FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

obligations may co Instruction 1(b).	ntinue. See		File		nt to Section 16(a) ction 30(h) of the Ir					4	hou	irs per response:	0.5		
1. Name and Address Haag Joyce P		r Name and Ticker [MAN KOD]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner V Officer (give title Other (specifi								
					of Earliest Transac 2009	tion (Mo	onth/Da	ay/Year)		X Onicer (give title Outer (specify below) below) Senior Vice President					
(Street) ROCHESTER NY 14650					endment, Date of C	Driginal I	Filed (I	Month/Day/Yea	6.	 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person 					
(City)	(State)	(Zip)	n Doriu	ative S		uirad	Dia	noood of a	ficially	ially Oursed					
Table I - Non-Der 1. Title of Security (Instr. 3) 2. Trans Date (Month)					2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (1 8)	ction	4. Securities A Disposed Of (I	cquired (A) or	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
					Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)			
Common Stock											12,521.01	D			
Common Stock											5,230.9779	Ι	By Trustee in 401(k)		
Common Stock											23.6967	I	By Trustee in ESOP		
Common Stock											4,110.8546	I	By Trustee in Spouse's 401(k)		
Common Stock											100	I	By Trustee in IRA		
Common Stock											100	I	By Spouse		
Common Stock											100(1)	I	By adult children		
Common Stock											733	I	As a Trustee of Gull Rock Foundation, Inc.		
Common Stock											4,300	I	As co- Manager of Pluta Family, LLC		
		Table II -	Deriva	tive Se	curities Acqu	ired, I	Disp	osed of, or	Benef	icially	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)				6. Date Exerci Expiration Dat (Month/Day/Ye	e	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)	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		(Instr. 4)		
Option (right to buy)	\$31.3							(2)	03/29/2010	Common Stock	2,934		2,934	D	
Option (right to buy)	\$31.3							(2)	01/11/2011	Common Stock	3,667		3,667	D	
Option (right to buy)	\$31.3							(2)	11/15/2011	Common Stock	6,500		6,500	D	
Option (right to buy)	\$36.66							(2)	11/21/2012 ⁽³⁾	Common Stock	6,875		6,875	D	
Option (right to buy)	\$26.47							(3)	05/31/2012	Common Stock	30,833		30,833	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. Transa Code (8)		Derivative Expir		Expiration Dat	Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable			Amount or Number of Shares		(Instr. 4)		
Option (right to buy)	\$27.06							(3)	06/29/2012	Common Stock	10,000		10,000	D	
Option (right to buy) ⁽⁴⁾	\$24.75							(3)	12/06/2012	Common Stock	12,400		12,400	D	
Option (right to buy) ⁽⁴⁾	\$25.88							(3)	12/11/2013	Common Stock	41,580		41,580	D	
Option (right to buy) ⁽⁴⁾	\$23.28							(3)	12/10/2014	Common Stock	49,460		49,460	D	
Option (right to buy) ⁽⁴⁾	\$7.41							(3)	12/08/2015	Common Stock	93,530		93,530	D	
Restricted Stock Units ⁽⁵⁾	(6)							12/31/2009 ⁽⁸⁾	12/31/2009 ⁽⁸⁾	Common Stock	10,126.6061		10,126.6061	D	
Restricted Stock Units ⁽⁷⁾	(6)							12/31/2011 ⁽⁸⁾	12/31/2011 ⁽⁸⁾	Common Stock	11,840		11,840	D	
Restricted Stock Units	(6)	09/28/2009		А		130,430		(9)	(9)	Common Stock	130,430	\$0	130,430	D	
Option (right to buy)	\$31.3							(2)	03/12/2010	Common Stock	67		67	I	Options held by Spouse

Explanation of Responses:

1. The reporting person disclaims beneficial ownership of these securities, and this report shall not be deemed an admission that the reporting person is the beneficial owner of the securities for purposes of Section 16 or for any other purposes.

2. These Options have vested.

3. These options vest one-third on each of the first three anniversaries of the grant date.

4. Stock option granted under the 2005 Omnibus Long-Term Compensaton Plan.

5. Theses units granted under the 2005 Omnibus Long-Term Compensation Plan; Leadership Stock 2007 cycle.

6. These units convert on a one-for-one basis.

7. The effective date for these restricted stock units is January 1, 2009.

8. This is the date these restricted stock units will vest.

9. These units vest 50% on both the 3rd and 4th anniversary of the grant date.

Remarks:

Patrick M. Sheller, as attorneyin-fact for Joyce P. Haag

09/30/2009

** Signature of Reporting Person

Date

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.