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2 28-03696 GLENS FALLS NATIONAL BANK & TRUST COMPANY
 3 28-12534 NORTH COUNTRY INVESTMENT ADVISERS, INC.

FORM 13F INFORMATION TABLE

NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (X \$1000)	SHARES/ PRN	SH/ AMOUNT	PUT/ CALL	INVSTMT DISCRTN	OT MA
AFLAC INCORPORATED	COM	001055102	3	66	SH		SOLE	
AFLAC INCORPORATED	COM	001055102	56	1300	SH		OTHER	2
AMR CORP	COM	001765106	0	50	SH		DEFINED	2
AT&T INC	COM	00206R102	81	2991	SH		SOLE	
AT&T INC	COM	00206R102	35	1300	SH		OTHER	
AT&T INC	COM	00206R102	485	17962	SH		OTHER	2
AT&T INC	COM	00206R102	1766	65392	SH		DEFINED	2
AT&T INC	COM	00206R102	1729	64000	SH		DEFINED	3
ABBOTT LABORATORIES	COM	002824100	96	1946	SH		SOLE	
ABBOTT LABORATORIES	COM	002824100	10	200	SH		OTHER	
ABBOTT LABORATORIES	COM	002824100	390	7878	SH		OTHER	2
ABBOTT LABORATORIES	COM	002824100	1845	37290	SH		DEFINED	2
ABBOTT LABORATORIES	COM	002824100	1731	35000	SH		DEFINED	3
ABERCROMBIE & FITCH CO	COM	002896207	7	220	SH		DEFINED	2
ADOBE SYSTEMS	COM	00724F101	40	1200	SH		SOLE	
ADOBE SYSTEMS	COM	00724F101	40	1200	SH		OTHER	2
ADOBE SYSTEMS	COM	00724F101	802	24270	SH		DEFINED	2
ADOBE SYSTEMS	COM	00724F101	1256	38000	SH		DEFINED	3
AIR PRODUCTS & CHEMICALS INC	COM	009158106	87	1124	SH		DEFINED	2
AIR PRODUCTS & CHEMICALS INC	COM	009158106	151	1950	SH		OTHER	2
ALCOA INC	COM	013817101	3	200	SH		DEFINED	2
ALCOA INC	COM	013817101	9	650	SH		OTHER	2
ALLIANT ENERGY CORP	COM	018802108	23	825	SH		SOLE	
ALLIANT ENERGY CORP	COM	018802108	500	17965	SH		DEFINED	2
ALLIANT ENERGY CORP	COM	018802108	14	500	SH		OTHER	2
ALLSCRIPTS-MISYS	COM	01988P108	20	1000	SH		DEFINED	2
ALTRIA GROUP INC	COM	02209S103	117	6542	SH		OTHER	2
AMERICAN ELECTRIC POWER CO	COM	025537101	20	660	SH		DEFINED	2
AMERICAN EXPRESS CO	COM	025816109	49	1460	SH		SOLE	
AMERICAN EXPRESS CO	COM	025816109	10	300	SH		OTHER	
AMERICAN EXPRESS CO	COM	025816109	180	5300	SH		OTHER	2
AMERICAN EXPRESS CO	COM	025816109	952	28085	SH		DEFINED	2
AMERICAN EXPRESS CO	COM	025816109	1356	40000	SH		DEFINED	3
AMER INTL GROUP INC	COM	026874784	0	3	SH		OTHER	2
AMERIPRISE FINL INC	COM	03076C106	3	80	SH		DEFINED	2
AMGEN INC	COM	031162100	9	150	SH		OTHER	
AMGEN INC	COM	031162100	21	350	SH		OTHER	2
AMGEN INC	COM	031162100	46	768	SH		DEFINED	2
ANALOG DEVICES, INC.	COM	032654105	6	200	SH		DEFINED	2
ANGIODYNAMICS INC	COM	03475V101	8	550	SH		DEFINED	2
APACHE CORP	COM	037411105	14	150	SH		DEFINED	2
APPLE INC	COM	037833100	122	660	SH		SOLE	
APPLE INC	COM	037833100	232	1250	SH		OTHER	2
APPLE INC	COM	037833100	1888	10188	SH		DEFINED	2
APPLE INC	COM	037833100	2224	12000	SH		DEFINED	3
APPLIED MATERIALS INC	COM	038222105	1	100	SH		OTHER	2
