

## 13F Information Table

12/31/2009

Description	CUSIP	Value	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3M Company	88579Y101	7,869	95,185	SH	SOLE	NONE	95,185
A E S Corp	00130H105	3	200	SH	SOLE	NONE	200
A G L Resources Inc	001204106	36	1,000	SH	SOLE	NONE	1,000
A T & T Corp.	00206R102	1,178	42,035	SH	SOLE	NONE	42,035
ABB AG ORD CHF	00256X991	191	10,000	SH	SOLE	NONE	10,000
Abbott Labs	002824100	1,879	34,809	SH	SOLE	NONE	34,809
ADC Telecom	000886101	7	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	87	2,360	SH	SOLE	NONE	2,360
Advance Auto Parts Inc	00751Y106	784	19,360	SH	SOLE	NONE	19,360
Agco Corp	001084102	9	290	SH	SOLE	NONE	290
Air Products & Chemicals	009158106	24	298	SH	SOLE	NONE	298
Alcon Inc	H01301102	16	100	SH	SOLE	NONE	100
Amazon.Com, Inc.	023135106	40	300	SH	SOLE	NONE	300
Ameren Corp (Hldg Co)	023608102	56	2,000	SH	SOLE	NONE	2,000
America Movil Sa De OrdF	P0280A101	8	3,257	SH	SOLE	NONE	3,257
America Movil Sa L Adr	02364W105	66	1,400	SH	SOLE	NONE	1,400
American Express	025816109	1	20	SH	SOLE	NONE	20
American Intern'l Group	026874107	3	100	SH	SOLE	NONE	100
American Tower CP Class A	029912201	6	140	SH	SOLE	NONE	140
Amgen Inc.	031162100	12	204	SH	SOLE	NONE	204
Amphenol Corp New Cl A	032095101	5	115	SH	SOLE	NONE	115
Anadarko Petroleum	032511107	1,695	27,150	SH	SOLE	NONE	27,150
Apache Corp	037411105	1,906	18,475	SH	SOLE	NONE	18,475
Apple Computer	037833100	108	512	SH	SOLE	NONE	512
Applied Materials Inc	038222105	248	17,819	SH	SOLE	NONE	17,819
Ascent Media Corp	043632108	1	7	SH	SOLE	NONE	7
Astropower Inc Xxx	04644A101	1	150	SH	SOLE	NONE	150
Automatic Data Processing	053015103	250	5,833	SH	SOLE	NONE	5,833
Autozone Inc	053332102	213	1,350	SH	SOLE	NONE	1,350
Avery Dennison Corp	053611109	15	424	SH	SOLE	NONE	424
B M C Software Inc	055921100	1,550	38,645	SH	SOLE	NONE	38,645
B P Prudhoe Bay Rlty Tr	055630107	17	200	SH	SOLE	NONE	200
Bac Cap Tr III	05518E202	11	500	SH	SOLE	NONE	500
Badger Meter	056525108	1	20	SH	SOLE	NONE	20
Baker Hughes Ind	057224107	20	500	SH	SOLE	NONE	500
Bank of America Corp	060505104	9	600	SH	SOLE	NONE	600
Bank Of America Dep Shs	060505583	13	700	SH	SOLE	NONE	700
Bank of NY Co Inc	064057102	52	1,843	SH	SOLE	NONE	1,843
Barrick Gold Corp	679011108	85	2,150	SH	SOLE	NONE	2,150
Baxter Intern'l Inc.	071813109	1,406	23,967	SH	SOLE	NONE	23,967
Becton Dickinson	075887109	1,215	15,403	SH	SOLE	NONE	15,403
Berkshire Hathaway Cl A	084670108	99	1	SH	SOLE	NONE	1
Berkshire Hathaway Cl B	084670207	667	203	SH	SOLE	NONE	203
Biogen IDEC Inc	09062X103	2,669	49,880	SH	SOLE	NONE	49,880
Blkrck Muniyield Qlty Fd	09254F100	26	1,900	SH	SOLE	NONE	1,900
Boston Scientific Corp	101137107	45	5,000	SH	SOLE	NONE	5,000

