

## 13F Information Table

3/31/2010

Description	CUSIP	Current Value	Quantity	Type	Invest Discre	Other Mgrs
3M Company	88579Y101	1,831	21,910	SH	SOLE	NONE
A G L Resources Inc	001204106	39	1,000	SH	SOLE	NONE
A T & T Corp.	00206R102	1,086	42,035	SH	SOLE	NONE
ABB AG ORD CHF	00256X991	218	10,000	SH	SOLE	NONE
Abbott Labs	002824100	1,834	34,809	SH	SOLE	NONE
ADC Telecom	000886101	9	1,169	SH	SOLE	NONE
Advance Auto Parts Inc	00751Y106	812	19,360	SH	SOLE	NONE
Alcon Inc	H01301102	16	100	SH	SOLE	NONE
Amazon.Com, Inc.	023135106	68	500	SH	SOLE	NONE
Ameren Corp (Hldg Co)	023608102	52	2,000	SH	SOLE	NONE
American Intern'l Group	026874107	3	100	SH	SOLE	NONE
Anadarko Petroleum	032511107	1,968	27,020	SH	SOLE	NONE
Apache Corp	037411105	1,875	18,475	SH	SOLE	NONE
Apple Computer	037833100	120	512	SH	SOLE	NONE
Applied Materials Inc	038222105	924	68,579	SH	SOLE	NONE
Astropower Inc Xxx	04644A101	1	150	SH	SOLE	NONE
Automatic Data Processing	053015103	259	5,833	SH	SOLE	NONE
Autozone Inc	053332102	234	1,350	SH	SOLE	NONE
B M C Software Inc	055921100	1,469	38,645	SH	SOLE	NONE
B P Prudhoe Bay Rlty Tr	055630107	20	200	SH	SOLE	NONE
Badger Meter	056525108	1	20	SH	SOLE	NONE
Bank of America Corp	060505104	11	600	SH	SOLE	NONE
Bank of NY Co Inc	064057102	57	1,843	SH	SOLE	NONE
Barrick Gold Corp	067901108	82	2,150	SH	SOLE	NONE
Baxter Intern'l Inc.	071813109	1,395	23,967	SH	SOLE	NONE
Becton Dickinson	075887109	1,212	15,400	SH	SOLE	NONE
Berkshire Hathaway Cl A	084670108	122	1	SH	SOLE	NONE
Berkshire Hathaway Cl B	084670207	885	10,893	SH	SOLE	NONE
Biogen IDEC Inc	09062X103	1,741	30,335	SH	SOLE	NONE
Blkrck Muniyield Qlty Fd	09254F100	26	1,900	SH	SOLE	NONE
Boston Scientific Corp	101137107	36	5,000	SH	SOLE	NONE
BP Amoco Plc ADR	055622104	15,509	271,754	SH	SOLE	NONE
Bp Plc Ord	G12793108	25	2,624	SH	SOLE	NONE
Brady Corp Cl A	104674106	62	2,000	SH	SOLE	NONE
Bristol-Myers Squibb	110122108	139	5,200	SH	SOLE	NONE
C V S Corp Del	126650100	13	342	SH	SOLE	NONE
Canadian National Railway	136375102	69	1,145	SH	SOLE	NONE
Carefusion Corp	14170T101	31	1,167	SH	SOLE	NONE
Carolina Power and Light	144141108	3	50	SH	SOLE	NONE
Cemex Sa ADR New	151290889	258	25,296	SH	SOLE	NONE
Cenovus Energy Inc	15135U109	1,399	53,370	SH	SOLE	NONE
Centerpoint Energy Inc	15189T107	199	13,850	SH	SOLE	NONE

