FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

STATEMENT OF CHANGES IN BENEFICIAL	OWNERSHIP

OMB APPROVAL

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				or Se	ction 30(n) of the in	vestme	nt Con	npany Act of 1	940					
Name and Address of Reporting Person* Hellyar Mary Jane					er Name and Ticker TMAN KOD					ationship of Reporting all applicable)	ng Person(s) to Issuer			
Hellyar Mary	<u>Jane</u>							,		Director	10% C			
(Last)	(First)	(Middle)		3. Date 08/14/	of Earliest Transac	tion (Mo	onth/D	ay/Year)	_ X	Officer (give title below)	Other (specify below)			
343 STATE STREET					2000					Senior vio	ce President			
(Street)				4. If Am	nendment, Date of C	Original	Filed (Month/Day/Ye	Line)	6. Individual or Joint/Group Filing (Check Applicable Line)				
ROCHESTER	NY	14650									X Form filed by One Reporting Person			
(City)	(State)	(Zip)								Form filed by Mor Person	orting			
		Table I - No	n-Deriva	ative S	ecurities Acq	uired,	Dis	oosed of, o	r Bene	ficially (Owned			
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities A Disposed Of (Acquired D) (Instr.	(A) or 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
						Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock			08/14/	/2006		F		5,070(1)	D	\$19.25	29,799 ⁽²⁾	D		
Common Stock											23.6967	I	by Trustee of ESOP	
Common Stock											42	I	Shares held by spouse	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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)		5. Number of		6. Date Exerci Expiration Dat (Month/Day/Ye	te	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 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 Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option (right to buy)	\$31.3							(3)	04/03/2007	Common Stock	3,000		3,000	D	
Option (right to buy)	\$31.3							(3)	03/31/2008	Common Stock	3,000		3,000	D	
Option (right to buy)	\$31.3							(3)	03/11/2009	Common Stock	273		273	D	
Option (right to buy)	\$31.3							(3)	03/31/2009	Common Stock	3,750		3,750	D	
Option (right to buy)	\$31.3							(3)	05/02/2009	Common Stock	2,000		2,000	D	
Option (right to buy)	\$31.3							(3)	03/29/2009	Common Stock	8,000		8,000	D	
Option (right to buy)	\$31.3							(3)	01/11/2011	Common Stock	6,333		6,333	D	
Option (right to buy)	\$31.3							(3)	11/15/2011	Common Stock	13,800		13,800	D	
Option (right to buy)	\$36.66							(5)	11/21/2012	Common Stock	16,830		16,830	D	
Option (right to buy	\$24.49							(5)	11/18/2010	Common Stock	5,000		5,000	D	
Option (right to buy)	\$31.71							(5)	12/09/2011	Common Stock	5,000		5,000	D	

	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														
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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)				7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 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 Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option (right to buy)	\$31.52							(5)	01/16/2012	Common Stock	10,000		10,000	D	
Option (right to buy)	\$26.47							(5)	05/31/2012	Common Stock	50,000		50,000	D	
Option (right to buy) ⁽⁴⁾	\$24.75							(5)	12/06/2012	Common Stock	16,750		16,750	D	
Restricted Stock Units ⁽⁶⁾	(7)							12/31/2006 ⁽⁸⁾	12/31/2006 ⁽⁸⁾	Common Stock	1,482.97		1,482.97	D	
Option (right to buy)	\$31.3							(3)	04/01/2008	Common Stock	67		67	I	Options held by spouse
Option (right to buy)	\$31.3							(3)	03/12/2010	Common Stock	67		67	I	Options held by spouse

Explanation of Responses:

- 1. Payment of FICA taxes.
- 2. Some of these shares are restricted.
- 3. These options have vested.
- ${\bf 4.\ Stock\ option\ granted\ under\ the\ 2005\ Omnibus\ Long-Term\ Compensaton\ Plan.}$
- 5. These options vest one-third on each of the first three anniversaries of the grant date.
- 6. Theses units granted under the 2000 Omnibus Long-Term Compensation Plan; Leadership Stock Program, 2004-2005 cycle.
- 7. These units convert on a one-for-one basis.
- 8. This is the date these restricted stock units will vest.

Remarks:

<u>Laurence L. Hickey, as</u> <u>attorney-in-fact for Mary Jane</u> 08/14/2006 <u>Hellyar</u>

** Signature of Reporting Person Date

 $\label{lem:Reminder:Report on a separate line for each class of securities beneficially owned directly or indirectly.$

- * 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.