr Code (Inst				Disp	s Acquosed or and 5)		Owne Trans		ecurities Be ng Reported	d (7. Nature of Indirect Beneficial Ownership
						,	C	ode	V	Amou		(A) or (D)	Price		,		((Instr. 4)
Common	Stock		07/12/2012				1	A		1,832 (1)	2 A	A	\$ 0	14,3	24		I)	
1 mil s	la.	la m	Table II	(e.g., p		calls, wa	rrant	quirects, opti	d, Disp	ently vosed onvert	valid of, or tible s	OMB Benef securit	contricially	ol nu Owne	mber. d		form displa		lu x
1. Title of Derivative Security (Instr. 3)	Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transac Code	ction	5. Numb of Deriv Securitic Acquire or Dispo of (D) (Instr. 3	oer vative es ed (A) osed	6. Da Expir (Mor	ate Exe	ercisab Date	le and		7. Tit of Un Secur	derlyii	ŭ	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported	Owners Form o	Ownersh y: (Instr. 4)
				Code	V	(A)	(D)		cisable		apirati ate	ion	Title		Amount or Number of Shares		Transaction(: (Instr. 4)	(I) (Instr. 4	1)
Stock Option	\$ 31.5	07/12/2012		A		15,052	2	07/1	12/20	13 07	7/11/	2022		mon ock	15,052	\$ 31.5	15,052	D	
Stock Option	\$ 36.87							07/1	13/200	07 07	7/13/	2016		mon ock	6,000		6,000	D	
Stock Option	\$ 43.91							07/1	17/200	08 07	7/17/	2017		mon ock	6,000		6,000	D	
Stock Option	\$ 31.95							07/1	10/200	09 07	7/09/	2018		ımon ock	6,250		6,250	D	
Stock Option	\$ 24.21							07/0	09/20	10 07	7/08/	2019		mon ock	6,250		6,250	D	
Stock Option	\$ 26.02							07/0	07/20	11 07	7/06/	2020		mon ock	7,686		7,686	D	
Stock Option	\$ 31.63							07/0	07/20	12 07	7/06/	2021		mon ock	11,468		11,468	D	

Reporting Owners

		Relationsl	nips	
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
JOSEPH PAMELA A 911 PANORAMA TRAIL SOUTH ROCHESTER, NY 14625	X			

Signatures

Stephanie L. Schaeffer, Attorney-in-fact	07/13/2012
Signature of Reporting Person	Date

Explanation of Responses:

- \star 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, subject to vesting, pursuant to the Amended and Restated 2002 Stock Incentive Plan.

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.