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12/31/2009

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BP Amoco Plc Adr	055622104	13,734	236,922	SH	SOLE	NONE	236,922
Bp Plc Ord	G12793108	25	2,624	SH	SOLE	NONE	2,624
Brady Corp Cl A	104674106	60	2,000	SH	SOLE	NONE	2,000
Bristol-Myers Squibb	110122108	131	5,200	SH	SOLE	NONE	5,200
Burlington Northern Santa	121897102	59	600	SH	SOLE	NONE	600
C V S Corp Del	126650100	11	342	SH	SOLE	NONE	342
Cabot Oil & Gas Corp	127097103	74	1,700	SH	SOLE	NONE	1,700
California Water Service	130788102	3	75	SH	SOLE	NONE	75
Canadian National Railway	136375102	62	1,145	SH	SOLE	NONE	1,145
Cardinal Health Inc	14149Y108	75	2,335	SH	SOLE	NONE	2,335
Carefusion Corp	14170T101	29	1,167	SH	SOLE	NONE	1,167
Carlisle Cos.	142339100	41	1,200	SH	SOLE	NONE	1,200
Carso Global Tele A-1	P2142R108	4	800	SH	SOLE	NONE	800
Caterpillar Inc.	149123101	21	360	SH	SOLE	NONE	360
Cemex Sa Adr New	151290889	323	27,347	SH	SOLE	NONE	27,347
Cenovus Energy Inc	15135U109	1,354	53,740	SH	SOLE	NONE	53,740
Centerpoint Energy Inc	15189T107	201	13,850	SH	SOLE	NONE	13,850
Century Telephone Enterpr	156686107	19	513	SH	SOLE	NONE	513
Cerner Corp.	156782104	10,796	130,954	SH	SOLE	NONE	130,954
Check Pt Software Tech	M22465104	2,385	70,400	SH	SOLE	NONE	70,400
Chesapeake Energy Corp	165167107	5	200	SH	SOLE	NONE	200
Chevrontexaco Corp	166764100	674	8,755	SH	SOLE	NONE	8,755
Chubb Corp	171232101	42	848	SH	SOLE	NONE	848
Cigna Corp.	125509109	67	1,908	SH	SOLE	NONE	1,908
Cimarex Energy Co	171798101	33	630	SH	SOLE	NONE	630
Cisco Systems Inc.	17275R102	1,045	43,649	SH	SOLE	NONE	43,649
Citigroup	172967101	165	49,769	SH	SOLE	NONE	49,769
Citrix Systems Inc	177376100	29	700	SH	SOLE	NONE	700
Clorox Co.	189054109	12,938	212,104	SH	SOLE	NONE	212,104
Coca Cola Company	191216100	431	7,553	SH	SOLE	NONE	7,553
Cognizant Tech Sol Cl A	192446102	5	100	SH	SOLE	NONE	100
Colgate Palmolive	194162103	105	1,279	SH	SOLE	NONE	1,279
Comcast Corp New Cl A	20030N101	2	100	SH	SOLE	NONE	100
Comcast CP New Cl A	20030N200	32	1,972	SH	SOLE	NONE	1,972
Compagnie Generale de Geo	204386106	11	500	SH	SOLE	NONE	500
Con Edison Co of NY	209111103	2,090	46,004	SH	SOLE	NONE	46,004
Conocophillips	20825C104	4,345	85,073	SH	SOLE	NONE	85,073
Corning Inc.	219350105	161	8,318	SH	SOLE	NONE	8,318
Costco Wholesale	22160K105	3	45	SH	SOLE	NONE	45
Daimlerchrysler A G	D1668R123	21	386	SH	SOLE	NONE	386
Deere & Co.	244199105	30	560	SH	SOLE	NONE	560
Devon Energy Corp New	25179M103	68	928	SH	SOLE	NONE	928
Dionex Corp.	254546104	148	2,000	SH	SOLE	NONE	2,000
Directv Cl A	25490A101	4	120	SH	SOLE	NONE	120
Disney (Walt)	254687106	47	1,457	SH	SOLE	NONE	1,457
Dollar Tree Inc	256746108	58	1,200	SH	SOLE	NONE	1,200

