

13F Information Table
9/30/2010

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
3M Company	88579Y101	5,990	69,081	SH	SOLE	NONE	69,081
A G L Resources	001204106	38	1,000	SH	SOLE	NONE	1,000
A T & T Corp.	00206R102	7,705	269,418	SH	SOLE	NONE	269,418
Abbott Labs	002824100	1,845	35,324	SH	SOLE	NONE	35,324
Aberdeen Israel	32063L100	6	400	SH	SOLE	NONE	400
Adobe Systems	00724F101	4	158	SH	SOLE	NONE	158
Advance Auto Pa	00751Y106	805	13,710	SH	SOLE	NONE	13,710
Alcon Inc	H01301102	17	100	SH	SOLE	NONE	100
Allscripts Misy	01988P108	576	31,212	SH	SOLE	NONE	31,212
Amazon.Com, Inc	023135106	79	500	SH	SOLE	NONE	500
Ameren Corp (HI	023608102	57	2,000	SH	SOLE	NONE	2,000
American Intern	026874107	4	100	SH	SOLE	NONE	100
Amgen Inc.	031162100	11	204	SH	SOLE	NONE	204
Anadarko Petrol	032511107	785	13,759	SH	SOLE	NONE	13,759
Apache Corp	037411105	1,630	16,675	SH	SOLE	NONE	16,675
Apple Computer	037833100	356	1,253	SH	SOLE	NONE	1,253
Applied Materia	038222105	829	70,949	SH	SOLE	NONE	70,949
Automatic Data	053015103	249	5,933	SH	SOLE	NONE	5,933
Avery Dennison	053611109	6	157	SH	SOLE	NONE	157
B M C Software	055921100	1,477	36,495	SH	SOLE	NONE	36,495
B P Prudhoe Bay	055630107	21	200	SH	SOLE	NONE	200
Badger Meter	056525108	1	20	SH	SOLE	NONE	20
Baidu Inc Adr	056752108	27	260	SH	SOLE	NONE	260
Bank of America	060505104	12	879	SH	SOLE	NONE	879
Bank of NY Co I	064057102	48	1,843	SH	SOLE	NONE	1,843
Baxter Intern'l	071813109	1,450	30,382	SH	SOLE	NONE	30,382
Becton Dickinso	075887109	9,528	128,582	SH	SOLE	NONE	128,582
Berkshire Hatha	084670108	125	1	SH	SOLE	NONE	1
Berkshire Hatha	084670207	942	11,392	SH	SOLE	NONE	11,392
Best Buy Co	086516101	1,678	41,095	SH	SOLE	NONE	41,095
Bhp Billiton Pl	G10877101	7	215	SH	SOLE	NONE	215
Big Lots Inc	089302103	5	143	SH	SOLE	NONE	143
Biogen IDEC Inc	09062X103	1,541	27,465	SH	SOLE	NONE	27,465
Blkrck Muniyiel	09254F100	29	1,900	SH	SOLE	NONE	1,900
Boston Scientif	101137107	31	5,000	SH	SOLE	NONE	5,000
BP Amoco Plc Ad	055622104	22	530	SH	SOLE	NONE	530
Brady Corp Cl A	104674106	58	2,000	SH	SOLE	NONE	2,000
Bristol-Myers S	110122108	150	5,550	SH	SOLE	NONE	5,550
C M S Energy Co	125896100	6	347	SH	SOLE	NONE	347
Canadian Nation	136375102	73	1,145	SH	SOLE	NONE	1,145

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Canadian Natura	136385101	21	612	SH	SOLE	NONE	612
Carefusion Corp	14170T101	29	1,167	SH	SOLE	NONE	1,167
Carolina Power	144141108	4	50	SH	SOLE	NONE	50
Cemex Sa Adr Ne	151290889	6	753	SH	SOLE	NONE	753
Cenovus Energy	15135U109	913	31,725	SH	SOLE	NONE	31,725
Centerpoint Ene	15189T107	218	13,850	SH	SOLE	NONE	13,850
Cerner Corp.	156782104	5,561	66,213	SH	SOLE	NONE	66,213
Check Pt Softwa	M22465104	2,400	65,001	SH	SOLE	NONE	65,001
Chesapeake Ener	165167107	9	392	SH	SOLE	NONE	392
Chevrontexaco C	166764100	897	11,062	SH	SOLE	NONE	11,062
