

13F Information Table  
3/31/2011

		Current			Invest	Other	Voting
Description	CUSIP	Value (000)	Quantity	Type	Discre	Mgrs	Auth
3M Company	88579Y101	5	50 SH	SOLE	NONE		50
A G L Resources	001204106	40	1,000 SH	SOLE	NONE		1,000
A T & T Corp.	00206R102	190	6,200 SH	SOLE	NONE		6,200
Abbott Labs	002824100	3296	67,194 SH	SOLE	NONE		67,194
Aberdeen Israel	32063L100	7	400 SH	SOLE	NONE		400
Adobe Systems	00724F101	8	241 SH	SOLE	NONE		241
AFLAC Inc.	001055102	21	400 SH	SOLE	NONE		400
Allscripts Heal	01988P108	655	31,212 SH	SOLE	NONE		31,212
Ameren Corp (HI	023608102	56	2,000 SH	SOLE	NONE		2,000
American Intern	026874107	4	100 SH	SOLE	NONE		100
Amgen Inc.	031162100	1503	28,114 SH	SOLE	NONE		28,114
Apache Corp	037411105	2095	16,005 SH	SOLE	NONE		16,005
Apple Computer	037833100	541	1,553 SH	SOLE	NONE		1,553
Applied Materia	038222105	1108	70,950 SH	SOLE	NONE		70,950
Astropower Inc	04644A101	1	150 SH	SOLE	NONE		150
Automatic Data	053015103	304	5,933 SH	SOLE	NONE		5,933
B M C Software	055921100	1691	33,995 SH	SOLE	NONE		33,995
Badger Meter	056525108	1	20 SH	SOLE	NONE		20
Baidu Inc Adr	056752108	45	330 SH	SOLE	NONE		330
Bank of America	060505104	16	1,164 SH	SOLE	NONE		1,164
Bank of NY Co I	064057102	70	2,343 SH	SOLE	NONE		2,343
Baxter Intern'l	071813109	1666	30,982 SH	SOLE	NONE		30,982
Becton Dickinso	075887109	1301	16,339 SH	SOLE	NONE		16,339
Bed Bath & Beyo	075896100	4	83 SH	SOLE	NONE		83
Berkshire Hatha	084990175	125	1 SH	SOLE	NONE		100
Berkshire Hatha	084670207	989	11,830 SH	SOLE	NONE		11,830
Best Buy Co	086516101	1180	41,095 SH	SOLE	NONE		41,095
BHP Billiton Lt	088606108	3	33 SH	SOLE	NONE		33
Blkrck Muniyiel	09254F100	25	1,900 SH	SOLE	NONE		1,900
Boston Scientif	101137107	36	5,000 SH	SOLE	NONE		5,000
BP Amoco Plc Ad	055622104	15	330 SH	SOLE	NONE		330
Brady Corp Cl A	104674106	71	2,000 SH	SOLE	NONE		2,000
Bristol-Myers S	110122108	205	7,750 SH	SOLE	NONE		7,750
Canadian Nation	136375102	113	1,500 SH	SOLE	NONE		1,500
Canadian Natura	136385101	30	612 SH	SOLE	NONE		612
Canon Inc Adr J	138006309	24	563 SH	SOLE	NONE		563
Carefusion Corp	14170T101	33	1,167 SH	SOLE	NONE		1,167
Celgene Corp	151020104	2	33 SH	SOLE	NONE		33
Cemex Sa Adr Ne	151290889	1	22 SH	SOLE	NONE		22
Cenovus Energy	15135U109	1219	30,945 SH	SOLE	NONE		30,945
Centerpoint Ene	15189T107	243	13,850 SH	SOLE	NONE		13,850

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Cerner Corp.	156782104	6562	59,014	SH	SOLE	NONE	59,014
Check Pt Softwa	M22465104	2146	42,035	SH	SOLE	NONE	42,035
Chevrontexaco C	166764100	1094	10,178	SH	SOLE	NONE	10,178
Church & Dwight	171340102	12	150	SH	SOLE	NONE	150
Cigna Corp.	125509109	44	1,000	SH	SOLE	NONE	1,000