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12/31/2009

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Dominion Resources	25746U109	13	336	SH	SOLE	NONE	336
Donnelley R R & Sons Co	257867101	89	4,000	SH	SOLE	NONE	4,000
Dover Corp	260003108	71	1,700	SH	SOLE	NONE	1,700
Du Pont De Nemours	263534109	114	3,384	SH	SOLE	NONE	3,384
Duke Energy Corp	264399106	114	6,600	SH	SOLE	NONE	6,600
Duke Realty Corp	264411505	1	95	SH	SOLE	NONE	95
Dun & Bradstreet	264830100	18	212	SH	SOLE	NONE	212
E M C Corp	268648102	679	38,846	SH	SOLE	NONE	38,846
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eastman Kodak	277461109	1	300	SH	SOLE	NONE	300
Eaton Corp	278058102	102	1,600	SH	SOLE	NONE	1,600
Ebara Corp	J12600128	4	1,000	SH	SOLE	NONE	1,000
Eclipsys Corp	278856109	482	26,010	SH	SOLE	NONE	26,010
Eli Lilly	532457108	294	8,235	SH	SOLE	NONE	8,235
Emerson Electric	291011104	840	19,710	SH	SOLE	NONE	19,710
Encana Corp	292505104	1,741	53,740	SH	SOLE	NONE	53,740
Enron Oil and Gas	26875P101	44	450	SH	SOLE	NONE	450
EnSCO Int'l Inc	26874Q100	164	4,100	SH	SOLE	NONE	4,100
Enterprise Prods Partners	293792107	31	1,000	SH	SOLE	NONE	1,000
Evergreen Solar Inc	30033R108	2	1,400	SH	SOLE	NONE	1,400
Exxon Mobil Corporation	30231G102	3,668	53,788	SH	SOLE	NONE	53,788
Fairpoint Communications,	305560104	1	18	SH	SOLE	NONE	18
FDX Corp	31428X106	50	600	SH	SOLE	NONE	600
Fidelity Natl Finl Inc Cl	316326107	2	143	SH	SOLE	NONE	143
Fidelity Natl Information	31620M10	13	573	SH	SOLE	NONE	573
Fifth Third Bancorp	689389104	6	600	SH	SOLE	NONE	600
First Israel Fund Inc.	32063L100	6	400	SH	SOLE	NONE	400
First Solar Inc	336433107	8	60	SH	SOLE	NONE	60
Fiserv Inc.	337738108	39	805	SH	SOLE	NONE	805
Flextronics Intl Ltd	Y2573F102	1,100	150,505	SH	SOLE	NONE	150,505
Flir Systems Inc	302445101	5	150	SH	SOLE	NONE	150
Flow International Corp	343468104	9	2,850	SH	SOLE	NONE	2,850
Flowserve Corporation	34354P105	4	45	SH	SOLE	NONE	45
Fmc Technologies Inc	30249U101	16	275	SH	SOLE	NONE	275
Ford Motor Company	345370860	2	200	SH	SOLE	NONE	200
Fortune Brands	349631101	7	171	SH	SOLE	NONE	171
Fresenius Med Care Adr	358029106	27	500	SH	SOLE	NONE	500
Frontline Ltd Com	G3682E127	8	290	SH	SOLE	NONE	290
Gamesa Cp Tech New Ord	E54667113	2,348	138,880	SH	SOLE	NONE	138,880
Gannett Co.	364730101	2,134	143,723	SH	SOLE	NONE	143,723
General Electric	369604103	1,469	97,122	SH	SOLE	NONE	97,122
Genuine Parts	372460105	380	10,000	SH	SOLE	NONE	10,000
Gilead Sciences Inc	375558103	108	2,500	SH	SOLE	NONE	2,500
Glaxosmithkline Plc Adrf	832378301	34	800	SH	SOLE	NONE	800
Goldman Sachs Group Inc	38141G104	24	141	SH	SOLE	NONE	141
Google Inc Class A	38259P508	68	110	SH	SOLE	NONE	110

