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

OMB APPROVAL										
OMB Number:	3235-0287									
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1. Name and Address of Reporting Person* Haag Joyce P (Last) (First) 343 STATE STREET					uer Name and Ticke <u>TMAN KOI</u> e of Earliest Transa 2/2010	DAK	<u>CO</u>	[EK]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) Senior Vice President				
(Street) ROCHESTER (City)	NY (State)	14650 (Zip)		4. If A	mendment, Date of	Origina	l Filed	(Month/Day/Y		 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person 				
1. Title of Security	(Instr. 3)	Table I - No	2. Transac		Securities Act	3.		4. Securities A	(A) or	r 5. Amount of 6. Ownership 7. Nature of				
				ıy/Year)	Execution Date, if any (Month/Day/Year)	Transa Code (8)	Instr.	5)			Securities Beneficially Owned Following Reported	Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial Ownership (Instr. 4)	
						Code	v	Amount (A) or (D) P		Price	Transaction(s) (Instr. 3 and 4)			
Common Stock											18,998.01	D		
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											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 - 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. Numl of Derivati Securiti Acquire (A) or Dispose of (D) (I 3, 4 and	ive ies ed ed nstr.	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)	03/29/2010	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	

	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)				of Expiration Date (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr.		te of Securities		8. Price of Derivative Security (Instr. 5)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v			Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
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) ⁽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 ⁽⁶⁾	(5)							12/31/2011 ⁽⁷⁾	12/31/2011 ⁽⁷⁾	Common Stock	11,840		11,668.32 ⁽⁸⁾	D	
Restricted Stock Units	(5)							(9)	(9)	Common Stock	130,430		130,430	D	
Restricted Stock Units ⁽¹⁰⁾	(5)	02/22/2010		A		20,128		12/31/2011 ⁽⁷⁾	12/31/2011 ⁽⁷⁾	Common Stock	20,128	\$0	20,128	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. These units convert on a one-for-one basis.

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

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

8. On November 30, 2009 - 171.68 units were deducted to pay year end FICA.

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

10. These are units earned under the Company's Leadership Stock Program for the 2009 performance cycle.

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

Remarks:

Patrick M. Sheller, as attorney-02/24/2010 in-fact for Joyce P. Haag

** Signature of Reporting Person

Date

 \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.

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