AQUA AMER INC	COM	03836W103	4	200	SH		DEFINED	2
AQUA AMER INC	COM	03836W103	26	1465	SH		OTHER	2
ARCHER DANIELS MIDLAND CO	PRE	039483201	29	720	SH		DEFINED	2
ARROW	COM	042744102	96	3514	SH		SOLE	
ARROW	COM	042744102	650	23802	SH		OTHER	2

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ARROW	COM	042744102	33700	1234887	SH	DEFINED	2
ATHENAHEALTH INC.	COM	04685W103	4	100	SH	DEFINED	2
AUTODESK INC	COM	052769106	10	430	SH	DEFINED	2
AUTOMATIC DATA PROCESSING	COM	053015103	75	1900	SH	DEFINED	2
AUTOMATIC DATA PROCESSING	COM	053015103	331	8430	SH	OTHER	2
AVON PRODUCTS INC	COM	054303102	4	125	SH	DEFINED	2
AVON PRODUCTS INC	COM	054303102	7	200	SH	OTHER	2
BP PLC	COM	055622104	69	1300	SH	SOLE	
BP PLC	COM	055622104	945	17744	SH	OTHER	2
BP PLC	COM	055622104	714	13409	SH	DEFINED	2
BAKER HUGHES INC	COM	057224107	16	375	SH	DEFINED	2
BAKER HUGHES INC	COM	057224107	26	600	SH	OTHER	2
BANK OF AMERICA CORP	COM	060505104	20	1156	SH	SOLE	
BANK OF AMERICA CORP	COM	060505104	58	3432	SH	OTHER	2
BANK OF AMERICA CORP	COM	060505104	230	13621	SH	DEFINED	2
BANK OF AMERICA CORP	COM	060505104	1675	99000	SH	DEFINED	3
BANK OF NEW YORK MELLON CORP	COM	064058100	36	1257	SH	SOLE	
BANK OF NEW YORK MELLON CORP	COM	064058100	139	4802	SH	OTHER	2
BANK OF NEW YORK MELLON CORP	COM	064058100	856	29523	SH	DEFINED	2
BANK OF NEW YORK MELLON CORP	COM	064058100	1532	52830	SH	DEFINED	3
BARRICK GOLD	COM	067901108	11	300	SH	DEFINED	2
BAXTER INTL INC	COM	071813109	58	1010	SH	SOLE	
BAXTER INTL INC	COM	071813109	6	100	SH	OTHER	
BAXTER INTL INC	COM	071813109	392	6873	SH	OTHER	2
BAXTER INTL INC	COM	071813109	1203	21110	SH	DEFINED	2
BAXTER INTL INC	COM	071813109	1938	34000	SH	DEFINED	3
BECTON DICKINSON CO	COM	075887109	3	50	SH	OTHER	2
BERKSHIRE HATHAWAY INC	COM	084670207	13	4	SH	OTHER	2
BEST BUY CO	COM	086516101	4	100	SH	DEFINED	2
BHP BILLITON	COM	088606108	5	70	SH	DEFINED	2
BLACKROCK INC	COM	09247X101	27	125	SH	SOLE	
BLACKROCK INC	COM	09247X101	88	405	SH	DEFINED	2
BOEING COMPANY	COM	097023105	69	1270	SH	DEFINED	2
BOSTON SCIENTIFIC CORP	COM	101137107	3	265	SH	DEFINED	2
BRISTOL MYERS SQUIBB	COM	110122108	20	900	SH	OTHER	2
BRISTOL MYERS SQUIBB	COM	110122108	90	4000	SH	DEFINED	2
BRISTOL MYERS SQUIBB	COM	110122108	1396	62000	SH	DEFINED	3
BROWN FOREMAN DISTILLERS CORP	COM	115637100	22	432	SH	DEFINED	2
BROWN FOREMAN DISTILLERS CORP	COM	115637209	29	610	SH	DEFINED	2
BURLINGTON NORTHERN	COM	12189T104	50	625	SH	SOLE	
BURLINGTON NORTHERN	COM	12189T104	40	500	SH	OTHER	2
BURLINGTON NORTHERN	COM	12189T104	887	11116	SH	DEFINED	2
BURLINGTON NORTHERN	COM	12189T104	798	10000	SH	DEFINED	3
CVS/CAREMARK CORP	COM	126650100	44	1225	SH	SOLE	