Cerner Corp.	156782104	5,769	67,925 SH	SOLE	NONE
Check Pt Software Tech	M22465104	2,469	70,400 SH	SOLE	NONE
Chevrontexaco Corp	166764100	664	8,755 SH	SOLE	NONE
Cigna Corp.	125509109	37	1,000 SH	SOLE	NONE
Cisco Systems Inc.	17275R102	1,136	43,649 SH	SOLE	NONE
Citigroup	172967101	202	49,769 SH	SOLE	NONE
Clorox Co.	189054109	13,578	211,699 SH	SOLE	NONE
Coca Cola Company	191216100	376	6,839 SH	SOLE	NONE
Cognizant Tech Sol Cl A	192446102	5	100 SH	SOLE	NONE
Colgate Palmolive	194162103	108	1,272 SH	SOLE	NONE
Comcast Corp New Cl A	20030N101	2	100 SH	SOLE	NONE
Comcast CP New Cl A	20030N200	35	1,972 SH	SOLE	NONE
Con Edison Co of NY	209111103	2,067	46,404 SH	SOLE	NONE
ConocoPhillips	20825C104	2	40 SH	SOLE	NONE
Conocophillips	20825C104	4,334	84,693 SH	SOLE	NONE
Corning Inc.	219350105	47	2,338 SH	SOLE	NONE
Daimlerchrysler A G	D1668R123	18	386 SH	SOLE	NONE
Devon Energy Corp New	25179M103	60	928 SH	SOLE	NONE
Dionex Corp.	254546104	150	2,000 SH	SOLE	NONE
Disney (Walt)	254687106	49	1,400 SH	SOLE	NONE
Du Pont De Nemours	263534109	70	1,875 SH	SOLE	NONE
E M C Corp	268648102	701	38,846 SH	SOLE	NONE
Earthshell Corp	27032B209	1	141 SH	SOLE	NONE
Eastman Kodak	277461109	2	300 SH	SOLE	NONE
Ebara Corp	J12600128	5	1,000 SH	SOLE	NONE
Eclipsys Corp	278856109	517	26,010 SH	SOLE	NONE
Eli Lilly	532457108	298	8,235 SH	SOLE	NONE
Encana Corp	292505104	1,659	53,450 SH	SOLE	NONE
Ensco Int'l Inc	26874Q100	184	4,100 SH	SOLE	NONE
Evergreen Solar Inc	30033R108	2	1,400 SH	SOLE	NONE
Exxon Mobil Corporation	30231G102	3,582	53,476 SH	SOLE	NONE
FDX Corp	31428X106	56	600 SH	SOLE	NONE
First Israel Fund Inc.	32063L100	7	400 SH	SOLE	NONE
First Solar Inc	336433107	7	60 SH	SOLE	NONE
Fiserv Inc.	337738108	41	805 SH	SOLE	NONE
Flextronics Intl Ltd	Y2573F102	1,180	150,505 SH	SOLE	NONE
Flow International Corp	343468104	9	2,850 SH	SOLE	NONE
Flowserve Corporation	34354P105	5	45 SH	SOLE	NONE
Ford Motor Company	345370860	3	200 SH	SOLE	NONE
Fresenius Med Care Adr	358029106	28	500 SH	SOLE	NONE
Frontline Ltd Com	G3682E127	9	290 SH	SOLE	NONE
Gamesa Cp Tech New Ord	E54667113	1,896	138,070 SH	SOLE	NONE
General Electric	369604103	1,768	97,128 SH	SOLE	NONE
Genuine Parts	372460105	422	10,000 SH	SOLE	NONE
Gilead Sciences Inc	375558103	127	2,800 SH	SOLE	NONE
Glaxosmithkline Plc Adrf	832378301	31	800 SH	SOLE	NONE
Google Inc Class A	38259P508	62	110 SH	SOLE	NONE
Gorman Rupp Company	383082104	560	22,000 SH	SOLE	NONE
Green Mountain Coffee	393122106	29	300 SH	SOLE	NONE
Gulfmark Offshore Inc	402629109	27	1,000 SH	SOLE	NONE
Hain Foods	405217100	83	4,750 SH	SOLE	NONE
Hansen Medical Inc	411307101	5	2,000 SH	SOLE	NONE

