

13F Information Table
6/30/2010

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3M Company	88579Y101	2,837	35,910	SH	SOLE	NONE	35,910
A G L Resour	001204106	36	1,000	SH	SOLE	NONE	1,000
A T & T Corp	00206R102	6,688	276,468	SH	SOLE	NONE	276,468
Abbott Labs	002824100	1,645	35,174	SH	SOLE	NONE	35,174
Aberdeen Isr	32063L100	5	400	SH	SOLE	NONE	400
ADC Telecom	000886101	9	1,169	SH	SOLE	NONE	1,169
Advance Auto	00751Y106	983	19,590	SH	SOLE	NONE	19,590
Alcon Inc	H01301102	15	100	SH	SOLE	NONE	100
Amazon.Com,	023135106	55	500	SH	SOLE	NONE	500
Ameren Corp	023608102	48	2,000	SH	SOLE	NONE	2,000
American Int	026874107	3	100	SH	SOLE	NONE	100
Anadarko Pet	032511107	974	26,990	SH	SOLE	NONE	26,990
Apache Corp	037411105	1,555	18,475	SH	SOLE	NONE	18,475
Apple Comput	037833100	229	912	SH	SOLE	NONE	912
Applied Mate	038222105	830	69,069	SH	SOLE	NONE	69,069
Astropower I	04644A101	-	150	SH	SOLE	NONE	150
Automatic Da	053015103	235	5,833	SH	SOLE	NONE	5,833
Autozone Inc	053332102	261	1,350	SH	SOLE	NONE	1,350
B M C Softwa	055921100	1,338	38,625	SH	SOLE	NONE	38,625
B P Prudhoe	055630107	18	200	SH	SOLE	NONE	200
Badger Meter	056525108	1	20	SH	SOLE	NONE	20
Bank of Amer	060505104	10	729	SH	SOLE	NONE	729
Bank of NY C	064057102	46	1,843	SH	SOLE	NONE	1,843
Barrick Gold	067901108	98	2,150	SH	SOLE	NONE	2,150
Baxter Inter	071813109	1,335	32,842	SH	SOLE	NONE	32,842
Becton Dicki	075887109	1,041	15,400	SH	SOLE	NONE	15,400
Berkshire Ha	084670108	120	1	SH	SOLE	NONE	1
Berkshire Ha	084670207	868	10,893	SH	SOLE	NONE	10,893
Best Buy Co	086516101	1,504	44,430	SH	SOLE	NONE	44,430
Biogen IDEC	09062X103	1,439	30,335	SH	SOLE	NONE	30,335
Blkrck Muniy	09254F100	27	1,900	SH	SOLE	NONE	1,900
Boston Scien	101137107	29	5,000	SH	SOLE	NONE	5,000
Brady Corp C	104674106	50	2,000	SH	SOLE	NONE	2,000
Bristol-Myer	110122108	130	5,200	SH	SOLE	NONE	5,200
C V S Corp D	126650100	10	342	SH	SOLE	NONE	342
Canadian Nat	136375102	66	1,145	SH	SOLE	NONE	1,145
Carefusion C	14170T101	26	1,167	SH	SOLE	NONE	1,167
Carolina Pow	144141108	3	50	SH	SOLE	NONE	50
Cemex Sa Adr	151290889	6	578	SH	SOLE	NONE	578
Cenovus Ener	15135U109	827	32,065	SH	SOLE	NONE	32,065
Centerpoint	15189T107	182	13,850	SH	SOLE	NONE	13,850
Cerner Corp.	156782104	5,146	67,814	SH	SOLE	NONE	67,814

Check Pt Sof	M22465104	2,105	71,400 SH	SOLE	NONE	71,400
Chevrontexac	166764100	591	8,715 SH	SOLE	NONE	8,715
Cigna Corp.	125509109	31	1,000 SH	SOLE	NONE	1,000
Cisco System	17275R102	930	43,624 SH	SOLE	NONE	43,624
Citigroup	172967101	197	52,506 SH	SOLE	NONE	52,506
Clorox Co.	189054109	13,190	212,189 SH	SOLE	NONE	212,189
Coca Cola Co	191216100	343	6,839 SH	SOLE	NONE	6,839
Colgate Palm	194162103	100	1,272 SH	SOLE	NONE	1,272
Comcast Corp	20030N101	2	100 SH	SOLE	NONE	100
Comcast CP N	20030N200	32	1,972 SH	SOLE	NONE	1,972
Con Edison C	209111103	2,000	46,404 SH	SOLE	NONE	46,404