CVS/CAREMARK CORP	COM	126650100	35	975	SH	OTHER	2
CVS/CAREMARK CORP	COM	126650100	904	25285	SH	DEFINED	2
CVS/CAREMARK CORP	COM	126650100	1072	30000	SH	DEFINED	3
CAMERON INTERNATIONAL CORP	COM	13342B105	5	125	SH	SOLE	
CAMERON INTERNATIONAL CORP	COM	13342B105	51	1350	SH	OTHER	2
CAMERON INTERNATIONAL CORP	COM	13342B105	222	5875	SH	DEFINED	2
CAMERON INTERNATIONAL CORP	COM	13342B105	2269	60000	SH	DEFINED	3
CANADIAN NAT'L RAILWAY	COM	136375102	6	125	SH	DEFINED	2
CAMPBELL SOUP	COM	134429109	3	100	SH	SOLE	
CAPSTONE TURBINE CORP	COM	14067D102	0	600	SH	DEFINED	2
CARNIVAL	COM	143658300	44	1333	SH	DEFINED	2
CARNIVAL	COM	143658300	4	134	SH	OTHER	2
CASELLA WASTE SYSTEMS INC	COM	147448104	12	4000	SH	DEFINED	2
CATERPILLAR INC	COM	149123101	63	1235	SH	DEFINED	2
CATERPILLAR INC	COM	149123101	37	725	SH	OTHER	2
CHEVRON CORPORATION	COM	166764100	242	3429	SH	SOLE	
CHEVRON CORPORATION	COM	166764100	39	550	SH	OTHER	
CHEVRON CORPORATION	COM	166764100	565	8021	SH	OTHER	2

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CHEVRON CORPORATION	COM	166764100	2245	31872	SH	DEFINED	2
CHEVRON CORPORATION	COM	166764100	1831	26000	SH	DEFINED	3
CISCO SYSTEMS	COM	17275R102	116	4925	SH	SOLE	
CISCO SYSTEMS	COM	17275R102	5	200	SH	OTHER	
CISCO SYSTEMS	COM	17275R102	441	18717	SH	OTHER	2
CISCO SYSTEMS	COM	17275R102	1753	74479	SH	DEFINED	2
CISCO SYSTEMS	COM	17275R102	2024	86000	SH	DEFINED	3
CITIGROUP INC	COM	172967101	1	300	SH	SOLE	
CITIGROUP INC	COM	172967101	34	6983	SH	DEFINED	2
COCA COLA CO.	COM	191216100	11	200	SH	DEFINED	2
COGNIZANT TECH SOLUTIONS	COM	192446102	39	1000	SH	DEFINED	2
COLGATE-PALMOLIVE CO	COM	194162103	88	1150	SH	SOLE	
COLGATE-PALMOLIVE CO	COM	194162103	15	200	SH	OTHER	
COLGATE-PALMOLIVE CO	COM	194162103	424	5565	SH	OTHER	2
COLGATE-PALMOLIVE CO	COM	194162103	1384	18140	SH	DEFINED	2
COLGATE-PALMOLIVE CO	COM	194162103	1678	22000	SH	DEFINED	3
COMCAST CORP NEW	COM	20030N101	19	1150	SH	SOLE	
COMCAST CORP NEW	COM	20030N101	104	6190	SH	DEFINED	2
COMCAST CORP NEW	COM	20030N101	6	375	SH	OTHER	2
CONNECTICUT WATER SERVICE INC	COM	207797101	4	200	SH	OTHER	2
CONOCOPHILLIPS	COM	20825C104	41	900	SH	SOLE	
CONOCOPHILLIPS	COM	20825C104	83	1830	SH	OTHER	2
CONOCOPHILLIPS	COM	20825C104	729	16133	SH	DEFINED	2
CONOCOPHILLIPS	COM	20825C104	1355	30000	SH	DEFINED	3
CONSOLIDATED EDISON INC	COM	209115104	29	714	SH	DEFINED	2
CONSTELLATION ENERGY GROUP INC	COM	210371100	2	50	SH	SOLE	
CONSTELLATION ENERGY GROUP INC	COM	210371100	34	1035	SH	DEFINED	2
CONSTELLATION ENERGY GROUP INC	COM	210371100	2	50	SH	OTHER	2
CORNING INC	COM	219350105	9	600	SH	DEFINED	2
CORNING INC	COM	219350105	27	1750	SH	OTHER	2
COSTCO WHOLESALE CORP NEW	COM	22160K105	47	825	SH	SOLE	