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12/31/2009

Description	CUSIP	Value	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Gorman Rupp Company	383082104	608	22,000	SH	SOLE	NONE	22,000
Green Mountain Coffee	393122106	24	300	SH	SOLE	NONE	300
Grupo Carso Ord SR A-1	P46118108	2	600	SH	SOLE	NONE	600
Grupo Finc Inbursa Serof	P4950U165	1	18	SH	SOLE	NONE	18
Gulfmark Offshore Inc	402629109	28	1,000	SH	SOLE	NONE	1,000
Hain Foods	405217100	81	4,750	SH	SOLE	NONE	4,750
Hancock John Pfd Incm Fd	41013X106	14	806	SH	SOLE	NONE	806
Hansen Medical Inc	411307101	6	2,000	SH	SOLE	NONE	2,000
Harley Davidson, Inc	412822108	1	25	SH	SOLE	NONE	25
Harris Corp Del	413875105	48	1,000	SH	SOLE	NONE	1,000
Harris Stratex Net Cl A	41457P106	2	248	SH	SOLE	NONE	248
Hawaiian Elec Industries	419870100	15	700	SH	SOLE	NONE	700
Heinz (H.J.)	423074103	2,397	56,067	SH	SOLE	NONE	56,067
Hewlett-Packard Company	428236103	182	3,538	SH	SOLE	NONE	3,538
Hologic Inc	436440101	15	1,000	SH	SOLE	NONE	1,000
Home Depot	437076102	25	875	SH	SOLE	NONE	875
Honeywell Inc.	438506107	1	7	SH	SOLE	NONE	7
Hsn Inc	404303109	1	3	SH	SOLE	NONE	3
Hubbell Inc. Cl. B	443510201	893	18,890	SH	SOLE	NONE	18,890
Hugoton Royalty Tr Ubi	444717102	13	800	SH	SOLE	NONE	800
Hydrogenics Corp	448882100	7	17,590	SH	SOLE	NONE	17,590
IAC/Interactive Corp	44919P300	1	6	SH	SOLE	NONE	6
Id Systems Inc	449489103	1	150	SH	SOLE	NONE	150
Idacorp Inc	451107106	1,246	39,008	SH	SOLE	NONE	39,008
Idearc Inc	451663108	1	45	SH	SOLE	NONE	45
Immersion Corp	452521107	2	500	SH	SOLE	NONE	500
Immunogen Inc.	45253H101	8	1,000	SH	SOLE	NONE	1,000
Ims Health Inc	449934108	36	1,720	SH	SOLE	NONE	1,720
Integrus Energy Group	45822P105	22	517	SH	SOLE	NONE	517
Intel Corp.	458140100	170	8,337	SH	SOLE	NONE	8,337
International Business Ma	459200101	3,647	27,858	SH	SOLE	NONE	27,858
Interval Leisure Group	46113M108	1	2	SH	SOLE	NONE	2
Intuit Inc.	461202103	20	640	SH	SOLE	NONE	640
Intuitive Surgical New	46120E602	8	25	SH	SOLE	NONE	25
Ishares Msci Jpn Idx Fd	464286848	19	2,000	SH	SOLE	NONE	2,000
Ishares Tr Comex Gold	464285105	7	69	SH	SOLE	NONE	69
Ishares Tr Lehman Tips	464287176	16	158	SH	SOLE	NONE	158
Ishares Tr Nasdaq Bio Fd	464287556	1	10	SH	SOLE	NONE	10
Isis Pharmaceuticals	464330109	2	200	SH	SOLE	NONE	200
Itron Inc New	465741106	4,261	63,065	SH	SOLE	NONE	63,065
ITT Hartford Group Inc.	45068H106	14	604	SH	SOLE	NONE	604
Ivanhoe Energy Inc	465790103	7	2,500	SH	SOLE	NONE	2,500
J.P. Morgan Chase & Co	46625H100	112	2,677	SH	SOLE	NONE	2,677
Jetblue Airways Corp	477143101	177	32,500	SH	SOLE	NONE	32,500
John Bean Techs Corp	477839104	1	59	SH	SOLE	NONE	59
Johnson & Johnson	478160104	5,241	81,375	SH	SOLE	NONE	81,375

