

13F Information Table
12/31/2010

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth

3M Company	88579Y101	5956	69,011	SH	SOLE	NONE	69,011
A G L Resour	001204106	36	1,000	SH	SOLE	NONE	1,000
A T & T Corp	00206R102	3	100	SH	SOLE	NONE	100
Abbott Labs	002824100	1755	36,639	SH	SOLE	NONE	36,639
Aberdeen Isr	32063L100	7	400	SH	SOLE	NONE	400
Adobe System	00724F101	5	158	SH	SOLE	NONE	158
Allscripts H	01988P108	601	31,212	SH	SOLE	NONE	31,212
Altria Group	02209S103	8	331	SH	SOLE	NONE	331
Amazon.Com,	023135106	90	500	SH	SOLE	NONE	500
Ameren Corp	023608102	56	2,000	SH	SOLE	NONE	2,000
American Int	026874107	6	100	SH	SOLE	NONE	100
Amgen Inc.	031162100	11	204	SH	SOLE	NONE	204
Apache Corp	037411105	1988	16,675	SH	SOLE	NONE	16,675
Apple Comput	037833100	565	1,753	SH	SOLE	NONE	1,753
Applied Mate	038222105	997	70,950	SH	SOLE	NONE	70,950
Astropower I	04644A101	1	150	SH	SOLE	NONE	150
Automatic Da	053015103	275	5,933	SH	SOLE	NONE	5,933
Avery Dennis	053611109	7	157	SH	SOLE	NONE	157
B M C Softwa	055921100	1603	33,995	SH	SOLE	NONE	33,995
Badger Meter	056525108	1	20	SH	SOLE	NONE	20
Baidu Inc Ad	056752108	32	330	SH	SOLE	NONE	330
Bank of Amer	060505104	19	1,422	SH	SOLE	NONE	1,422
Bank of NY C	064057102	94	3,126	SH	SOLE	NONE	3,126
Baxter Inter	071813109	1538	30,382	SH	SOLE	NONE	30,382
Becton Dicki	075887109	1381	16,339	SH	SOLE	NONE	16,339
Bed Bath & B	075896100	4	83	SH	SOLE	NONE	83
Berkshire Ha	084990175	120	1	SH	SOLE	NONE	1
Berkshire Ha	084670207	948	11,830	SH	SOLE	NONE	11,830
Best Buy Co	086516101	1409	41,095	SH	SOLE	NONE	41,095
BHP Billiton	088606108	3	33	SH	SOLE	NONE	33
Big Lots Inc	089302103	4	143	SH	SOLE	NONE	143
Biogen IDEC	09062X103	1179	17,580	SH	SOLE	NONE	17,580
Biotech Hold	09067d201	20	200	SH	SOLE	NONE	200
Blkrck Muniy	09254F100	26	1,900	SH	SOLE	NONE	1,900
Boston Scien	101137107	38	5,000	SH	SOLE	NONE	5,000
BP Amoco Plc	055622104	23	530	SH	SOLE	NONE	530
Brady Corp C	104674106	65	2,000	SH	SOLE	NONE	2,000
Bristol-Myer	110122108	96	3,641	SH	SOLE	NONE	3,641
C M S Energy	125896100	6	347	SH	SOLE	NONE	347
Canadian Nat	136375102	100	1,500	SH	SOLE	NONE	1,500
Canadian Nat	136385101	27	612	SH	SOLE	NONE	612

