FORM 4

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

OMB APPROVAL

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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 Tr	na Pasnanas	e)															
1. Name ar	pe Responses ad Address of OSEPH M	Reporting Person*				ame and			rading S	Symbol			Relationship		g Person(s) to		
911 PAN		(First) TRAIL SOUTH	(Middle)	3. Date 07/12/		arliest Tr	ansac	tion (M	Month/E	ay/Yea	r)		_ Officer (give	title below)		er (specify belo	ow)
POCHE!	CTED NIV	(Street)		4. If An	nend	ment, Da	te Ori	ginal F	Filed(Mo	nth/Day/\	(ear)	_X_	Form filed by	One Reporting	p Filing(Check Person Reporting Person	Applicable Lin	ie)
(Cit	STER, NY	(State)	(Zip)			,	r-1-1-	T N-	D	49 6	\ !		D:d	-f D	C - : - II O		
1.Title of S (Instr. 3)	ecurity		2. Transaction Date (Month/Day/Yea	r) any	ıtion	ed Date, if		ansact	tion 4	Securi	ties Acquisposed o	nired 5. A Ow Tra	amount of S ned Follow nsaction(s)	securities Being Reported	d	6. Ownership Form:	7. Nature of Indirect Beneficial
				(Mon	th/Da	ay/Year)	Co	ode	V	amount	(A) or (D)	Price	str. 3 and 4)			Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common	Stock		07/12/2012				I	A		,832 <u>)</u>	A	\$ 0 16	,157			D	
Security	Conversion or Exercise		3A. Deemed Execution Date, if any	(e.g., p 4. Transac Code	uts,	5. Numb of Deriv Securition	rrant per rative es	s, opti 6. Da Expir	ions, co	nvertib cisable a ate	le securi	7. Title ar of Underl Securities	d Amount ying	Derivative Security	9. Number of Derivative Securities Beneficially	Owners Form of	
1 Title of	2	3 Transaction		(e.g., p		calls, wa	rrant	quired s, opti	l, Dispo	sed of,	or Benef le securi	ties)	ned	8 Price of	0 Number	of 10	11 Natu
(Instr. 3)	Price of Derivative Security	(Homas Bay, 1 car)	(Month/Day/Year)		3)	Acquire or Dispo of (D) (Instr. 3 and 5)	d (A) osed	(Wion	uur Duy	Teary		(Instr. 3 a	nd 4)	(Instr. 5)	Beneficially Owned Following Reported Transaction (Instr. 4)	Derivati Security Direct (or Indir	Ownersh (Instr. 4) D) ect
				Code	V	(A)	(D)	Date Exerc	cisable	Expii Date	ration	Title	Amount or Number of Shares			·	,
Stock Option	\$ 31.5	07/12/2012		A		15,052	2	07/1	2/2013	3 07/1	1/2022	Commo Stock	n 15,052	\$ 31.5	15,052	D	
Stock Option	\$ 43.91							07/1	7/200	3 07/1	7/2017	Commo Stock	9,000		9,000	D	
Stock Option	\$ 31.95							07/1	0/200	07/0	9/2018	Commo	n 6,250		6,250	D	
Stock Option	\$ 24.21							07/0	9/201	07/0	8/2019	Commo	n 6,250		6,250	D	
Stock Option	\$ 26.02							07/0	7/201	07/0	6/2020	Commo	n 7,686		7,686	D	
Stock Option	\$ 31.63							07/0	07/2012	2 07/0	6/2021	Commo	n 11,468		11,468	D	

Reporting Owners

		Relationsl	nips	
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
VELLI JOSEPH M 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.