FORM 4

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

OMB APPROVAL

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SEC 1474 (9-02)

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

	2. Issuer Name and	m: 1 m								
1. Name and Address of Reporting Person *- MUCCI MARTIN				g Symbol		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X_ Director 10% Owner				
	3. Date of Earliest Transaction (Month/Day/Year) 07/11/2012					X_ Officer (give title below) Other (specify below) CEO & President				
4	4. If Amendment, Date 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			
(Zip)		Table I - N	on-D	erivative S	ecurities	aired, Disposed of, or Beneficially Owned				
2. Transaction Date (Month/Day/Year)	any	(Instr. 8)		(A) or Dis	oosed of (D)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Form:	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
07/11/2012		A		22,307 (1)	A	\$ 0	81,492	D		
07/11/2012		A		40,973 (2)	A	\$ 0	122,465	D		
							3,570	I	401(k)	
	(Zip) 2. Transaction Date (Month/Day/Year) 07/11/2012	(Zip) 2. Transaction Date (Month/Day/Year) 27/11/2012 2A. Deemed Execution Date, if any (Month/Day/Year)	(Zip) 2. Transaction Date (Month/Day/Year) 2. Transaction Execution Date, if (Month/Day/Year) (Month/Day/Year) 2. Code (Instr. 8) Code 07/11/2012 A	O7/11/2012	Code V Amount	(Zip) Table I - Non-Derivative Securities 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Execution Date, if any (Month/Day/Year) Code (Instr. 8) Code V Amount (A) or (D) 07/11/2012 A 22,307 (1) 07/11/2012	CZip) Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) Code V Amount (D) Price	(Middle) 3. Date of Earliest Transaction (Month/Day/Year) 07/11/2012 4. If Amendment, Date Original Filed(Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owner than One Reporting Person Form filed by More than One Reporting Person [X] Form filed by One Reporting Person Form filed	(Middle) 3. Date of Earliest Transaction (Month/Day/Year) 07/11/2012 4. If Amendment, Date Original Filed(Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) or Disposed of (D) (Instr. 3, 4 and 5) (Code V Amount (D) Price (D) Or Indirect (I) (Instr. 4) (A) or Or/11/2012 A (B) or Or/11/2012 A (A) or Or/11/2012 A (B) or Or/11/2012 A (Code V Amount (D) Price (D) (Instr. 3 and 4) (A) or Or/11/2012 A (A) or Or/11/2012 A (B) or Or/11/2012 A (Code V Amount (D) Or	

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(e.g., puts, calls, warrants, options, convertible securities)															
1. Title of Derivative Security (Instr. 3)	ivative Conversion or Exercise (Month/Day/Year) Execution Date, if Transaction Code					6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	Beneficial Ownership (Instr. 4)		
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Stock Option	\$ 31.65	07/11/2012		A		274,869		07/11/2013	07/10/2022	Common Stock	274,869	\$ 31.65	274,869	D	
Stock Option	\$ 31.63							07/07/2014	07/06/2021	Common Stock	500,000		500,000	D	
Stock Option	\$ 31.34							07/06/2012	07/05/2021	Common Stock	206,422		206,422	D	
Stock Option	\$ 27.28							10/13/2011	10/12/2020	Common Stock	154,591		154,591	D	
Stock Option	\$ 26.02							07/07/2011	07/06/2020	Common Stock	29,786		29,786	D	
Stock Option	\$ 24.21							07/09/2010	07/08/2019	Common Stock	63,290		63,290	D	
Stock Option	\$ 31.95							07/10/2009	07/09/2018	Common Stock	12,675		12,675	D	
Stock Option	\$ 31.95							07/10/2009	07/09/2018	Common Stock	40,000		40,000	D	
Stock Option	\$ 43.91							07/17/2008	07/17/2017	Common Stock	30,000		30,000	D	
Stock Option	\$ 36.87							07/13/2007	07/13/2016	Common Stock	30,000		30,000	D	
Stock Option	\$ 33.68							07/07/2006	07/07/2015	Common Stock	50,000		50,000	D	

Stock Option	\$ 31.79				07/08/2006	07/08/2014	Common Stock	30,000	30,000	D	
Stock Option	\$ 29.55				07/10/2005	07/10/2013	Common Stock	25,000	25,000	D	

Reporting Owners

B 41 0 W 4	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
MUCCI MARTIN 911 PANORAMA TRAIL S. ROCHESTER, NY 14625	X		CEO & President					

Signatures

Stephanie L. Schaeffer, Attorney-in-fact	07/13/2012
**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, subject to vesting, pursuant to the Amended and Restated 2002 Stock Incentive Plan.
- (2) Award of restricted stock, subject to vesting, pursuant to performance award under 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.

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