Church & Dwight	171340102	10	150	SH	SOLE	NONE	150
Cigna Corp.	125509109	36	1,000	SH	SOLE	NONE	1,000
Cisco Systems I	17275R102	6,609	301,785	SH	SOLE	NONE	301,785
Citigroup	172967101	100	25,680	SH	SOLE	NONE	25,680
Clorox Co.	189054109	13,338	199,794	SH	SOLE	NONE	199,794
Coca Cola Compa	191216100	412	7,039	SH	SOLE	NONE	7,039
Colgate Palmoli	194162103	105	1,370	SH	SOLE	NONE	1,370
Comcast Corp Ne	20030N101	2	100	SH	SOLE	NONE	100
Comcast CP New	20030N200	34	1,972	SH	SOLE	NONE	1,972
Con Edison Co o	209111103	2,074	43,004	SH	SOLE	NONE	43,004
Conocophillips	20825C104	4,767	83,011	SH	SOLE	NONE	83,011
Corning Inc.	219350105	35	1,920	SH	SOLE	NONE	1,920
Costco Wholesal	22160K105	30	469	SH	SOLE	NONE	469
Covidien Ltd	G2552X108	2	55	SH	SOLE	NONE	55
Crystal Rock Ho	22940F103	1	600	SH	SOLE	NONE	600
CSX Corp	126408103	14	249	SH	SOLE	NONE	249
CVS Caremark Co	126650100	21	676	SH	SOLE	NONE	676
Daimlerchrysler	D1668R123	19	386	SH	SOLE	NONE	386
Danaher Corp De	235851102	17	408	SH	SOLE	NONE	408
Devon Energy Co	25179M103	78	1,211	SH	SOLE	NONE	1,211
Dionex Corp.	254546104	173	2,000	SH	SOLE	NONE	2,000
Directv Cl A	25490A101	14	333	SH	SOLE	NONE	333
Disney (Walt)	254687106	46	1,400	SH	SOLE	NONE	1,400
Du Pont De Nemo	263534109	84	1,875	SH	SOLE	NONE	1,875
E M C Corp	268648102	767	37,771	SH	SOLE	NONE	37,771
Eastman Kodak	277461109	1	300	SH	SOLE	NONE	300
Eaton Corp	278058102	3	33	SH	SOLE	NONE	33
Ebara Corp	J12600128	4	1,000	SH	SOLE	NONE	1,000
Eli Lilly	532457108	301	8,235	SH	SOLE	NONE	8,235
Encana Corp	292505104	1,603	53,040	SH	SOLE	NONE	53,040

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EnSCO Int'l Inc	26874Q100	183	4,100	SH	SOLE	NONE	4,100
EOG Resources I	26875P101	37	402	SH	SOLE	NONE	402
Evergreen Solar	30033R108	1	1,400	SH	SOLE	NONE	1,400
Express Scripts	302182100	30	623	SH	SOLE	NONE	623
Exxon Mobil Cor	30231G102	4,801	77,693	SH	SOLE	NONE	77,693
FDX Corp	31428X106	58	677	SH	SOLE	NONE	677
First Solar Inc	336433107	9	60	SH	SOLE	NONE	60
Fiserv Inc.	337738108	12	215	SH	SOLE	NONE	215
Flextronics Int	Y2573F102	907	150,205	SH	SOLE	NONE	150,205
Flow Internatio	343468104	7	2,850	SH	SOLE	NONE	2,850
Flowserve Corpo	34354P105	5	45	SH	SOLE	NONE	45
Fresenius Med C	358029106	31	500	SH	SOLE	NONE	500
Frontier Commun	35906A108	313	38,300	SH	SOLE	NONE	38,300
Frontline Ltd C	G3682E127	8	290	SH	SOLE	NONE	290
Gamesa Cp Tech	E54667113	917	130,870	SH	SOLE	NONE	130,870
Gatx Corp	361448103	9	320	SH	SOLE	NONE	320
General Electri	369604103	1,542	94,905	SH	SOLE	NONE	94,905
Genuine Parts	372460105	446	10,000	SH	SOLE	NONE	10,000
Gilead Sciences	375558103	89	2,500	SH	SOLE	NONE	2,500
Glaxosmithkline	832378301	32	800	SH	SOLE	NONE	800
Google Inc Clas	38259P508	254	483	SH	SOLE	NONE	483
Gorman Rupp Com	383082104	606	22,000	SH	SOLE	NONE	22,000
Green Mountain	393122106	44	1,400	SH	SOLE	NONE	1,400
Gulfmark Offsho	402629109	31	1,000	SH	SOLE	NONE	1,000