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12/31/2009

Description	CUSIP	Value	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Johnson Controls	478366107	17	620	SH	SOLE	NONE	620
Joy Global Inc	481165108	37	710	SH	SOLE	NONE	710
Kadant Inc	48282T104	3	200	SH	SOLE	NONE	200
Kimberly-Clark	494368103	589	9,250	SH	SOLE	NONE	9,250
Kyocera Ltd Adr	501556203	7,315	82,829	SH	SOLE	NONE	82,829
L-3 Communications Hldgs	502424104	4	50	SH	SOLE	NONE	50
Lab Cp Of Amer Hldg New	50540R409	41	550	SH	SOLE	NONE	550
Lender Processing Svcs	52602E102	12	286	SH	SOLE	NONE	286
Leucadia National Corp	527288104	69	2,900	SH	SOLE	NONE	2,900
Liberty Media Corp A	53071M708	1	12	SH	SOLE	NONE	12
Liberty Property Trust	531172104	8	250	SH	SOLE	NONE	250
Lifeline Systems Inc.	532192101	45	860	SH	SOLE	NONE	860
Lionbridge Tech Inc	536252109	2	1,000	SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	47	2,020	SH	SOLE	NONE	2,020
Mastercard Inc	57636Q104	224	875	SH	SOLE	NONE	875
McDonald's Corp.	580135101	152	2,427	SH	SOLE	NONE	2,427
McKesson Corp.	581556107	667	10,675	SH	SOLE	NONE	10,675
Medco Health	58405U102	38	600	SH	SOLE	NONE	600
Medtronic Inc.	585055106	7,752	176,253	SH	SOLE	NONE	176,253
Merchant's Bancshares inc	588448100	2	100	SH	SOLE	NONE	100
Merck & Co.	589331107	162	4,423	SH	SOLE	NONE	4,423
Meridian Resource Corp	58977Q109	1	2,000	SH	SOLE	NONE	2,000
Met-Pro Corp	590876306	16	1,483	SH	SOLE	NONE	1,483
Microsoft Corp.	594918104	975	32,000	SH	SOLE	NONE	32,000
Millipore Corp.	601073109	87	1,200	SH	SOLE	NONE	1,200
Moodys Corp	615369105	68	2,535	SH	SOLE	NONE	2,535
Morgan Stanley	617446109	1	7	SH	SOLE	NONE	7
Morgan Stnly Cap	617462205	11	500	SH	SOLE	NONE	500
Myr Group Inc	55405W104	1,310	72,515	SH	SOLE	NONE	72,515
NACCO Ind	629579103	16	325	SH	SOLE	NONE	325
Nalco Chemical	629853102	1	55	SH	SOLE	NONE	55
National Oilwell Varco	669930109	59	1,344	SH	SOLE	NONE	1,344
Natural Gas Service Gp	63886Q109	19	1,000	SH	SOLE	NONE	1,000
NCR Corp	62886E108	646	58,054	SH	SOLE	NONE	58,054
New York Cmnty Bancorp	649445103	23	1,600	SH	SOLE	NONE	1,600
New York Times Cl A	650111107	339	27,455	SH	SOLE	NONE	27,455
Newmont Mining Corp.	651639106	38	800	SH	SOLE	NONE	800
Newpark Resources Inc	651718504	8	2,000	SH	SOLE	NONE	2,000
NICOR Inc.	654086107	3	75	SH	SOLE	NONE	75
Nike Inc.	654106103	17	250	SH	SOLE	NONE	250
Nokia	654902204	133	10,350	SH	SOLE	NONE	10,350
Nortel Networks	656568102	1	70	SH	SOLE	NONE	70
Northwest Natural Gas Co	667655104	5	100	SH	SOLE	NONE	100
Novartis A G Spon Adr	66987V109	8,283	152,175	SH	SOLE	NONE	152,175
Novo Nordisk A/S ADR	670100205	1,094	17,130	SH	SOLE	NONE	17,130
Nstar	67019E107	12	315	SH	SOLE	NONE	315

