VANGRAAFEILAND GARY P

Form 4

January 18, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB 3235-0287 Number:

Estimated average

burden hours per

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

response... 0.5

1(b).

Stock

Stock

Common

(Print or Type Responses)

1. Name and Address of Reporting Person * VANGRAAFEILAND GARY P			2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer				
			EASTM	AN KOD	AK CO	[EK]	(Che	eck all applicable	e)		
(Last)	(First) ((Middle)	3. Date of	Earliest Tra	ansaction						
			(Month/Da	ay/Year)			Director	109	6 Owner		
343 STATE	ESTREET		01/16/20	005			_X_ Officer (gibelow) GC, S	ve title Oth below) enior Vice President	er (specify		
	(Street)		4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check				
ROCHEST	ER, NY 14650		Filed(Mon	th/Day/Year)				One Reporting Po			
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securities Ac	quired, Disposed	of, or Beneficia	lly Owned		
1.Title of	2. Transaction Da	te 2A. Dee	emed	3.	4. Securi	ties	5. Amount of	6. Ownership	7. Nature of		
Security	(Month/Day/Year) Execution	on Date, if	Transactio	onAcquired	(A) or	Securities	Form: Direct	Indirect		
(Instr. 3)		any		Code	Disposed	of (D)	Beneficially	(D) or	Beneficial		
		(Month/	/Day/Year)	(Instr. 8) Code V	(Instr. 3,	4 and 5) (A) or (D) Price	Owned Following Reported Transaction(s) (Instr. 3 and 4)	Indirect (I) (Instr. 4)	Ownership (Instr. 4)		
Common							24 (22 (1)	_			

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

24,628 (1)

46.413

D

I

By Trustee

of ESOP

$\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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. Transacti Code (Instr. 8)	iorDeriv Secu Acqu or Di (D)	urities uired (A) Disposed of tr. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount o Number o Shares
Option (right to buy)	\$ 31.3						<u>(2)</u>	02/14/2004	common stock	5,067
Option (right to buy)	\$ 31.3						<u>(2)</u>	04/19/2005	common stock	10,000
Option (right to buy)	\$ 31.3						<u>(2)</u>	03/28/2006	common stock	9,200
Option (right to buy)	\$ 31.3						<u>(2)</u>	03/12/2007	common stock	414
Option (right to buy)	\$ 31.3						(2)	04/03/2007	common stock	9,600
Option (right to buy)	\$ 31.3						<u>(2)</u>	03/01/2008	common stock	5,000
Option (right to buy)	\$ 31.3						(2)	03/12/2008	common stock	289
Option (right to buy)	\$ 31.3						(2)	04/01/2008	common stock	11,500
Option (right to buy)	\$ 31.3						(2)	03/11/2009	common stock	593
Option (right to buy)	\$ 31.3						(2)	03/31/2009	common stock	11,500
Option (right to buy)	\$ 31.3						(2)	03/29/2010	common stock	15,333

Option (right to buy)	\$ 31.3				11/16/2004	11/15/2011	common stock	23,000
Option (right to buy)	\$ 36.66				(3)	11/21/2012	common stock	28,750
Option (right to buy)	\$ 24.49				(3)	11/18/2010	common stock	14,750
Option (right to buy)	\$ 31.71				(3)	12/09/2011	Common Stock	14,750
Resticted Share Units	<u>(4)</u>				<u>(5)</u>	<u>(5)</u>	common stock	9,589.4
Resticted Share Units (6)	<u>(4)</u>	01/16/2005	F	205.55 (7)	<u>(5)</u>	<u>(5)</u>	common stock	205.5
Share Units	<u>(4)</u>				<u>(5)</u>	(5)	common stock	5,201.7
Share Units	<u>(4)</u>				(5)	(5)	common stock	5,523.8
Share Units	<u>(4)</u>				<u>(5)</u>	(5)	Common Stock	5,802.5
Resticted Stock Units	<u>(4)</u>				<u>(5)</u>	<u>(5)</u>	Common Stock	4,913.3.
Resticted Stock Units	<u>(4)</u>				<u>(5)</u>	<u>(5)</u>	common stock	5,080.5
Resticted Stock Units	<u>(4)</u>				(5)	(5)	Common Stock	5,213.7
Phantom Stock Units	<u>(4)</u>				<u>(5)</u>	(5)	common stock	2,226.6
Phantom Stock Units	<u>(4)</u>				<u>(5)</u>	<u>(5)</u>	common stock	2,302.3

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners 3

Director 10% Owner Officer Other

VANGRAAFEILAND GARY P 343 STATE STREET ROCHESTER, NY 14650

GC, Senior Vice President

Signatures

Laurence L. Hickey, as attorney-in-fact for Gary P. VanGraafeiland

01/18/2005

**Signature of Reporting Person

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).
- (1) Some of these shares are restricted.
- (2) These options have vested.
- (3) These options vest one-third on each of the first three anniversaries of the date of the grant.
- (4) These units convert on a one-to-one basis.
- (5) This date is not applicable to these units.
- (6) The restricted award and dividend equivalents are being reported separately to reflect that the award is restricted and the dividend equivalents are not restricted.
- (7) Payment of FICA taxes.

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.

Signatures 4