Hain Foods	405217100	114	4,750	SH	SOLE	NONE	4,750
Hansen Medical	411307101	3	2,000	SH	SOLE	NONE	2,000
Harley Davidson	412822108	1	25	SH	SOLE	NONE	25
Heinz (H.J.)	423074103	2,508	52,952	SH	SOLE	NONE	52,952
Hewlett-Packard	428236103	146	3,478	SH	SOLE	NONE	3,478
Honda Motor Co	438128308	5	150	SH	SOLE	NONE	150
Honeywell Inc.	438506107	21	478	SH	SOLE	NONE	478
Hubbell Inc. Cl	443510201	1,159	22,845	SH	SOLE	NONE	22,845
Hydrogenics Cor	448882100	3	703	SH	SOLE	NONE	703
Id Systems Inc	449489103	1	150	SH	SOLE	NONE	150
Idacorp Inc	451107106	930	25,883	SH	SOLE	NONE	25,883
Illinois Tool W	452308109	5	100	SH	SOLE	NONE	100
Immersion Corp	452521107	3	500	SH	SOLE	NONE	500
Immunogen Inc.	45253H101	6	1,000	SH	SOLE	NONE	1,000
Immunovaccine I	45254B103	35	42,260	SH	SOLE	NONE	42,260
Integrus Energy	45822P105	9	179	SH	SOLE	NONE	179

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Intel Corp.	458140100	991	51,592	SH	SOLE	NONE	51,592
International B	459200101	3,770	28,108	SH	SOLE	NONE	28,108
Intuit Inc.	461202103	14	317	SH	SOLE	NONE	317
Iron Mountain I	462846106	10	427	SH	SOLE	NONE	427
Ishares Msci Jp	464286848	20	2,000	SH	SOLE	NONE	2,000
Ishares Tr Come	464285105	9	690	SH	SOLE	NONE	690
Ishares Tr S&P	464287382	86	2,000	SH	SOLE	NONE	2,000
Isis Pharmaceut	464330109	2	200	SH	SOLE	NONE	200
Itron Inc New	465741106	4,237	69,200	SH	SOLE	NONE	69,200
J Crew Group In	46612H402	1,162	34,557	SH	SOLE	NONE	34,557
J.P. Morgan Cha	46625H100	109	2,877	SH	SOLE	NONE	2,877
Jacobs Engineer	469814107	8	200	SH	SOLE	NONE	200
Jefferies Group	472319102	8	359	SH	SOLE	NONE	359
Jetblue Airways	477143101	217	32,500	SH	SOLE	NONE	32,500
Johnson & Johns	478160104	4,958	80,026	SH	SOLE	NONE	80,026
Kadant Inc	48282T104	4	200	SH	SOLE	NONE	200
Kimberly-Clark	494368103	613	9,420	SH	SOLE	NONE	9,420
Kroger Co.	501044101	5	243	SH	SOLE	NONE	243
Kyocera Ltd Adr	501556203	7,637	80,275	SH	SOLE	NONE	80,275
Lab Cp Of Amer	50540R409	43	550	SH	SOLE	NONE	550
Lexicon Pharmac	528872104	21	12,900	SH	SOLE	NONE	12,900
Lionbridge Tech	536252109	4	1,000	SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	45	2,020	SH	SOLE	NONE	2,020
Materials Selec	81369Y100	8	230	SH	SOLE	NONE	230
McDonald's Corp	580135101	148	1,989	SH	SOLE	NONE	1,989
McKesson Corp.	581556107	330	5,340	SH	SOLE	NONE	5,340
Meadwestvaco Co	583334107	9	368	SH	SOLE	NONE	368
Medical Action	58449L100	122	13,500	SH	SOLE	NONE	13,500
Medtronic Inc.	585055106	6,753	201,105	SH	SOLE	NONE	201,105
Memc Electrnc M	552715104	1,256	105,375	SH	SOLE	NONE	105,375
Merchant's Banc	588448100	2	100	SH	SOLE	NONE	100
Merck & Co.	589331107	178	4,847	SH	SOLE	NONE	4,847
Meridian Biosci	589584101	9	400	SH	SOLE	NONE	400
Met-Pro Corp	590876306	15	1,483	SH	SOLE	NONE	1,483
Microsoft Corp.	594918104	6,062	247,516	SH	SOLE	NONE	247,516
Montana Power C	612085100	4	200	SH	SOLE	NONE	200