Cisco Systems I	17275R102	5815	339,046	SH	SOLE	NONE	339,046
Citigroup	172967101	127	28,680	SH	SOLE	NONE	28,680
Coca Cola Compa	191216100	468	7,057	SH	SOLE	NONE	7,057
Colgate Palmoli	194162103	111	1,370	SH	SOLE	NONE	1,370
Comcast CP New	20030N200	46	1,972	SH	SOLE	NONE	1,972
Con Edison Co o	209111103	1495	29,470	SH	SOLE	NONE	29,470
Conocophillips	20825C104	6592	82,544	SH	SOLE	NONE	82,544
Cons Freight "B	209232107	1	750	SH	SOLE	NONE	750
Corning Inc.	219350105	40	1,920	SH	SOLE	NONE	1,920
Covidien Ltd	G2552X108	3	55	SH	SOLE	NONE	55
CPFL Energia SA	126153105	4	50	SH	SOLE	NONE	50
Crystal Rock Ho	22940F103	1	600	SH	SOLE	NONE	600
CSX Corp	126408103	20	249	SH	SOLE	NONE	249
Cummins Inc	231021106	55	500	SH	SOLE	NONE	500
CVS Caremark Co	126650100	1731	50,436	SH	SOLE	NONE	50,436
Daimler A G	D1668R123	27	386	SH	SOLE	NONE	386
Danaher Corp De	235851102	21	408	SH	SOLE	NONE	408
Devon Energy Co	25179M103	111	1,211	SH	SOLE	NONE	1,211
Dionex Corp.	254546104	236	2,000	SH	SOLE	NONE	2,000
Disney (Walt)	254687106	60	1,400	SH	SOLE	NONE	1,400
Du Pont De Nemo	263534109	135	2,457	SH	SOLE	NONE	2,457
E M C Corp	268648102	786	29,590	SH	SOLE	NONE	29,590
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eastman Kodak	277461109	1	300	SH	SOLE	NONE	300
Eli Lilly	532457108	282	8,020	SH	SOLE	NONE	8,020
Encana Corp	292505104	1804	52,250	SH	SOLE	NONE	52,250
Enerplus Corp	292766102	21	650	SH	SOLE	NONE	650
Ennis Business	293389102	41	2,400	SH	SOLE	NONE	2,400
Ensco Int'l Inc	26874Q100	237	4,100	SH	SOLE	NONE	4,100
EOG Resources I	26875P101	48	402	SH	SOLE	NONE	402
Evergreen Solar	30033R108	1	234	SH	SOLE	NONE	234
Express Scripts	302182100	35	623	SH	SOLE	NONE	623
Exxon Mobil Cor	30231G102	4470	53,133	SH	SOLE	NONE	53,133
FDX Corp	31428X106	63	677	SH	SOLE	NONE	677
First Solar Inc	336433107	10	60	SH	SOLE	NONE	60
Fiserv Inc.	337738108	13	215	SH	SOLE	NONE	215

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Flextronics Int	Y2573F102	1120	149,875	SH	SOLE	NONE	149,875
Flow Internatio	343468104	13	2,850	SH	SOLE	NONE	2,850
Flowserve Corpo	34354P105	6	45	SH	SOLE	NONE	45
France Telecom	35177Q105	1442	64,050	SH	SOLE	NONE	64,050
Fresenius Med C	358029106	34	500	SH	SOLE	NONE	500
General Electri	369604103	1675	83,543	SH	SOLE	NONE	83,543
General Mills	370334104	1687	46,150	SH	SOLE	NONE	46,150
Genuine Parts	372460105	536	10,000	SH	SOLE	NONE	10,000
Gilead Sciences	375558103	106	2,500	SH	SOLE	NONE	2,500
Glaxosmithkline	832378301	31	800	SH	SOLE	NONE	800
Goodrich Corpor	382388106	77	900	SH	SOLE	NONE	900
Google Inc Clas	38259P508	313	533	SH	SOLE	NONE	533
Gorman Rupp Com	383082104	855	21,700	SH	SOLE	NONE	21,700
Green Mountain	393122106	39	600	SH	SOLE	NONE	600