COSTCO WHOLESALE CORP NEW	COM	22160K105	59	1050	SH	OTHER	2
COSTCO WHOLESALE CORP NEW	COM	22160K105	600	10640	SH	DEFINED	2
COSTCO WHOLESALE CORP NEW	COM	22160K105	1579	28000	SH	DEFINED	3
DTE ENERGY CO.	COM	233331107	7	199	SH	DEFINED	2
DANAHER CORP	COM	235851102	105	1560	SH	SOLE	
DANAHER CORP	COM	235851102	27	400	SH	OTHER	
DANAHER CORP	COM	235851102	245	3635	SH	OTHER	2
DANAHER CORP	COM	235851102	1715	25468	SH	DEFINED	2
DANAHER CORP	COM	235851102	1346	20000	SH	DEFINED	3
DARDEN RESTAURANTS INC	COM	237194105	9	260	SH	DEFINED	2
DEERE & CO	COM	244199105	17	400	SH	DEFINED	2
DELL INC	COM	24702R101	14	950	SH	SOLE	
DELL INC	COM	24702R101	123	8045	SH	DEFINED	2
DEVON ENERGY CORP NEW	COM	25179M103	7	100	SH	DEFINED	2
WALT DISNEY COMPANY	COM	254687106	56	2025	SH	SOLE	
WALT DISNEY COMPANY	COM	254687106	5	200	SH	OTHER	
WALT DISNEY COMPANY	COM	254687106	377	13725	SH	OTHER	2
WALT DISNEY COMPANY	COM	254687106	842	30655	SH	DEFINED	2
WALT DISNEY COMPANY	COM	254687106	961	35000	SH	DEFINED	3
DOLLAR TREE INC.	COM	256746108	128	2630	SH	DEFINED	2
DOMINION RESOURCES BLK	COM	25746Q108	1	100	SH	OTHER	2
DOMINION RES INC VA NEW	COM	25746U109	63	1820	SH	SOLE	
DOMINION RES INC VA NEW	COM	25746U109	7	200	SH	OTHER	
DOMINION RES INC VA NEW	COM	25746U109	167	4850	SH	OTHER	2
DOMINION RES INC VA NEW	COM	25746U109	1096	31762	SH	DEFINED	2
DOMINION RES INC VA NEW	COM	25746U109	966	28000	SH	DEFINED	3
DOW CHEMICAL CO	COM	260543103	10	400	SH	OTHER	
EI DUPONT DE NEMOURS & CO	COM	263534109	8	250	SH	SOLE	
EI DUPONT DE NEMOURS & CO	COM	263534109	80	2500	SH	OTHER	2
EI DUPONT DE NEMOURS & CO	COM	263534109	19	600	SH	DEFINED	2
DUKE ENERGY HLDG CORP	COM	26441C105	15	980	SH	DEFINED	2

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EMC CORP	COM	268648102	2	100	SH	DEFINED	2
EAST WEST BANCORP	COM	27579R104	4	500	SH	OTHER	2
EASTMAN KODAK CO	COM	277461109	0	100	SH	DEFINED	2
EATON CORP	COM	278058102	102	1800	SH	OTHER	2
EATON VANCE	MUT	27828S101	55	4195	SH	DEFINED	2
EBAY INC	COM	278642103	5	200	SH	DEFINED	2
EBAY INC	COM	278642103	2	100	SH	OTHER	2
ECOLAB INC	COM	278865100	127	2750	SH	OTHER	2
ECOLAB INC	COM	278865100	5	100	SH	DEFINED	2
ECOLAB INC	COM	278865100	717	15500	SH	DEFINED	3
ELECTRONIC ARTS INC	COM	285512109	1	60	SH	OTHER	2
EMERSON ELECTRIC CO	COM	291011104	59	1470	SH	SOLE	
EMERSON ELECTRIC CO	COM	291011104	8	200	SH	OTHER	
EMERSON ELECTRIC CO	COM	291011104	191	4770	SH	OTHER	2
EMERSON ELECTRIC CO	COM	291011104	899	22423	SH	DEFINED	2
EMERSON ELECTRIC CO	COM	291011104	882	22000	SH	DEFINED	3
ENCANA CORP	COM	292505104	12	200	SH	DEFINED	2
EXELON CORP	COM	30161N101	26	516	SH	SOLE	
EXELON CORP	COM	30161N101	27	550	SH	OTHER	2