Myr Group Inc	55405W104	1,124	68,572	SH	SOLE	NONE	68,572
NACCO Ind	629579103	28	325	SH	SOLE	NONE	325
Nalco Chemical	629853102	1	55	SH	SOLE	NONE	55
National Oilwel	669930109	17	375	SH	SOLE	NONE	375

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NCR Corp	62886E108	42	3,080	SH	SOLE	NONE	3,080
New York Cmnty	649445103	26	1,600	SH	SOLE	NONE	1,600
New York Times	650111107	211	27,305	SH	SOLE	NONE	27,305
Newcrest Mining	651191108	5	122	SH	SOLE	NONE	122
Newfield Explor	651290108	15	256	SH	SOLE	NONE	256
Newmont Mining	651639106	50	800	SH	SOLE	NONE	800
Newpark Resourc	651718504	17	2,000	SH	SOLE	NONE	2,000
NICOR Inc.	654086107	3	75	SH	SOLE	NONE	75
Nokia	654902204	3	300	SH	SOLE	NONE	300
Northwest Natur	667655104	5	100	SH	SOLE	NONE	100
Novartis A G Sp	66987V109	8,611	149,315	SH	SOLE	NONE	149,315
Nstar	67019E107	12	315	SH	SOLE	NONE	315
Nuveen NY Div A	67070A101	68	4,700	SH	SOLE	NONE	4,700
Omnicom Group	681919106	6	150	SH	SOLE	NONE	150
Oracle Systems	68389X105	1,788	66,601	SH	SOLE	NONE	66,601
Orthovita Inc	68750U102	1	300	SH	SOLE	NONE	300
Owens & Minor I	690730106	96	3,375	SH	SOLE	NONE	3,375
Paychex Inc	704326107	1,377	50,105	SH	SOLE	NONE	50,105
Pepsico Inc.	713448108	453	6,815	SH	SOLE	NONE	6,815
Perkinelmer Inc	714046109	76	3,298	SH	SOLE	NONE	3,298
Petroleo Brasil	71654V408	1	14	SH	SOLE	NONE	14
Pfizer Inc.	717081103	409	23,809	SH	SOLE	NONE	23,809
Piedmont Natura	720186105	23	800	SH	SOLE	NONE	800
Plum Creek Timb	729237107	11	312	SH	SOLE	NONE	312
PNC Financial S	693475105	13	258	SH	SOLE	NONE	258
Polycom Inc	73172K104	4	137	SH	SOLE	NONE	137
Popular Inc	733174106	4	1,250	SH	SOLE	NONE	1,250
Posco Adr	693483109	8	70	SH	SOLE	NONE	70
Powershs DB Mul	73936B507	3	100	SH	SOLE	NONE	100
Powershs Global	73936T615	5	340	SH	SOLE	NONE	340
PPG Industries	693506107	12	168	SH	SOLE	NONE	168
Pride Intl Inc	74153Q102	29	1,000	SH	SOLE	NONE	1,000
Procera Network	74269U104	2	2,900	SH	SOLE	NONE	2,900
Procter & Gambl	742718109	3,932	65,558	SH	SOLE	NONE	65,558
Progress Energy	743263105	44	1,000	SH	SOLE	NONE	1,000
Progressive Cor	743315103	133	6,360	SH	SOLE	NONE	6,360
Proshares Short	74347R701	2	50	SH	SOLE	NONE	50
Proshs Ultrasho	74347R297	1	25	SH	SOLE	NONE	25
Public Serv. En	744573106	73	2,200	SH	SOLE	NONE	2,200
Q-Cells AG	D623R103	2	285	SH	SOLE	NONE	285

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Quest Diagnosti	74834L100	1,919	38,025	SH	SOLE	NONE	38,025
Republic Servic	760759100	10	317	SH	SOLE	NONE	317
Rite Aid Corp	767754104	5	5,392	SH	SOLE	NONE	5,392
Roper Industrie	776696106	13	200	SH	SOLE	NONE	200
Roth & Rau Ag O	D66040102	583	24,405	SH	SOLE	NONE	24,405
Rowan Co.	779382100	5	150	SH	SOLE	NONE	150
Royal Dutch She	780259206	244	4,051	SH	SOLE	NONE	4,051
Ryder System In	783549108	6	148	SH	SOLE	NONE	148
S P D R S&P 500	78462F103	20	175	SH	SOLE	NONE	175
Samsung Electrs	796050201	6	24	SH	SOLE	NONE	24