Gulfmark Offsho	402629109	45	1,000	SH	SOLE	NONE	1,000
Hain Foods	405217100	153	4,750	SH	SOLE	NONE	4,750
Hansen Medical	411307101	4	2,000	SH	SOLE	NONE	2,000
Heinz (H.J.)	423074103	2580	52,846	SH	SOLE	NONE	52,846
Hewlett-Packard	428236103	1253	30,575	SH	SOLE	NONE	30,575
Honeywell Inc.	438506107	5	85	SH	SOLE	NONE	85
Hydrogenics Cor	448882100	5	703	SH	SOLE	NONE	703
Id Systems Inc	449489103	1	150	SH	SOLE	NONE	150
Idacorp Inc	451107106	1003	26,338	SH	SOLE	NONE	26,338
Immunogen Inc.	45253H101	9	1,000	SH	SOLE	NONE	1,000
Immunovaccine I	45254B103	35	42,260	SH	SOLE	NONE	42,260
Intel Corp.	458140100	1047	51,892	SH	SOLE	NONE	51,892
Intercontinenta	G4804L122	9	434	SH	SOLE	NONE	434
International B	459200101	4590	28,150	SH	SOLE	NONE	28,150
Intuit Inc.	461202103	17	317	SH	SOLE	NONE	317
Ishares Msci Br	464286400	16	200	SH	SOLE	NONE	200
Ishares Msci Jp	464286848	21	2,000	SH	SOLE	NONE	2,000
Ishares Tr Come	464285105	10	690	SH	SOLE	NONE	690
Isis Pharmaceut	464330109	2	200	SH	SOLE	NONE	200
Itron Inc New	465741106	3423	60,650	SH	SOLE	NONE	60,650
J.P. Morgan Cha	46625H100	165	3,577	SH	SOLE	NONE	3,577
Jetblue Airways	477143101	204	32,500	SH	SOLE	NONE	32,500
Johnson & Johns	478160104	4663	78,698	SH	SOLE	NONE	78,698
K12 Inc	48273U102	3	76	SH	SOLE	NONE	76
Kadant Inc	48282T104	5	200	SH	SOLE	NONE	200
Kellogg Co.	487836108	4	79	SH	SOLE	NONE	79
Kimberly-Clark	494368103	615	9,420	SH	SOLE	NONE	9,420

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Kinder Morgan E	494550106	3	41 SH	SOLE	NONE		41
Kon Philips Ele	500472303	10524	327,148 SH	SOLE	NONE		327,148
Kyocera Ltd Adr	501556203	6895	68,329 SH	SOLE	NONE		68,329
Leapfrog Enterp	52186N106	1	200 SH	SOLE	NONE		200
Lexicon Pharmac	528872104	4	2,200 SH	SOLE	NONE		2,200
Lionbridge Tech	536252109	3	1,000 SH	SOLE	NONE		1,000
Lowe's Cos.	548661107	57	2,145 SH	SOLE	NONE		2,145
Market Vectors	57060U761	1	60 SH	SOLE	NONE		60
McDonald's Corp	580135101	140	1,843 SH	SOLE	NONE		1,843
Medco Health	58405U102	1	10 SH	SOLE	NONE		10
Medtronic Inc.	585055106	6633	168,565 SH	SOLE	NONE		168,565
Merck & Co.	589331107	163	4,925 SH	SOLE	NONE		4,925
Meridian Biosci	589584101	10	400 SH	SOLE	NONE		400
Met-Pro Corp	590876306	18	1,483 SH	SOLE	NONE		1,483
Microsoft Corp.	594918104	6225	245,189 SH	SOLE	NONE		245,189
Mid Cap S P D R	595635103	9	50 SH	SOLE	NONE		50
Montana Power C	612085100	4	200 SH	SOLE	NONE		200
Motorola Mobili	620097105	24	1,000 SH	SOLE	NONE		1,000
Motorola Soluti	620076307	51	1,142 SH	SOLE	NONE		1,142
Myr Group Inc	55405W104	1691	70,702 SH	SOLE	NONE		70,702
NACCO Ind	629579103	36	325 SH	SOLE	NONE		325
Nalco Chemical	629853102	1	30 SH	SOLE	NONE		30
National Oilwel	669930109	18	224 SH	SOLE	NONE		224