Harley Davidson, Inc	412822108	1	25 SH	SOLE	NONE
Heinz (H.J.)	423074103	2,557	56,067 SH	SOLE	NONE
Hubbell Inc. Cl. B	443510201	953	18,890 SH	SOLE	NONE
Hydrogenics	448883207	3	703 SH	SOLE	NONE
Id Systems Inc	449489103	1	150 SH	SOLE	NONE
Idacorp Inc	451107106	1,350	39,008 SH	SOLE	NONE
Idearc Inc	451663108	1	45 SH	SOLE	NONE
Immersion Corp	452521107	3	500 SH	SOLE	NONE
Immunogen Inc.	45253H101	8	1,000 SH	SOLE	NONE
Immunovaccine Inc	45254B103	57	42,260 SH	SOLE	NONE
Intel Corp.	458140100	186	8,337 SH	SOLE	NONE
International Business Ma	459200101	3,573	27,858 SH	SOLE	NONE
Ishares Msci Jpn Idx Fd	464286848	21	2,000 SH	SOLE	NONE
Ishares Tr Comex Gold	464285105	8	69 SH	SOLE	NONE
Isis Pharmaceuticals	464330109	2	200 SH	SOLE	NONE
Itron Inc New	465741106	4,561	62,855 SH	SOLE	NONE
J.P. Morgan Chase & Co	46625H100	120	2,677 SH	SOLE	NONE
Jetblue Airways Corp	477143101	181	32,500 SH	SOLE	NONE
Johnson & Johnson	478160104	5,243	80,408 SH	SOLE	NONE
Kadant Inc	48282T104	3	200 SH	SOLE	NONE
Kimberly-Clark	494368103	582	9,250 SH	SOLE	NONE
Kyocera Ltd Adr	501556203	8,018	82,474 SH	SOLE	NONE
Lab Cp Of Amer Hldg New	50540R409	42	550 SH	SOLE	NONE
Lexicon Pharmaceuticals	528872104	19	12,900 SH	SOLE	NONE
Lihir Gold Ltd Adr	532349107	3	100 SH	SOLE	NONE
Lionbridge Tech Inc	536252109	4	1,000 SH	SOLE	NONE
Lowe's Cos.	548661107	49	2,020 SH	SOLE	NONE
McDonald's Corp.	580135101	133	1,989 SH	SOLE	NONE
McKesson Corp.	581556107	702	10,675 SH	SOLE	NONE
Medical Action Inds Inc	58449L100	777	63,350 SH	SOLE	NONE
Medtronic Inc.	585055106	7,913	175,723 SH	SOLE	NONE
Memc Electrnc Materials	552715104	1,704	111,150 SH	SOLE	NONE
Merchant's Bancshares inc	588448100	2	100 SH	SOLE	NONE
Merck & Co.	589331107	165	4,423 SH	SOLE	NONE
Meridian Resource Corp	58977Q109	1	2,000 SH	SOLE	NONE
Met-Pro Corp	590876306	15	1,483 SH	SOLE	NONE
Microsoft Corp.	594918104	932	31,810 SH	SOLE	NONE
Montana Power Company	612085100	3	200 SH	SOLE	NONE
Myr Group Inc	55405W104	1,184	72,607 SH	SOLE	NONE
NACCO Ind	629579103	24	325 SH	SOLE	NONE
Nalco Chemical	629853102	1	55 SH	SOLE	NONE
National Oilwell Varco	669930109	9	224 SH	SOLE	NONE
NCR Corp	62886E108	801	58,054 SH	SOLE	NONE
New York Cmnty Bancorp	649445103	26	1,600 SH	SOLE	NONE
New York Times Cl A	650111107	304	27,305 SH	SOLE	NONE
Newmont Mining Corp.	651639106	41	800 SH	SOLE	NONE
Newpark Resources Inc	651718504	11	2,000 SH	SOLE	NONE
NICOR Inc.	654086107	3	75 SH	SOLE	NONE
Nokia	654902204	155	10,000 SH	SOLE	NONE
Nortel Networks	656568102	1	70 SH	SOLE	NONE
Northwest Natural Gas Co	667655104	5	100 SH	SOLE	NONE
Novartis A G Spon Adr	66987V109	8,206	151,675 SH	SOLE	NONE

