## SEC Form 4

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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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Pluta Family, LLC

				or S	ection 30(h) of the	Investm	ent Co	ompany Act of	1940							
1. Name and Address of Reporting Person <sup>*</sup> <u>Haag Joyce P</u>					uer Name <b>and</b> Tick STMAN KOI					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner V Officer (give title Other (speci						
(Last) 343 STATE ST	(First) REET	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 02/20/2006								X Officer (give title Other (specify below) below) Senior Vice President				
(Street) ROCHESTER (City)	NY (State)	14650 (Zip)		4. If Amendment, Date of Original Filed (Month/Day/Year)								i. Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Table I - No	on-Deriv	ative	Securities Ac	quired	d, Dis	sposed of,	or Be	nefic	iall	y Owned				
Date			2. Transact Date (Month/Day		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)					and 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												5,230.9779	I	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												23.6967	I	By Trustee in Spouse's ESOP		
Common Stock												100	I	By Trustee in IRA		
Common Stock												100	I	By Spouse		
Common Stock												100 <sup>(1)</sup>	I	By adult children		
Common Stock												733	I	As a Trustee of Gull Rock Foundation, Inc.		
														As co- Manager of		

Common Stock

 
 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)		Secu Acqu (A) o Dispo of (D)	vative vities vired r osed ) r. 3, 4	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							(2)	03/28/2006	Common Stock	1,200		1,200	D	
Option (right to buy)	\$31.3							(2)	04/03/2007	Common Stock	1,760		1,760	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)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration Date		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							(2)	03/17/2008	Common Stock	97		97	D	
Option (right to buy)	\$31.3							(2)	04/01/2008	Common Stock	2,200		2,200	D	
Option (right to buy)	\$31.3							(2)	05/04/2008	Common Stock	600		600	D	
Option (right to buy)	\$31.3							(2)	03/11/2009	Common Stock	241		241	D	
Option (right to buy)	\$31.3							(2)	03/31/2009	Common Stock	2,200		2,200	D	
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)	\$ <mark>36.66</mark>							(3)	11/21/2011	Common Stock	6,875		6,875	D	
Option (right to buy)	\$26.47							(3)	05/31/2012	Common Stock	30,833		30,833	D	
Option (right to buy)	\$27.06							(3)	06/29/2012	Common Stock	10,000		10,000	D	
Option (right to buy)	\$27.06							(3)	06/29/2012	Common Stock	10,000		10,000	D	
Option (right to buy) <sup>(4)</sup>	\$24.75							(3)	12/06/2012	Common Stock	12,400		12,400	D	
Restricted Stock Units <sup>(5)</sup>	(6)	02/20/2006		A		663		12/31/2006 <sup>(7)</sup>	12/31/2006 <sup>(7)</sup>	Common Stock	663	\$26.41	663	D	
Option (right to buy)	\$31.3							(2)	04/01/2008	Common Stock	67		67	I	Options held by Spouse
Option (right to buy)	\$31.3							(2)	03/12/2010	Common Stock	67		67	Ι	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 2000 Omnibus Long-Term Compensation Plan; Leadership Stock Program, cycle 2004-2005.

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

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

**Remarks:** 

<u>Laurence L. Hickey, as</u> <u>attorney-in-fact for Joyce P.</u> <u>Haag</u>

03/16/2006

Date

\*\* Signature of Reporting Person

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\ast}$  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.