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Carefusion C	14170T101	30	1,167	SH	SOLE	NONE	1,167
Carolina Pow	144141108	4	50	SH	SOLE	NONE	50
Celgene Corp	151020104	2	33	SH	SOLE	NONE	33
Cenovus Ener	15135U109	1031	31,005	SH	SOLE	NONE	31,005
Centerpoint	15189T107	218	13,850	SH	SOLE	NONE	13,850
Cerner Corp.	156782104	5940	62,699	SH	SOLE	NONE	62,699
Check Pt Sof	M22465104	1940	41,946	SH	SOLE	NONE	41,946
Chesapeake E	165167107	10	392	SH	SOLE	NONE	392
Chevrontexac	166764100	929	10,178	SH	SOLE	NONE	10,178
Church & Dwi	171340102	10	150	SH	SOLE	NONE	150
Cigna Corp.	125509109	37	1,000	SH	SOLE	NONE	1,000
Cisco System	17275R102	6712	331,795	SH	SOLE	NONE	331,795
Citigroup	172967101	136	28,680	SH	SOLE	NONE	28,680
Clorox Co.	189054109	12545	198,244	SH	SOLE	NONE	198,244
Coca Cola Co	191216100	457	6,949	SH	SOLE	NONE	6,949
Colgate Palm	194162103	110	1,370	SH	SOLE	NONE	1,370
Comcast CP N	20030N200	41	1,972	SH	SOLE	NONE	1,972
Con Edison C	209111103	2070	41,754	SH	SOLE	NONE	41,754
Conocophilli	20825C104	5659	83,104	SH	SOLE	NONE	83,104
Cons Freight	209232107	1	750	SH	SOLE	NONE	750
Corning Inc.	219350105	37	1,920	SH	SOLE	NONE	1,920
Costco Whole	22160K105	34	469	SH	SOLE	NONE	469
Covidien Ltd	G2552X108	2	55	SH	SOLE	NONE	55
Crystal Rock	22940F103	1	600	SH	SOLE	NONE	600
CSX Corp	126408103	16	249	SH	SOLE	NONE	249
Cummins Inc	231021106	55	500	SH	SOLE	NONE	500
CVS Caremark	126650100	1754	50,436	SH	SOLE	NONE	50,436
Daimler A G	D1668R123	26	386	SH	SOLE	NONE	386
Danaher Corp	235851102	19	408	SH	SOLE	NONE	408
Dell Inc	247025109	5	400	SH	SOLE	NONE	400
Devon Energy	25179M103	95	1,211	SH	SOLE	NONE	1,211
Dionex Corp.	254546104	236	2,000	SH	SOLE	NONE	2,000
Directv Cl A	25490A101	13	333	SH	SOLE	NONE	333
Disney (Walt	254687106	53	1,400	SH	SOLE	NONE	1,400
Du Pont De N	263534109	123	2,457	SH	SOLE	NONE	2,457
E M C Corp	268648102	865	37,771	SH	SOLE	NONE	37,771
Earthshell C	27032B209	1	141	SH	SOLE	NONE	141
Eastman Koda	277461109	2	300	SH	SOLE	NONE	300
Eaton Corp	278058102	3	33	SH	SOLE	NONE	33
Ebara Corp	J12600128	5	1,000	SH	SOLE	NONE	1,000
Eli Lilly	532457108	281	8,020	SH	SOLE	NONE	8,020

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Encana Corp	292505104	1521	52,230	SH	SOLE	NONE	52,230
Ensc Int'l	26874Q100	219	4,100	SH	SOLE	NONE	4,100
EOG Resource	26875P101	37	402	SH	SOLE	NONE	402
Evergreen So	30033R108	1	1,400	SH	SOLE	NONE	1,400
Express Scri	302182100	34	623	SH	SOLE	NONE	623
Exxon Mobil	30231G102	4376	59,851	SH	SOLE	NONE	59,851
FDX Corp	31428X106	63	677	SH	SOLE	NONE	677
First Solar	336433107	8	60	SH	SOLE	NONE	60
Fiserv Inc.	337738108	13	215	SH	SOLE	NONE	215
Flextronics	Y2573F102	1177	149,875	SH	SOLE	NONE	149,875
Flow Interna	343468104	12	2,850	SH	SOLE	NONE	2,850
Flowserve Co	34354P105	5	45	SH	SOLE	NONE	45
Fresenius Me	358029106	29	500	SH	SOLE	NONE	500
Gamesa Cp Te	E54667113	4	550	SH	SOLE	NONE	550
Gatx Corp	361448103	11	320	SH	SOLE	NONE	320
General Elec	369604103	1593	87,123	SH	SOLE	NONE	87,123
General Mill	370334104	1642	46,150	SH	SOLE	NONE	46,150
Genuine Part	372460105	513	10,000	SH	SOLE	NONE	10,000
Gilead Scien	375558103	91	2,500	SH	SOLE	NONE	2,500
Glaxosmithkl	832378301	31	800	SH	SOLE	NONE	800
Google Inc C	38259P508	317	533	SH	SOLE	NONE	533
Gorman Rupp	383082104	701	21,700	SH	SOLE	NONE	21,700
Green Mounta	393122106	30	900	SH	SOLE	NONE	900
Gulfmark Off	402629109	30	1,000	SH	SOLE	NONE	1,000
Hain Foods	405217100	129	4,750	SH	SOLE	NONE	4,750
Hansen Medic	411307101	3	2,000	SH	SOLE	NONE	2,000
Heinz (H.J.)	423074103	2547	51,497	SH	SOLE	NONE	51,497
Hewlett-Pack	428236103	21	500	SH	SOLE	NONE	500
Hubbell Inc.	443510201	1386	23,045	SH	SOLE	NONE	23,045
Hydrogenics	448882100	3	703	SH	SOLE	NONE	703
Id Systems I	449489103	1	150	SH	SOLE	NONE	150
Idacorp Inc	451107106	893	24,158	SH	SOLE	NONE	24,158
Immunogen In	45253H101	9	1,000	SH	SOLE	NONE	1,000
Immunovaccin	45254B103	32	42,260	SH	SOLE	NONE	42,260
Integrys Ene	45822P105	9	179	SH	SOLE	NONE	179
Intel Corp.	458140100	1091	51,892	SH	SOLE	NONE	51,892
Intercontine	G4804L122	8	434	SH	SOLE	NONE	434
Internationa	459200101	4121	28,080	SH	SOLE	NONE	28,080
Intuit Inc.	461202103	16	317	SH	SOLE	NONE	317
Iron Mountai	462846106	11	427	SH	SOLE	NONE	427
Ishares Msci	464286400	15	200	SH	SOLE	NONE	200