Neogen Corp	640491106	3	63 SH	SOLE	NONE		63
New York Cmnty	649445103	28	1,600 SH	SOLE	NONE		1,600
New York Times	650111107	255	26,945 SH	SOLE	NONE		26,945
Newcrest Mining	651191108	5	122 SH	SOLE	NONE		122
Newfield Explor	651290108	19	256 SH	SOLE	NONE		256
Newmont Mining	651639106	44	800 SH	SOLE	NONE		800
Newpark Resourc	651718504	16	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 Networks	656568102	1	70 SH	SOLE	NONE		70
Northwest Natur	667655104	5	100 SH	SOLE	NONE		100
Novartis A G Sp	66987V109	7834	144,131 SH	SOLE	NONE		144,131
Nstar	67019E107	15	315 SH	SOLE	NONE		315
Nuveen NY Div A	67070A101	60	4,700 SH	SOLE	NONE		4,700
Oracle Systems	68389X105	1549	46,346 SH	SOLE	NONE		46,346
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE		300
Owens & Minor I	690730106	110	3,375 SH	SOLE	NONE		3,375
Paychex Inc	704326107	1567	49,930 SH	SOLE	NONE		49,930

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		Value (000)			Discre	Mgrs	Auth
Penn West Energ	707885109	14	500	SH	SOLE	NONE	500
Pepsico Inc.	713448108	442	6,865	SH	SOLE	NONE	6,865
Perkinelmer Inc	714046109	87	3,298	SH	SOLE	NONE	3,298
Pfizer Inc.	717081103	583	28,708	SH	SOLE	NONE	28,708
Philip Morris I	718172109	3	50	SH	SOLE	NONE	50
Piedmont Natura	720186105	24	800	SH	SOLE	NONE	800
Plum Creek Timb	729237107	14	312	SH	SOLE	NONE	312
PNC Financial S	693475105	96	1,518	SH	SOLE	NONE	1,518
Polycom Inc	73172K104	7	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	16	168	SH	SOLE	NONE	168
Pride Intl Inc	74153Q102	43	1,000	SH	SOLE	NONE	1,000
Procera Network	74269U203	3	290	SH	SOLE	NONE	290
Procter & Gambl	742718109	5351	86,868	SH	SOLE	NONE	86,868
Progress Energy	743263105	46	1,000	SH	SOLE	NONE	1,000
Progressive Cor	743315103	134	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
Provident Energ	74386K104	14	1,500	SH	SOLE	NONE	1,500
Public Serv. En	744573106	69	2,200	SH	SOLE	NONE	2,200
Quest Diagnosti	74834L100	2234	38,700	SH	SOLE	NONE	38,700
Rite Aid Corp	767754104	6	5,392	SH	SOLE	NONE	5,392
Roper Industrie	776696106	17	200	SH	SOLE	NONE	200
Rowan Co.	779382100	7	150	SH	SOLE	NONE	150
Royal Dutch She	780259206	335	4,603	SH	SOLE	NONE	4,603
Schlumberger Lt	806857108	124	1,325	SH	SOLE	NONE	1,325
Siemens A G New	D69671218	12	86	SH	SOLE	NONE	86
Siemens AG Amer	826197501	41	300	SH	SOLE	NONE	300
Smuckers, J.M.	832696207	431	6,043	SH	SOLE	NONE	6,043
Solarwinds Inc	83416B109	2	93	SH	SOLE	NONE	93
Solarworld	D7045Y103	7	425	SH	SOLE	NONE	425
Solucorp Indust	83437C102	1	16,217	SH	SOLE	NONE	16,217
Starbucks	855244109	37	1,000	SH	SOLE	NONE	1,000
Starwood Htls &	85590A401	27	465	SH	SOLE	NONE	465
Strayer Educati	863236105	2	17	SH	SOLE	NONE	17