EXELON CORP	COM	30161N101	338	6805	SH	DEFINED	2
EXELON CORP	COM	30161N101	1092	22000	SH	DEFINED	3
EXXON MOBIL CORP	COM	30231G102	305	4440	SH	SOLE	
EXXON MOBIL CORP	COM	30231G102	45	650	SH	OTHER	
EXXON MOBIL CORP	COM	30231G102	1585	23099	SH	OTHER	2
EXXON MOBIL CORP	COM	30231G102	3656	53282	SH	DEFINED	2
EXXON MOBIL CORP	COM	30231G102	2024	29500	SH	DEFINED	3
FPL GROUP INC	COM	302571104	14	250	SH	DEFINED	2
FAIRPOINT COMMUNICATIONS INC.	COM	305560104	0	2	SH	OTHER	2
FAMILY DOLLAR STORES	COM	307000109	3	100	SH	DEFINED	2
FED HOME LOAN MORT CORP	COM	313400301	2	1116	SH	DEFINED	2
FED NATL MORT ASSOC	COM	313586109	2	1000	SH	DEFINED	2
FINANCIAL INSTITUTIONS INC	COM	317585404	30	3000	SH	SOLE	
FINANCIAL INSTITUTIONS INC	COM	317585404	0	100	SH	OTHER	2
FIRST NIAGARA	COM	33582V108	86	7000	SH	SOLE	
FISERV INC	COM	337738108	72	1495	SH	SOLE	
FISERV INC	COM	337738108	857	17770	SH	DEFINED	2
FISERV INC	COM	337738108	1205	25000	SH	DEFINED	3
FORD MOTOR CO	COM	345370860	104	14361	SH	DEFINED	2
FORTUNE BRANDS INC	COM	349631101	30	700	SH	DEFINED	2
FRANKLIN RESOURCES	COM	354613101	10	100	SH	OTHER	2
FRANKLIN RESOURCES	COM	354613101	38	375	SH	DEFINED	2
FRANKLIN RESOURCES	COM	354613101	1308	13000	SH	DEFINED	3
FREEPORT MCMORAN	COM	35671D857	27	400	SH	SOLE	
FREEPORT MCMORAN	COM	35671D857	376	5485	SH	DEFINED	2
FREEPORT MCMORAN	COM	35671D857	14	200	SH	OTHER	2
GANNETT COMPANY INC	COM	364730101	3	250	SH	DEFINED	2
GENERAL DYNAMICS	COM	369550108	32	500	SH	SOLE	
GENERAL DYNAMICS	COM	369550108	140	2165	SH	OTHER	2
GENERAL DYNAMICS	COM	369550108	368	5690	SH	DEFINED	2
GENERAL DYNAMICS	COM	369550108	904	14000	SH	DEFINED	3
GENERAL ELECTRIC CO	COM	369604103	55	3376	SH	SOLE	
GENERAL ELECTRIC CO	COM	369604103	1145	69754	SH	DEFINED	2
GENERAL ELECTRIC CO	COM	369604103	863	52580	SH	OTHER	2
GENERAL MILLS INC	COM	370334104	10	150	SH	SOLE	
GENERAL MILLS INC	COM	370334104	6	100	SH	OTHER	
GENERAL MILLS INC	COM	370334104	129	2000	SH	OTHER	2
GENERAL MILLS INC	COM	370334104	553	8585	SH	DEFINED	2
GENERAL MILLS INC	COM	370334104	1693	26300	SH	DEFINED	3
GENWORTH FINL	COM	37247D106	1	100	SH	SOLE	
GENWORTH FINL	COM	37247D106	15	1250	SH	DEFINED	2
GENWORTH FINL	COM	37247D106	14	1150	SH	OTHER	2
GENZYME	COM	372917104	47	825	SH	SOLE	

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GENZYME	COM	372917104	100	1755	SH	OTHER	2
GENZYME	COM	372917104	929	16370	SH	DEFINED	2
GENZYME	COM	372917104	1248	22000	SH	DEFINED	3
GLAXO	COM	37733W105	39	990	SH	DEFINED	2
GOLDMAN SACHS GROUP	COM	38141G104	18	100	SH	SOLE	
GOLDMAN SACHS GROUP	COM	38141G104	175	950	SH	OTHER	2
GOLDMAN SACHS GROUP	COM	38141G104	442	2400	SH	DEFINED	2