Schlumberger Lt	806857108	82	1,325	SH	SOLE	NONE	1,325
Siemens A G New	D69671218	9	86	SH	SOLE	NONE	86
Smuckers, J.M.	832696207	364	6,013	SH	SOLE	NONE	6,013
Snap-on-Tools	833034101	10	216	SH	SOLE	NONE	216
Solarworld	D7045Y103	5	425	SH	SOLE	NONE	425
Solucorp Indust	83437C102	2	16,217	SH	SOLE	NONE	16,217
Spectra Energy	847560109	6	275	SH	SOLE	NONE	275
Starbucks	855244109	8	300	SH	SOLE	NONE	300
Starwood Htls &	85590A401	24	465	SH	SOLE	NONE	465
State Street Co	857477103	2	50	SH	SOLE	NONE	50
Stericycle Inc	858912108	42	600	SH	SOLE	NONE	600
Stryker Corp	863667101	701	14,010	SH	SOLE	NONE	14,010
Suffolk Bancorp	864739107	72	2,856	SH	SOLE	NONE	2,856
Suncor Energy I	867229106	12	384	SH	SOLE	NONE	384
Sunopta Inc	8676EP108	46	7,500	SH	SOLE	NONE	7,500
Sunpower Corp C	867652109	3	180	SH	SOLE	NONE	180
Suntech Power H	86800C104	3	300	SH	SOLE	NONE	300
Sysco Corp	871829107	68	2,400	SH	SOLE	NONE	2,400
T J X Cos Inc	872540109	19	420	SH	SOLE	NONE	420
Target Corp	87612E106	20	365	SH	SOLE	NONE	365
Teleflex Inc	879369106	27	475	SH	SOLE	NONE	475
Teva Pharm Inds	881624209	109	2,061	SH	SOLE	NONE	2,061
Texas Instrumen	882508104	21	786	SH	SOLE	NONE	786
Thermo Fisher S	883556102	34	700	SH	SOLE	NONE	700
Toronto Dominio	891160509	28	382	SH	SOLE	NONE	382
Toyota Corp	892331307	7	100	SH	SOLE	NONE	100
Tractor Supply	892356106	14	350	SH	SOLE	NONE	350
Trina Solar Ltd	89628E104	2,435	80,680	SH	SOLE	NONE	80,680
TrustCo Bank Co	898349105	2	354	SH	SOLE	NONE	354
Tyco Electronic	G9144P105	2	55	SH	SOLE	NONE	55

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Tyco Internatio	G9143X208	2	55	SH	SOLE	NONE	55
Ultralife Batte	903899102	3	700	SH	SOLE	NONE	700
Unilever N.V.	904784501	18	600	SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,460	50,165	SH	SOLE	NONE	50,165
Union Pacific	907818108	294	3,590	SH	SOLE	NONE	3,590
United Natural	911163103	15	448	SH	SOLE	NONE	448
United Parcel S	911312106	63	945	SH	SOLE	NONE	945
Usana Health Sc	90328M107	8	200	SH	SOLE	NONE	200
USX Marathon Gr	902905827	13	395	SH	SOLE	NONE	395
Verizon Communi	92343V104	11,613	356,340	SH	SOLE	NONE	356,340
Vestas Wind Sys	K9773J128	1,134	30,040	SH	SOLE	NONE	30,040
Vodafone Group	G93882135	8	3,255	SH	SOLE	NONE	3,255
Vulcan Material	929160109	46	1,250	SH	SOLE	NONE	1,250
Walgreen Co.	931422109	1,962	58,579	SH	SOLE	NONE	58,579
Wal-Mart Stores	931142103	96	1,800	SH	SOLE	NONE	1,800
Warren Resource	93564A100	4	1,000	SH	SOLE	NONE	1,000
Weatherford Int	947074100	17	1,000	SH	SOLE	NONE	1,000
Wells Fargo	949746101	6	250	SH	SOLE	NONE	250
WGL Holdings	92924F106	17	450	SH	SOLE	NONE	450
Whole Foods Mar	966837106	9	250	SH	SOLE	NONE	250
Williams Compan	969457100	38	2,000	SH	SOLE	NONE	2,000
Wilmington Trus	971807102	12	1,300	SH	SOLE	NONE	1,300
Xerox Corp.	984121103	28	2,725	SH	SOLE	NONE	2,725
Zimmer Holdings	98956P102	5	100	SH	SOLE	NONE	100