Stryker Corp	863667101	476	7,830	SH	SOLE	NONE	7,830
Suffolk Bancorp	864739107	60	2,856	SH	SOLE	NONE	2,856
Suncor Energy I	867229106	17	384	SH	SOLE	NONE	384

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Sunopta Inc	8676EP108	56	7,500	SH	SOLE	NONE	7,500
Sunpower Corp C	867652109	25	1,480	SH	SOLE	NONE	1,480
Suntech Power H	86800C104	8	800	SH	SOLE	NONE	800
Super Micro Com	86800U104	4	274	SH	SOLE	NONE	274
Synovus Financi	87161C105	7	3,000	SH	SOLE	NONE	3,000
Syntel Inc	87162H103	13	250	SH	SOLE	NONE	250
Sysco Corp	871829107	66	2,400	SH	SOLE	NONE	2,400
T J X Cos Inc	872540109	21	420	SH	SOLE	NONE	420
Taiwan Smcndctr	874039100	6	494	SH	SOLE	NONE	494
Target Corp	87612E106	18	365	SH	SOLE	NONE	365
TE Connectivity	H84989104	2	55	SH	SOLE	NONE	55
Teleflex Inc	879369106	28	475	SH	SOLE	NONE	475
Telefonica SA	879382208	11905	472,029	SH	SOLE	NONE	472,029
Teva Pharm Inds	881624209	3526	70,275	SH	SOLE	NONE	70,275
Texas Instrumen	882508104	22	636	SH	SOLE	NONE	636
Thermo Fisher S	883556102	38	700	SH	SOLE	NONE	700
Toronto Dominio	891160509	34	382	SH	SOLE	NONE	382
Tractor Supply	892356106	21	350	SH	SOLE	NONE	350
Transmedia Asia	89376P103	1	140	SH	SOLE	NONE	140
Trina Solar Ltd	89628E104	1792	59,480	SH	SOLE	NONE	59,480
TrustCo Bank Co	898349105	2	354	SH	SOLE	NONE	354
Tyco Internatio	G9143X208	2	55	SH	SOLE	NONE	55
Ultralife Batte	903899102	4	700	SH	SOLE	NONE	700
Unilever N.V.	904784501	19	600	SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1536	50,165	SH	SOLE	NONE	50,165
Union Pacific	907818108	380	3,860	SH	SOLE	NONE	3,860
United Natural	911163103	20	448	SH	SOLE	NONE	448
United Parcel S	911312106	70	945	SH	SOLE	NONE	945
Unitedhealth Gr	91324P102	19	415	SH	SOLE	NONE	415
Usana Health Sc	90328M107	7	200	SH	SOLE	NONE	200
Varian Medical	92220P105	2828	41,803	SH	SOLE	NONE	41,803
Vodafone Group	G93882135	9	3,255	SH	SOLE	NONE	3,255
Vulcan Material	929160109	57	1,250	SH	SOLE	NONE	1,250
Walgreen Co.	931422109	2155	53,680	SH	SOLE	NONE	53,680
Wal-Mart Stores	931142103	77	1,475	SH	SOLE	NONE	1,475
Warren Resource	93564A100	5	1,000	SH	SOLE	NONE	1,000
Weatherford Int	947074100	23	1,000	SH	SOLE	NONE	1,000
Wells Fargo	949746101	14	433	SH	SOLE	NONE	433
Wells Fargo & C	949746101	1	19	SH	SOLE	NONE	19
Western Union C	959802109	12	600	SH	SOLE	NONE	600
WGL Holdings	92924F106	18	450	SH	SOLE	NONE	450

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Whole Foods Mar	966837106	16	250	SH	SOLE	NONE	250
Williams Compan	969457100	62	2,000	SH	SOLE	NONE	2,000
Wilmington Trus	971807102	6	1,300	SH	SOLE	NONE	1,300
Xerox Corp.	984121103	63	5,925	SH	SOLE	NONE	5,925
Zimmer Holdings	98956P102	6	100	SH	SOLE	NONE	100
Zurich Llc Ern	98878WAA0	1	108	SH	SOLE	NONE	108