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	IOWARD M									
Form 4 August 25, 2	2008									
FORN									OMB AF	PPROVAL
	4 UNITED S	STATES		ITIES A hington,			NGE C	OMMISSION	OMB Number:	3235-0287
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).				GES IN I SECUR	BENEFI ITIES e Securit ling Con	e Act of 1934, 1935 or Sectior	PF Expires: January 31 2005 Estimated average burden hours per response 0.5			
(Print or Type	Responses)									
	Address of Reporting F HOWARD M	Person <u>*</u>	Symbol	Name and MFG & E ESP]			0	5. Relationship of Issuer (Checl	Reporting Pers	
(Last) 5 LONGWO	(First) (MOOD DRIVE	liddle)	3. Date of (Month/D 08/22/20	-	ansaction			X Director X Officer (give below)		Owner er (specify
SARATOG	(Street)	12866		ndment, Dat th/Day/Year)	-	l		6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M	int/Group Filin me Reporting Pe	rson
(City)		(Zip)	Tabl	I Nor D	:	G	•••••••	Person		les Oerre d
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deen Execution any	ned	3. Transactio Code (Instr. 8) Code V	4. Securit n(A) or Di (Instr. 3,	ties A spose	cquired d of (D)	uired, Disposed of 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of
Common Stock - \$.33 1/3 par value								26,435	I	ESOP Trust
Common Stock - \$.33 1/3 par value	08/21/2008			S	11	D	\$ 21.38	0	D	
Common Stock - \$.33 1/3 par value	08/22/2008			S	989	D	\$ 21.38	75,943	D	

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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. orNumber of 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. Prio Deriv Secur (Instr.
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option	\$ 11.25					08/20/2006	08/16/2014	Common Stock	2,000	
Stock Option	\$ 17.36					10/13/2007	10/13/2015	Common Stock	4,000	
Stock Option	\$ 17.8					05/19/2008	05/19/2016	Common Stock	4,000	
Stock Option	\$ 18.29					02/21/2009	02/21/2017	Common Stock	4,000	
Stock Option	\$ 21.54					05/23/2010	05/23/2018	Common Stock	4,000	

Reporting Owners

Reporting Owner Name / A	ddress	Relationships						
	Director	10% Owner	Officer	Other				
PINSLEY HOWARD M 5 LONGWOOD DRIVE SARATOGA SPRINGS, N	X Y 12866		President/CEO/COB					
Signatures								
/s/ Howard Pinsley	08/22/2008							

<u>**</u>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).

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.