Conocophilli	20825C104	4,156	84,651 SH	SOLE	NONE	84,651
Cons Freight	209232107	-	750 SH	SOLE	NONE	750
Corning Inc.	219350105	38	2,338 SH	SOLE	NONE	2,338
Covidien Ltd	G2552X108	2	55 SH	SOLE	NONE	55
Crystal Rock	22940F103	0	600 SH	SOLE	NONE	600
Daimlerchrys	D1668R123	19	386 SH	SOLE	NONE	386
Devon Energy	25179M103	57	928 SH	SOLE	NONE	928
Dionex Corp.	254546104	149	2,000 SH	SOLE	NONE	2,000
Disney (Walt	254687106	44	1,400 SH	SOLE	NONE	1,400
Du Pont De N	263534109	65	1,875 SH	SOLE	NONE	1,875
E M C Corp	268648102	706	38,581 SH	SOLE	NONE	38,581
Earthshell C	27032B209	-	141 SH	SOLE	NONE	141
Eastman Koda	277461109	1	300 SH	SOLE	NONE	300
Ebara Corp	J12600128	4	1,000 SH	SOLE	NONE	1,000
Eclipsys Cor	278856109	464	26,010 SH	SOLE	NONE	26,010
Eli Lilly	532457108	276	8,235 SH	SOLE	NONE	8,235
Encana Corp	292505104	1,620	53,390 SH	SOLE	NONE	53,390
Ensco Int'l	26874Q100	161	4,100 SH	SOLE	NONE	4,100
Evergreen So	30033R108	1	1,400 SH	SOLE	NONE	1,400
Exxon Mobil	30231G102	4,534	79,449 SH	SOLE	NONE	79,449
FDX Corp	31428X106	42	600 SH	SOLE	NONE	600
First Solar	336433107	7	60 SH	SOLE	NONE	60
Fiserv Inc.	337738108	37	805 SH	SOLE	NONE	805
Flextronics	Y2573F102	841	150,205 SH	SOLE	NONE	150,205
Flow Interna	343468104	7	2,850 SH	SOLE	NONE	2,850
Flowserve Co	34354P105	4	45 SH	SOLE	NONE	45
Fresenius Me	358029106	27	500 SH	SOLE	NONE	500
Frontline Lt	G3682E127	8	290 SH	SOLE	NONE	290
Gamesa Cp Te	E54667113	1,199	137,880 SH	SOLE	NONE	137,880
General Elec	369604103	1,461	101,349 SH	SOLE	NONE	101,349
Genuine Part	372460105	395	10,000 SH	SOLE	NONE	10,000
Gilead Scien	375558103	86	2,500 SH	SOLE	NONE	2,500
Glaxosmithkl	832378301	27	800 SH	SOLE	NONE	800
Google Inc C	38259P508	160	360 SH	SOLE	NONE	360
Green Mounta	393122106	36	1,400 SH	SOLE	NONE	1,400
Gulfmark Off	402629109	26	1,000 SH	SOLE	NONE	1,000
Hain Foods	405217100	96	4,750 SH	SOLE	NONE	4,750
Hansen Medic	411307101	4	2,000 SH	SOLE	NONE	2,000
Harley David	412822108	1	25 SH	SOLE	NONE	25
Heinz (H.J.)	423074103	2,423	56,067 SH	SOLE	NONE	56,067
Hubbell Inc.	443510201	907	22,845 SH	SOLE	NONE	22,845

Hydrogenics	448882100	3	703 SH	SOLE	NONE	703
Id Systems I	449489103	0	150 SH	SOLE	NONE	150
Idacorp Inc	451107106	861	25,883 SH	SOLE	NONE	25,883
Idearc Inc	451663108	-	45 SH	SOLE	NONE	45
Immersion Co	452521107	3	500 SH	SOLE	NONE	500
Immunogen In	45253H101	9	1,000 SH	SOLE	NONE	1,000
Immunovaccin	45254B103	49	42,260 SH	SOLE	NONE	42,260
Intel Corp.	458140100	162	8,337 SH	SOLE	NONE	8,337
Internationa	459200101	3,440	27,858 SH	SOLE	NONE	27,858
Ishares Msci	464286848	18	2,000 SH	SOLE	NONE	2,000
Ishares Tr C	464285105	8	690 SH	SOLE	NONE	690
Isis Pharmac	464330109	2	200 SH	SOLE	NONE	200
Itron Inc Ne	465741106	3,881	62,771 SH	SOLE	NONE	62,771
J.P. Morgan	46625H100	98	2,677 SH	SOLE	NONE	2,677
Jetblue Airw	477143101	178	32,500 SH	SOLE	NONE	32,500
