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Pickens Ray Form 4										
November (_								OMB AF	PROVAL
FORM	14 UNITED	STATES					ANGE CO	OMMISSION	OMB Number:	3235-0287
Subject to Section 16. Form 4 or			Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHIP SECURITIES Section 16(a) of the Securities Exchange Act of 19						Expires: Estimated a burden hour response	•
obligatio may con <i>See</i> Instr 1(b). (Print or Type	ons Section 17(nuction	a) of the	Public U	tility Ho	lding Co	mpan	•	1935 or Section		
1. Name and A Pickens Ra	Address of Reporting ymond L	Person <u>*</u>	Symbol	r Name an O, INC.			8	5. Relationship of I Issuer		
(Last) 200 HOLL	(First) (1 EDER PARKWA	Middle) Y		f Earliest 7 Day/Year) 2018	Fransactior	1		Director X Officer (give t below)		Owner er (specify
ROCHEST	(Street) ER, NY 14615			endment, D nth/Day/Yea	-	al		6. Individual or Joi Applicable Line) _X_ Form filed by Ou Form filed by Mo	ne Reporting Pe	rson
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	e Secu		Person ired, Disposed of,	or Beneficial	lv Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		ned 1 Date, if	3. Transactic Code (Instr. 8)		ties Ad sed of 4 and (A) or	cquired (A) (D)		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock								1,304	D	
Comon Stock	10/30/2018			М	4,000	А	\$ 44.49	5,304	D	
Common Stock	10/30/2018			S	4,000	D	\$ 75.0087	1,304	D	
Common Stock	10/30/2018			М	3,750	А	\$ 61.41	5,054	D	
Common Stock	10/30/2018			S	3,750	D	\$ 75.0087	1,304	D	

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Common Stock	10/30/2018	М	2,000	А	\$ 69.3	3,304	D
Common Stock	10/30/2018	S	2,000	D	\$ 75.0087	1,304	D
Common Stock	10/30/2018	М	500	A	\$ 50.48	1,804	D
Common Stock	10/30/2018	S	500	D	\$ 75.0087	1,304	D

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

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 control number.

 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. Transactic Code (Instr. 8)	5. Number onof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. D S (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Options (Right to Buy)	\$ 44.49	10/30/2018		М	1,000	05/16/2014	05/16/2019	Common Stock	1,000	
Options (Right to Buy)	\$ 44.49	10/30/2018		М	1,000	05/16/2015	05/16/2019	Common Stock	1,000	
Options (Right to Buy)	\$ 44.49	10/30/2018		М	1,000	05/16/2016	05/16/2019	Common Stock	1,000	
Options (Right to Buy)	\$ 44.49	10/30/2018		М	1,000	05/16/2017	05/16/2019	Common Stock	1,000	
Options (Right to Buy)	\$ 61.41	10/30/2018		М	1,250	05/13/2016	05/13/2021	Common Stock	1,250	
	\$ 61.41	10/30/2018		М	1,250	05/13/2017	05/13/2021		1,250	

Options (Right to Buy)							Common Stock	
Options (Right to Buy)	\$ 61.41	10/30/2018	М	1,250	05/13/2018	05/13/2021	Common Stock	1,250
Options (Right to Buy)	\$ 69.3	10/30/2018	М	1,000	05/11/2017	05/11/2022	Common Stock	1,000
Options (Right to Buy)	\$ 69.3	10/30/2018	М	1,000	05/11/2018	05/11/2022	Common Stock	1,000
Options (Right to Buy)	\$ 50.48	10/30/2018	М	500	05/11/2018	05/11/2023	Common Stock	500

Reporting Owners

Reporting Owner Name / Address		Relationships		
	Director	10% Owner	Officer	Other
Pickens Raymond L 200 HOLLEDER PARKWAY ROCHESTER, NY 14615			Divisional Vice President	
Signatures				

/s/ Raymond L. Pickens <u>**Signature of Reporting</u> 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Person