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Ishares Msci	464286848	22	2,000	SH	SOLE	NONE	2,000
Ishares Tr C	464285105	10	690	SH	SOLE	NONE	690
Ishares Tr S	464287382	48	1,000	SH	SOLE	NONE	1,000
Isis Pharmac	464330109	2	200	SH	SOLE	NONE	200
Itron Inc Ne	465741106	3795	68,440	SH	SOLE	NONE	68,440
J Crew Group	46612H402	906	21,012	SH	SOLE	NONE	21,012
J.P. Morgan	46625H100	160	3,777	SH	SOLE	NONE	3,777
Jacobs Engin	469814107	9	200	SH	SOLE	NONE	200
Jefferies Gr	472319102	10	359	SH	SOLE	NONE	359
Jetblue Airw	477143101	215	32,500	SH	SOLE	NONE	32,500
Johnson & Jo	478160104	4891	79,079	SH	SOLE	NONE	79,079
K12 Inc	48273U102	2	76	SH	SOLE	NONE	76
Kadant Inc	48282T104	5	200	SH	SOLE	NONE	200
Kimberly-Cla	494368103	594	9,420	SH	SOLE	NONE	9,420
Kinder Morga	494550106	3	41	SH	SOLE	NONE	41
Kon Philips	500472303	2321	75,613	SH	SOLE	NONE	75,613
Kraft Foods	50075N104	7	229	SH	SOLE	NONE	229
Kroger Co.	501044101	5	243	SH	SOLE	NONE	243
Kyocera Ltd	501556203	7977	78,064	SH	SOLE	NONE	78,064
Leapfrog Ent	52186N106	1	200	SH	SOLE	NONE	200
Lexicon Phar	528872104	3	2,200	SH	SOLE	NONE	2,200
Lionbridge T	536252109	4	1,000	SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	54	2,145	SH	SOLE	NONE	2,145
Marriott Int	571900109	1	0	SH	SOLE	NONE	0
McDonald's C	580135101	153	1,989	SH	SOLE	NONE	1,989
McKesson Cor	58155Q103	376	5,340	SH	SOLE	NONE	5,340
Meadwestvaco	583334107	10	368	SH	SOLE	NONE	368
Medco Health	58405U102	1	10	SH	SOLE	NONE	10
Medtronic In	585055106	7386	199,125	SH	SOLE	NONE	199,125
Memc Electr	552715104	1187	105,375	SH	SOLE	NONE	105,375
Merchant's B	588448100	3	100	SH	SOLE	NONE	100
Merck & Co.	589331107	175	4,847	SH	SOLE	NONE	4,847
Meridian Bio	589584101	9	400	SH	SOLE	NONE	400
Met-Pro Corp	590876306	18	1,483	SH	SOLE	NONE	1,483
Microsoft Co	594918104	6857	245,675	SH	SOLE	NONE	245,675
Montana Powe	612085100	4	200	SH	SOLE	NONE	200
Myr Group In	55405W104	1364	64,937	SH	SOLE	NONE	64,937
NACCO Ind	629579103	35	325	SH	SOLE	NONE	325
Nalco Chemic	629853102	1	30	SH	SOLE	NONE	30
National Oil	669930109	25	375	SH	SOLE	NONE	375
Neogen Corp	640491106	3	63	SH	SOLE	NONE	63