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12/31/2009

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Nuveen NY Div Adv Munu Fd	67070A101	61	4,700	SH	SOLE	NONE	4,700
O Reilly Automotive Inc	686091109	44	1,150	SH	SOLE	NONE	1,150
Oneok Inc.	682678107	45	1,000	SH	SOLE	NONE	1,000
Oracle Systems Corp.	68389X105	11	450	SH	SOLE	NONE	450
Orthovita Inc	68750U102	1	300	SH	SOLE	NONE	300
Oshkosh Truck Corp Cl B	688239201	4	100	SH	SOLE	NONE	100
Owens & Minor Inc.	690730106	97	2,250	SH	SOLE	NONE	2,250
Paychex Inc	704326107	15	500	SH	SOLE	NONE	500
Pepco Holdings Inc	737679100	5	305	SH	SOLE	NONE	305
Pepsico Inc.	713448108	395	6,501	SH	SOLE	NONE	6,501
Perkinelmer Inc	714046109	68	3,298	SH	SOLE	NONE	3,298
Petroleo Brasileiro Adrf	71654V408	1	14	SH	SOLE	NONE	14
Pfizer Inc.	717081103	427	23,488	SH	SOLE	NONE	23,488
Piedmont Natural Gas Inc	720186105	21	800	SH	SOLE	NONE	800
Pioneer Natural Resources	723787107	4	86	SH	SOLE	NONE	86
Plains Expl & Prdtn Co	726505100	2	55	SH	SOLE	NONE	55
Plug Power Inc	72919P103	1	66	SH	SOLE	NONE	66
Plum Creek Timber L.P.	729237107	12	312	SH	SOLE	NONE	312
PNC Financial Services GP	693475105	16	300	SH	SOLE	NONE	300
Polycom Inc	73172K104	3	137	SH	SOLE	NONE	137
Popular Inc	733174106	3	1,250	SH	SOLE	NONE	1,250
Powershs DB Multi Sector	73936B507	3	100	SH	SOLE	NONE	100
Powershs Global ETF Clean	73936T615	6	340	SH	SOLE	NONE	340
Praxair Inc.	74005P104	55	690	SH	SOLE	NONE	690
Pride Intl Inc Del	74153Q102	32	1,000	SH	SOLE	NONE	1,000
Procera Networks Inc	74269U104	1	2,900	SH	SOLE	NONE	2,900
Procter & Gamble	742718109	4,043	66,683	SH	SOLE	NONE	66,683
Progress Energy Inc	743263105	41	1,000	SH	SOLE	NONE	1,000
Progressive Corp Ohio	743315103	101	5,600	SH	SOLE	NONE	5,600
Prologis	743410102	6	432	SH	SOLE	NONE	432
Public Serv. Enterprise	744573106	73	2,200	SH	SOLE	NONE	2,200
Q-Cells AG	D623R103	5	285	SH	SOLE	NONE	285
Qualcomm Inc	747525103	19	410	SH	SOLE	NONE	410
Quest Diagnostics Inc	74834L100	991	16,405	SH	SOLE	NONE	16,405
Research in Motion	760975102	42	620	SH	SOLE	NONE	620
Rite Aid Corp	767754104	8	5,392	SH	SOLE	NONE	5,392
Roper Industries Inc.	776696106	10	200	SH	SOLE	NONE	200
Roth & Rau Ag Ord	D66040102	1,109	25,660	SH	SOLE	NONE	25,660
Rowan Co.	779382100	3	150	SH	SOLE	NONE	150
Royal Dutch Shell A Adrf	780259206	289	4,811	SH	SOLE	NONE	4,811
S S E Telecom Inc	784652109	1	1,000	SH	SOLE	NONE	1,000
San Juan Basin Royal Tr	798241105	1	43	SH	SOLE	NONE	43
Sanyo Electric Ltd Ord	J68897107	1	10	SH	SOLE	NONE	10
Sara Lee Corp.	803111103	10	800	SH	SOLE	NONE	800
Schlumberger Ltd.	806857108	86	1,325	SH	SOLE	NONE	1,325
Seahawk Drilling Inc Com	81201R107	1	66	SH	SOLE	NONE	66