Johnson & Jo	478160104	4,736	80,182 SH	SOLE	NONE	80,182
Kadant Inc	48282T104	3	200 SH	SOLE	NONE	200
Kimberly-Cla	494368103	577	9,510 SH	SOLE	NONE	9,510
Kyocera Ltd	501556203	6,644	82,330 SH	SOLE	NONE	82,330
Lab Cp Of Am	50540R409	41	550 SH	SOLE	NONE	550
Lexicon Phar	528872104	17	12,900 SH	SOLE	NONE	12,900
Lihir Gold L	532349107	4	100 SH	SOLE	NONE	100
Lionbridge T	536252109	5	1,000 SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	41	2,020 SH	SOLE	NONE	2,020
McDonald's C	580135101	131	1,989 SH	SOLE	NONE	1,989
McKesson Cor	581556107	352	5,235 SH	SOLE	NONE	5,235
Medical Acti	58449L100	769	64,150 SH	SOLE	NONE	64,150
Medtronic In	585055106	6,352	175,118 SH	SOLE	NONE	175,118
Memc Electr	552715104	1,098	111,150 SH	SOLE	NONE	111,150
Merchant's B	588448100	2	100 SH	SOLE	NONE	100
Merck & Co.	589331107	144	4,123 SH	SOLE	NONE	4,123
Met-Pro Corp	590876306	16	1,483 SH	SOLE	NONE	1,483
Microsoft Co	594918104	1,067	46,390 SH	SOLE	NONE	46,390
Montana Powe	612085100	3	200 SH	SOLE	NONE	200
Myr Group In	55405W104	1,212	72,607 SH	SOLE	NONE	72,607
NACCO Ind	629579103	29	325 SH	SOLE	NONE	325
Nalco Chemic	629853102	1	55 SH	SOLE	NONE	55
National Oil	669930109	7	224 SH	SOLE	NONE	224
NCR Corp	62886E108	37	3,080 SH	SOLE	NONE	3,080
New York Cmn	649445103	24	1,600 SH	SOLE	NONE	1,600
New York Tim	650111107	236	27,305 SH	SOLE	NONE	27,305
Newmont Mini	651639106	49	800 SH	SOLE	NONE	800
Newpark Reso	651718504	12	2,000 SH	SOLE	NONE	2,000
NICOR Inc.	654086107	3	75 SH	SOLE	NONE	75
Nokia	654902204	2	300 SH	SOLE	NONE	300
Nortel Netwo	656568102	0	70 SH	SOLE	NONE	70
Northwest Na	667655104	4	100 SH	SOLE	NONE	100
Novartis A G	66987V109	7,342	151,955 SH	SOLE	NONE	151,955
Novo Nordisk	670100205	1,388	17,130 SH	SOLE	NONE	17,130
Nstar	67019E107	11	315 SH	SOLE	NONE	315
Nuveen NY Di	67070A101	64	4,700 SH	SOLE	NONE	4,700
O Reilly Aut	686091109	55	1,150 SH	SOLE	NONE	1,150

Oracle Syste	68389X105	3	135 SH	SOLE	NONE	135
Orthovita In	68750U102	1	300 SH	SOLE	NONE	300
Owens & Mino	690730106	96	3,375 SH	SOLE	NONE	3,375
Paychex Inc	704326107	13	500 SH	SOLE	NONE	500
Pepsico Inc.	713448108	393	6,440 SH	SOLE	NONE	6,440
Perkinelmer	714046109	68	3,298 SH	SOLE	NONE	3,298
Petroleo Bra	71654V408	0	14 SH	SOLE	NONE	14
Pfizer Inc.	717081103	332	23,309 SH	SOLE	NONE	23,309
Piedmont Nat	720186105	20	800 SH	SOLE	NONE	800
Plum Creek T	729237107	11	312 SH	SOLE	NONE	312
Polycom Inc	73172K104	4	137 SH	SOLE	NONE	137
Popular Inc	733174106	3	1,250 SH	SOLE	NONE	1,250
Posco Adr	693483109	7	70 SH	SOLE	NONE	70
Powershs DB	73936B507	2	100 SH	SOLE	NONE	100
Powershs Glo	73936T615	4	340 SH	SOLE	NONE	340
Pride Intl I	74153Q102	22	1,000 SH	SOLE	NONE	1,000
Procera Netw	74269U104	1	2,900 SH	SOLE	NONE	2,900
Procter & Ga	742718109	3,981	66,367 SH	SOLE	NONE	66,367
Progress Ene	743263105	39	1,000 SH	SOLE	NONE	1,000