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New York Cmn	649445103	30	1,600	SH	SOLE	NONE	1,600
New York Tim	650111107	268	27,305	SH	SOLE	NONE	27,305
Newcrest Min	651191108	5	122	SH	SOLE	NONE	122
Newfield Exp	651290108	18	256	SH	SOLE	NONE	256
Newmont Mini	651639106	49	800	SH	SOLE	NONE	800
Newpark Reso	651718504	12	2,000	SH	SOLE	NONE	2,000
NICOR Inc.	654086107	4	75	SH	SOLE	NONE	75
Nokia	654902204	3	300	SH	SOLE	NONE	300
Nortel Netwo	656568102	1	70	SH	SOLE	NONE	70
Northwest Na	667655104	5	100	SH	SOLE	NONE	100
Novartis A G	66987V109	8453	143,401	SH	SOLE	NONE	143,401
Nstar	67019E107	13	315	SH	SOLE	NONE	315
Nuveen NY Di	67070A101	62	4,700	SH	SOLE	NONE	4,700
Oracle Syste	68389X105	1451	46,346	SH	SOLE	NONE	46,346
Orthovita In	68750U102	1	300	SH	SOLE	NONE	300
Owens & Mino	690730106	99	3,375	SH	SOLE	NONE	3,375
Paychex Inc	704326107	1551	50,185	SH	SOLE	NONE	50,185
Pepsico Inc.	713448108	318	4,865	SH	SOLE	NONE	4,865
Perkinelmer	714046109	85	3,298	SH	SOLE	NONE	3,298
Pfizer Inc.	717081103	429	24,517	SH	SOLE	NONE	24,517
Philip Morri	718172109	22	381	SH	SOLE	NONE	381
Piedmont Nat	720186105	22	800	SH	SOLE	NONE	800
Plum Creek T	729237107	12	312	SH	SOLE	NONE	312
PNC Financia	693475105	16	258	SH	SOLE	NONE	258
Polycom Inc	73172K104	5	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	73936B507	3	100	SH	SOLE	NONE	100
Powershs Glo	73936T615	5	340	SH	SOLE	NONE	340
PPG Industri	693506107	14	168	SH	SOLE	NONE	168
Pride Intl I	74153Q102	33	1,000	SH	SOLE	NONE	1,000
Procera Netw	74269U104	2	2,900	SH	SOLE	NONE	2,900
Procter & Ga	742718109	4303	66,882	SH	SOLE	NONE	66,882
Progress Ene	743263105	43	1,000	SH	SOLE	NONE	1,000
Progressive	743315103	126	6,360	SH	SOLE	NONE	6,360
Proshares Sh	74347R701	2	50	SH	SOLE	NONE	50
Proshs Ultra	74347R297	1	25	SH	SOLE	NONE	25
Public Serv.	744573106	70	2,200	SH	SOLE	NONE	2,200
Quest Diagno	74834L100	2052	38,025	SH	SOLE	NONE	38,025
Republic Ser	760759100	9	317	SH	SOLE	NONE	317
Rite Aid Cor	767754104	5	5,392	SH	SOLE	NONE	5,392