Novo Nordisk A/S ADR	670100205	1,321	17,130 SH	SOLE	NONE
Nstar	67019E107	11	315 SH	SOLE	NONE
Nuveen NY Div Adv Munu Fd	67070A101	64	4,700 SH	SOLE	NONE
O Reilly Automotive Inc	686091109	48	1,150 SH	SOLE	NONE
Oracle Systems Corp.	68389X105	3	135 SH	SOLE	NONE
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE
Owens & Minor Inc.	690730106	104	2,250 SH	SOLE	NONE
Paychex Inc	704326107	15	500 SH	SOLE	NONE
Pepsico Inc.	713448108	430	6,501 SH	SOLE	NONE
Perkinelmer Inc	714046109	79	3,298 SH	SOLE	NONE
Petroleo Brasileiro Adrf	71654V408	1	14 SH	SOLE	NONE
Pfizer Inc.	717081103	403	23,488 SH	SOLE	NONE
Piedmont Natural Gas Inc	720186105	22	800 SH	SOLE	NONE
Plum Creek Timber L.P.	729237107	12	312 SH	SOLE	NONE
Polycom Inc	73172K104	4	137 SH	SOLE	NONE
Popular Inc	733174106	4	1,250 SH	SOLE	NONE
Powershs DB Multi Sector	73936B507	3	100 SH	SOLE	NONE
Powershs Global ETF Clean	73936T615	5	340 SH	SOLE	NONE
Pride Intl Inc Del	74153Q102	30	1,000 SH	SOLE	NONE
Procera Networks Inc	74269U104	1	2,900 SH	SOLE	NONE
Procter & Gamble	742718109	4,209	66,517 SH	SOLE	NONE
Progress Energy Inc	743263105	39	1,000 SH	SOLE	NONE
Progressive Corp Ohio	743315103	107	5,600 SH	SOLE	NONE
Proshares Short Dow	74347R701	2	50 SH	SOLE	NONE
Proshs Ultrashort Lehman	74347R297	1	25 SH	SOLE	NONE
Public Serv. Enterprise	744573106	65	2,200 SH	SOLE	NONE
Q-Cells AG	D623R103	3	285 SH	SOLE	NONE
Qualcomm Inc	747525103	17	410 SH	SOLE	NONE
Quest Diagnostics Inc	74834L100	2,353	40,375 SH	SOLE	NONE
Rite Aid Corp	767754104	8	5,392 SH	SOLE	NONE
Roper Industries Inc.	776696106	12	200 SH	SOLE	NONE
Roth & Rau Ag Ord	D66040102	866	25,660 SH	SOLE	NONE
Rowan Co.	779382100	4	150 SH	SOLE	NONE
Royal Dutch Shell A Adrf	780259206	278	4,811 SH	SOLE	NONE
S P D R S&P 500 Etf Tr	78462F103	20	175 SH	SOLE	NONE
Schlumberger Ltd.	806857108	84	1,325 SH	SOLE	NONE
Smuckers, J.M.	832696207	393	6,524 SH	SOLE	NONE
Solarworld	D7045Y103	6	425 SH	SOLE	NONE
Solucorp Industries Ltdf	83437C102	2	16,217 SH	SOLE	NONE
Starwood Htls & Resorts	85590A401	22	465 SH	SOLE	NONE
Stericycle Inc	858912108	33	600 SH	SOLE	NONE
Stryker Corp	863667101	802	14,010 SH	SOLE	NONE
Sturm Ruger	864159108	3,103	258,789 SH	SOLE	NONE
Suffolk Bancorp	864739107	88	2,856 SH	SOLE	NONE
Suncor Energy Inc	867229106	12	384 SH	SOLE	NONE
Sunopta Inc	8676EP108	31	7,500 SH	SOLE	NONE
Sunpower Corp Cl A	867652109	3	180 SH	SOLE	NONE
Suntech Power Hldgs Adrf	86800C104	4	300 SH	SOLE	NONE
Sysco Corp	871829107	71	2,400 SH	SOLE	NONE
Teleflex Inc	879369106	30	475 SH	SOLE	NONE
Teva Pharm Inds Ltd Adrf	881624209	124	1,972 SH	SOLE	NONE
Texas Instruments	882508104	6	265 SH	SOLE	NONE

Thermo Fisher Scientific	883556102	36	700 SH	SOLE	NONE
Toronto Dominion Bank	891160509	28	382 SH	SOLE	NONE
Tractor Supply Company	892356106	10	175 SH	SOLE	NONE
Transmedia Asia Pac lxxx	89376P103	1	140 SH	SOLE	NONE
TrustCo Bank Corp	898349105	2	354 SH	SOLE	NONE
Ultralife Batteries Inc	903899102	3	700 SH	SOLE	NONE
Unilever N.V.	904784501	18	600 SH	SOLE	NONE
Unilever Plc Adr New	904767704	1,551	52,965 SH	SOLE	NONE
Union Pacific	907818108	229	3,130 SH	SOLE	NONE
United Parcel Service B	911312106	65	1,003 SH	SOLE	NONE
Usana Health Sciences	90328M107	6	200 SH	SOLE	NONE
Verizon Communications	92343V104	1,515	48,846 SH	SOLE	NONE
Vermont Pure Holdings New	924237100	1	600 SH	SOLE	NONE
Vestas Wind Systems	K9773J128	44	815 SH	SOLE	NONE
Vulcan Materials	929160109	59	1,250 SH	SOLE	NONE
Walgreen Co.	931422109	1,445	38,965 SH	SOLE	NONE
Wal-Mart Stores	931142103	100	1,800 SH	SOLE	NONE
Warren Resources Inc	93564A100	3	1,000 SH	SOLE	NONE
Weatherford Intl Inc	947074100	16	1,000 SH	SOLE	NONE
WGL Holdings	92924F106	16	450 SH	SOLE	NONE
Whole Foods Market Inc.	966837106	9	250 SH	SOLE	NONE
Williams Companies Inc.	969457100	46	2,000 SH	SOLE	NONE
Wilmington Trust Corp	971807102	22	1,300 SH	SOLE	NONE
Xerox Corp.	984121103	27	2,725 SH	SOLE	NONE
XTO Energy Inc	98385X106	1,729	36,642 SH	SOLE	NONE
Zimmer Holdings Inc	98956P102	6	100 SH	SOLE	NONE
Zurich Llc Ern Out Nt If	98878WAA0	1	108 SH	SOLE	NONE

Voting  
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