FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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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

	ddress of Reporting	Person [*]		2. Issuer Name and Tick	•	•		tionship of Reporting Person(s) to Issuer all applicable) Director 10% Owner			
(Last) C/O CONMI					action (Month/	Day/Year)	x	Officer (give title below)		(specify	
525 FRENCH ROAD				If Amendment, Date o	of Original Filed	l (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street)							X	Form filed by One	e Reporting Per	son	
UTICA	NY	13502						Form filed by Mor Person	e than One Rep	oorting	
(City)	(State)	(Zip)									
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
Date			2. Transaction Date (Month/Day/Ye	Execution Date,	3. Transaction	4. Securities Acquired (Disposed Of (D) (Instr. 3 and 5)		5. Amount of Securities Beneficially	6. Ownership Form: Direct	7. Nature of Indirect Beneficial	

	(Month/Day/Year)	(Month/Day/Year)			and 5)			Owned Following	(D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(1150.4)	(1150.4)
Common Stock	05/14/2012		М		10,000	Α	\$25.89	26,916	D	
Common Stock	05/14/2012		S		10,000	D	\$28	16,916	D	

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

			(e.g., p	buis, ca	ms,	, wa	mants	, opuons,	converu	Die seci	unues)				
1. Title of Derivative Security (Instr. 3)		3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transact Code (In 8)		of Deri Sec Acq (A) Disj of (I	posed D) tr. 3, 4	(Month/Day/Year) S L S S		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				
Options To Purchase Common Stock	\$ 25.89	05/14/2012		М			10,000	(1)	05/14/2012	Common Stock	10,000	\$0	0	D	

Explanation of Responses:

1. 5 year vesting schedule, 20% each year starting 5/14/2003

Daniel S. Jonas for William	
Abraham by Power of	
Attorney	

05/15/2012

** 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.