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Sigma Aldrich Corp	826552101	9	180	SH	SOLE	NONE	180
Smuckers, J.M.	832696207	403	6,524	SH	SOLE	NONE	6,524
Solarworld	D7045Y103	9	425	SH	SOLE	NONE	425
Solucorp Industries Ltdf	83437C102	3	16,217	SH	SOLE	NONE	16,217
Southern Company	842587107	1	24	SH	SOLE	NONE	24
Spectra Energy Corp	847560109	23	1,100	SH	SOLE	NONE	1,100
Sprint Nextel	852061506	27	7,500	SH	SOLE	NONE	7,500
St Jude Medical Co	790849103	37	1,000	SH	SOLE	NONE	1,000
Staples Inc	855030102	12	500	SH	SOLE	NONE	500
Starwood Htlds & Resorts	85590A401	17	465	SH	SOLE	NONE	465
Stericycle Inc	858912108	33	600	SH	SOLE	NONE	600
Sterilite Industries Adrf	859737207	82	4,500	SH	SOLE	NONE	4,500
Stewart Enterprises CI A	860370105	2	400	SH	SOLE	NONE	400
Stryker Corp	863667101	706	14,010	SH	SOLE	NONE	14,010
Suffolk Bancorp	864739107	85	2,856	SH	SOLE	NONE	2,856
Suncor Energy Inc	867229106	14	384	SH	SOLE	NONE	384
Sunopta Inc	8676EP108	25	7,500	SH	SOLE	NONE	7,500
Sunpower Corp CI A	867652109	4	180	SH	SOLE	NONE	180
Suntech Power Hldgs Adrf	86800C104	5	300	SH	SOLE	NONE	300
Sysco Corp	871829107	67	2,400	SH	SOLE	NONE	2,400
Target Corp	87612E106	53	1,092	SH	SOLE	NONE	1,092
Teleflex Inc	879369106	26	475	SH	SOLE	NONE	475
Telefonica SA	879382208	57	686	SH	SOLE	NONE	686
Teva Pharm Inds Ltd Adrf	881624209	134	2,382	SH	SOLE	NONE	2,382
Texas Instruments	882508104	7	265	SH	SOLE	NONE	265
Thermo Fisher Scientific	883556102	33	700	SH	SOLE	NONE	700
Ticketmaster Entmt Inc	88633P302	1	3	SH	SOLE	NONE	3
Toronto Dominion Bank	891160509	24	382	SH	SOLE	NONE	382
Toyota Corp	892331307	8	90	SH	SOLE	NONE	90
Tractor Supply Company	892356106	9	175	SH	SOLE	NONE	175
Transmedia Asia Pac lxxx	89376P103	1	140	SH	SOLE	NONE	140
Travelers Group Inc.	894190107	8	163	SH	SOLE	NONE	163
TrustCo Bank Corp	898349105	2	354	SH	SOLE	NONE	354
U S Bancorp Del New	902973304	2	100	SH	SOLE	NONE	100
Ultralife Batteries Inc	903899102	3	700	SH	SOLE	NONE	700
Unilever N.V.	904784501	39	1,200	SH	SOLE	NONE	1,200
Unilever Plc Adr New	904767704	1,695	53,145	SH	SOLE	NONE	53,145
Union Pacific	907818108	200	3,130	SH	SOLE	NONE	3,130
United Parcel Service B	911312106	58	1,003	SH	SOLE	NONE	1,003
United Technologies	913017109	21	300	SH	SOLE	NONE	300
Usana Health Sciences	90328M107	6	200	SH	SOLE	NONE	200
Van Kampen Dynamic Fund	921166104	4	300	SH	SOLE	NONE	300
Vanguard Div Apprciation	921908844	10	218	SH	SOLE	NONE	218
Verizon Communications	92343V104	1,618	48,846	SH	SOLE	NONE	48,846
Vermont Pure Holdngs New	924237100	1	600	SH	SOLE	NONE	600
Vestas Wind Systems	K9773J128	50	815	SH	SOLE	NONE	815

## 13F Information Table

12/31/2009

Description	CUSIP	Value	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Visa Inc	92826C839	96	1,100	SH	SOLE	NONE	1,100
Vodafone Group PLC	92857W209	18	770	SH	SOLE	NONE	770
Vulcan Materials	929160109	66	1,250	SH	SOLE	NONE	1,250
Walgreen Co.	931422109	1,431	38,965	SH	SOLE	NONE	38,965
Wal-Mart Stores	931142103	98	1,838	SH	SOLE	NONE	1,838
Warren Resources Inc	93564A100	2	1,000	SH	SOLE	NONE	1,000
Waters Corp	941848103	5	85	SH	SOLE	NONE	85
Weatherford Intl Inc	947074100	18	1,000	SH	SOLE	NONE	1,000
Wells Fargo	949746101	10	379	SH	SOLE	NONE	379
WGL Holdings	92924F106	15	450	SH	SOLE	NONE	450
Whole Foods Market Inc.	966837106	15	540	SH	SOLE	NONE	540
Williams Companies Inc.	969457100	42	2,000	SH	SOLE	NONE	2,000
Wilmington Trust Corp	971807102	16	1,300	SH	SOLE	NONE	1,300
Windstream Corporation	974280109	4	319	SH	SOLE	NONE	319
Xcel Energy Inc	98389B100	1	35	SH	SOLE	NONE	35
Xerox Corp.	984121103	23	2,725	SH	SOLE	NONE	2,725
XTO Energy Inc	98385X106	1,705	36,642	SH	SOLE	NONE	36,642
Yahoo Inc	984332106	3	200	SH	SOLE	NONE	200
YUM Brands Inc.	895953107	3	72	SH	SOLE	NONE	72
Zhone Technologies Inc	98950P108	1	219	SH	SOLE	NONE	219
Zimmer Holdings Inc	98956P102	6	100	SH	SOLE	NONE	100
Zurich Llc Ern Out Nt If	98878WAA0	1	108	SH	SOLE	NONE	108