Progressive	743315103	105	5,600 SH	SOLE	NONE	5,600
Proshares Sh	74347R701	3	50 SH	SOLE	NONE	50
Proshs Ultra	74347R297	1	25 SH	SOLE	NONE	25
Public Serv.	744573106	69	2,200 SH	SOLE	NONE	2,200
Q-Cells AG	D623R103	2	285 SH	SOLE	NONE	285
Qualcomm Inc	747525103	13	410 SH	SOLE	NONE	410
Quest Diagno	74834L100	2,023	40,650 SH	SOLE	NONE	40,650
Rite Aid Cor	767754104	5	5,392 SH	SOLE	NONE	5,392
Roper Indust	776696106	11	200 SH	SOLE	NONE	200
Roth & Rau A	D66040102	702	25,660 SH	SOLE	NONE	25,660
Rowan Co.	779382100	3	150 SH	SOLE	NONE	150
Royal Dutch	780259206	242	4,811 SH	SOLE	NONE	4,811
S P D R S&P	78462F103	18	175 SH	SOLE	NONE	175
Schlumberger	806857108	73	1,325 SH	SOLE	NONE	1,325
Smuckers, J.	832696207	390	6,484 SH	SOLE	NONE	6,484
Solarworld	D7045Y103	5	425 SH	SOLE	NONE	425
Solucorp Ind	83437C102	3	16,217 SH	SOLE	NONE	16,217
Starwood Htl	85590A401	19	465 SH	SOLE	NONE	465
Stericycle I	858912108	39	600 SH	SOLE	NONE	600
Stryker Corp	863667101	701	14,010 SH	SOLE	NONE	14,010
Suffolk Banc	864739107	88	2,856 SH	SOLE	NONE	2,856
Suncor Energ	867229106	11	384 SH	SOLE	NONE	384
Sunopta Inc	8676EP108	33	7,500 SH	SOLE	NONE	7,500
Sunpower Cor	867652109	2	180 SH	SOLE	NONE	180
Suntech Powe	86800C104	3	300 SH	SOLE	NONE	300
Sysco Corp	871829107	69	2,400 SH	SOLE	NONE	2,400
Teleflex Inc	879369106	26	475 SH	SOLE	NONE	475
Teva Pharm I	881624209	103	1,972 SH	SOLE	NONE	1,972
Texas Instru	882508104	6	265 SH	SOLE	NONE	265
Thermo Fishe	883556102	34	700 SH	SOLE	NONE	700
Toronto Domi	891160509	25	382 SH	SOLE	NONE	382
Tractor Supp	892356106	11	175 SH	SOLE	NONE	175
Transmedia A	89376P103	-	140 SH	SOLE	NONE	140

Trina Solar	89628E104	1,483	85,840 SH	SOLE	NONE	85,840
TrustCo Bank	898349105	2	354 SH	SOLE	NONE	354
Tyco Electro	G9144P105	1	55 SH	SOLE	NONE	55
Tyco Interna	G9143X208	2	55 SH	SOLE	NONE	55
Ultralife Ba	903899102	3	700 SH	SOLE	NONE	700
Unilever N.V	904784501	16	600 SH	SOLE	NONE	600
Unilever Plc	904767704	1,416	52,965 SH	SOLE	NONE	52,965
Union Pacifi	907818108	229	3,300 SH	SOLE	NONE	3,300
United Parce	911312106	54	945 SH	SOLE	NONE	945
Usana Health	90328M107	7	200 SH	SOLE	NONE	200
Verizon Comm	92343V104	5,737	204,761 SH	SOLE	NONE	204,761
Vestas Wind	K9773J128	1,340	31,915 SH	SOLE	NONE	31,915
Vulcan Mater	929160109	55	1,250 SH	SOLE	NONE	1,250
Wal-Mart Sto	931142103	87	1,800 SH	SOLE	NONE	1,800
Walgreen Co.	931422109	1,376	51,535 SH	SOLE	NONE	51,535
Warren Resou	93564A100	3	1,000 SH	SOLE	NONE	1,000
Weatherford	947074100	13	1,000 SH	SOLE	NONE	1,000
WGL Holdings	92924F106	15	450 SH	SOLE	NONE	450
Whole Foods	966837106	9	250 SH	SOLE	NONE	250
Williams Com	969457100	37	2,000 SH	SOLE	NONE	2,000
Wilmington T	971807102	14	1,300 SH	SOLE	NONE	1,300
Xerox Corp.	984121103	22	2,725 SH	SOLE	NONE	2,725
Zimmer Holdi	98956P102	5	100 SH	SOLE	NONE	100
Zurich Llc E	98878WAA0	-	108 SH	SOLE	NONE	108