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Roper Indust	776696106	15	200	SH	SOLE	NONE	200
Roth & Rau A	D66040102	398	24,405	SH	SOLE	NONE	24,405
Rowan Co.	779382100	5	150	SH	SOLE	NONE	150
Royal Dutch	780259206	304	4,551	SH	SOLE	NONE	4,551
Ryder System	783549108	8	148	SH	SOLE	NONE	148
Schlumberger	806857108	111	1,325	SH	SOLE	NONE	1,325
Siemens A G	D69671218	11	86	SH	SOLE	NONE	86
Siemens AG A	826197501	37	300	SH	SOLE	NONE	300
Smuckers, J.	832696207	397	6,043	SH	SOLE	NONE	6,043
Snap-on-Tool	833034101	12	216	SH	SOLE	NONE	216
Solarwinds I	83416B109	2	93	SH	SOLE	NONE	93
Solarworld	D7045Y103	4	425	SH	SOLE	NONE	425
Solucorp Ind	83437C102	2	16,217	SH	SOLE	NONE	16,217
Starbucks	855244109	42	1,300	SH	SOLE	NONE	1,300
Starwood Htl	85590A401	28	465	SH	SOLE	NONE	465
Stericycle I	858912108	49	600	SH	SOLE	NONE	600
Strayer Educ	863236105	3	17	SH	SOLE	NONE	17
Stryker Corp	863667101	752	14,010	SH	SOLE	NONE	14,010
Suffolk Banc	864739107	70	2,856	SH	SOLE	NONE	2,856
Suncor Energ	867229106	15	384	SH	SOLE	NONE	384
Sunopta Inc	8676EP108	59	7,500	SH	SOLE	NONE	7,500
Sunpower Cor	867652109	2	180	SH	SOLE	NONE	180
Suntech Powe	86800C104	2	300	SH	SOLE	NONE	300
Super Micro	86800U104	3	274	SH	SOLE	NONE	274
Sysco Corp	871829107	71	2,400	SH	SOLE	NONE	2,400
T J X Cos In	872540109	19	420	SH	SOLE	NONE	420
Taiwan Smcnd	874039100	6	494	SH	SOLE	NONE	494
Target Corp	87612E106	22	365	SH	SOLE	NONE	365
Teleflex Inc	879369106	26	475	SH	SOLE	NONE	475
Teva Pharm I	881624209	107	2,061	SH	SOLE	NONE	2,061
Texas Instru	882508104	21	636	SH	SOLE	NONE	636
Thermo Fishe	883556102	39	700	SH	SOLE	NONE	700
Toronto Domi	891160509	28	382	SH	SOLE	NONE	382
Toyota Corp	892331307	8	100	SH	SOLE	NONE	100
Tractor Supp	892356106	17	350	SH	SOLE	NONE	350
Transmedia A	89376P103	1	140	SH	SOLE	NONE	140
Trina Solar	89628E104	1890	80,680	SH	SOLE	NONE	80,680
TrustCo Bank	898349105	2	354	SH	SOLE	NONE	354
Tyco Electro	G9144P105	2	55	SH	SOLE	NONE	55
Tyco Interna	G9143X208	2	55	SH	SOLE	NONE	55
Ultralife Ba	903899102	5	700	SH	SOLE	NONE	700

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Unilever N.V	904784501	19	600	SH	SOLE	NONE	600
Unilever Plc	904767704	1549	50,165	SH	SOLE	NONE	50,165
Union Pacifi	907818108	333	3,590	SH	SOLE	NONE	3,590
United Natur	911163103	16	448	SH	SOLE	NONE	448
United Parce	911312106	69	945	SH	SOLE	NONE	945
Unitedhealth	91324P102	15	415	SH	SOLE	NONE	415
Usana Health	90328M107	9	200	SH	SOLE	NONE	200
USX Marathon	902905827	15	395	SH	SOLE	NONE	395
Vanguard Int	922042775	155	3,241	SH	SOLE	NONE	3,241
Vanguard Tot	922908769	175	2,700	SH	SOLE	NONE	2,700
Varian Medic	92220P105	2	25	SH	SOLE	NONE	25
Verizon Comm	92343V104	5813	162,461	SH	SOLE	NONE	162,461
Vodafone Gro	G93882135	8	3,255	SH	SOLE	NONE	3,255
Vulcan Mater	929160109	55	1,250	SH	SOLE	NONE	1,250
Walgreen Co.	931422109	2091	53,680	SH	SOLE	NONE	53,680
Wal-Mart Sto	931142103	80	1,475	SH	SOLE	NONE	1,475
Warren Resou	93564A100	5	1,000	SH	SOLE	NONE	1,000
Weatherford	947074100	23	1,000	SH	SOLE	NONE	1,000
Wells Fargo	949746101	6	183	SH	SOLE	NONE	183
Wells Fargo	949746101	8	250	SH	SOLE	NONE	250
Western Unio	959802109	11	600	SH	SOLE	NONE	600
WGL Holdings	92924F106	16	450	SH	SOLE	NONE	450
Whole Foods	966837106	13	250	SH	SOLE	NONE	250
Williams Com	969457100	49	2,000	SH	SOLE	NONE	2,000
Wilmington T	971807102	6	1,300	SH	SOLE	NONE	1,300
Xerox Corp.	984121103	31	2,725	SH	SOLE	NONE	2,725
Zimmer Holdi	98956P102	5	100	SH	SOLE	NONE	100