GOLDMAN SACHS GROUP	COM	38141G104	1659	9000	SH	DEFINED	3
GOOGLE INC	COM	38259P508	7	15	SH	DEFINED	2
GREENBRIER COMPANIES	COM	393657101	2	200	SH	DEFINED	2
HARLEY DAVIDSON INC	COM	412822108	39	1707	SH	OTHER	2
HARLEY DAVIDSON INC	COM	412822108	7	300	SH	DEFINED	2
HARLEY DAVIDSON INC	COM	412822108	363	15800	SH	DEFINED	3
HARSCO	COM	415864107	21	586	SH	DEFINED	2
HARTFORD FINL SVCS GROUP INC.	COM	416515104	62	2338	SH	DEFINED	2
HARTFORD FINL SVCS GROUP INC.	COM	416515104	37	1400	SH	OTHER	2
H J HEINZ CO	COM	423074103	29	725	SH	SOLE	
H J HEINZ CO	COM	423074103	549	13800	SH	OTHER	2
H J HEINZ CO	COM	423074103	1099	27655	SH	DEFINED	2
H J HEINZ CO	COM	423074103	2425	61000	SH	DEFINED	3
HEWLETT PACKARD CO	COM	428236103	102	2160	SH	SOLE	
HEWLETT PACKARD CO	COM	428236103	19	400	SH	OTHER	
HEWLETT PACKARD CO	COM	428236103	1255	26573	SH	OTHER	2
HEWLETT PACKARD CO	COM	428236103	1750	37058	SH	DEFINED	2
HEWLETT PACKARD CO	COM	428236103	1416	30000	SH	DEFINED	3
HOME DEPOT, INC	COM	437076102	4	141	SH	SOLE	
HOME DEPOT, INC	COM	437076102	128	4790	SH	DEFINED	2
HOME DEPOT, INC	COM	437076102	135	5075	SH	OTHER	2
HOSPIRA INC	COM	441060100	12	260	SH	OTHER	2
ITT EDUCATIONAL SVCS	COM	45068B109	66	600	SH	OTHER	2
ITT EDUCATIONAL SVCS	COM	45068B109	442	4005	SH	DEFINED	2
ITT EDUCATIONAL SVCS	COM	45068B109	2760	25000	SH	DEFINED	3
ITT CORP	COM	450911102	79	1515	SH	SOLE	
ITT CORP	COM	450911102	116	2225	SH	OTHER	2
ITT CORP	COM	450911102	1180	22625	SH	DEFINED	2
ITT CORP	COM	450911102	1043	20000	SH	DEFINED	3
ILLINOIS TOOL WORKS INC.	COM	452308109	66	1543	SH	OTHER	2
ILLINOIS TOOL WORKS INC.	COM	452308109	38	900	SH	DEFINED	2
ILLINOIS TOOL WORKS INC.	COM	452308109	1196	28000	SH	DEFINED	3
INTEL CORP	COM	458140100	101	5136	SH	SOLE	
INTEL CORP	COM	458140100	6	300	SH	OTHER	
INTEL CORP	COM	458140100	1509	77095	SH	DEFINED	2
INTEL CORP	COM	458140100	342	17475	SH	OTHER	2
INTL BUSINESS MACHINES	COM	459200101	226	1893	SH	SOLE	
INTL BUSINESS MACHINES	COM	459200101	12	100	SH	OTHER	
INTL BUSINESS MACHINES	COM	459200101	1204	10062	SH	OTHER	2
INTL BUSINESS MACHINES	COM	459200101	2777	23215	SH	DEFINED	2
INTL BUSINESS MACHINES	COM	459200101	2990	25000	SH	DEFINED	3
INTL GAME TECH	COM	459902102	2	100	SH	DEFINED	2
ISHARES	EXC	464287176	2	23	SH	SOLE	
ISHARES	EXC	464287184	35	865	SH	DEFINED	2
ISHARES	EXC	464287234	37	954	SH	DEFINED	2
ISHARES	EXC	46428Q109	5	290	SH	DEFINED	2
JDS UNIPHASE CORP	COM	46612J507	0	25	SH	OTHER	2
JPMORGAN CHASE & CO	COM	46625H100	111	2529	SH	SOLE	
JPMORGAN CHASE & CO	COM	46625H100	7	150	SH	OTHER	
JPMORGAN CHASE & CO	COM	46625H100	256	5836	SH	OTHER	2
JPMORGAN CHASE & CO	COM	46625H100	1220	27836	SH	DEFINED	2
JPMORGAN CHASE & CO	COM	46625H100	1972	45000	SH	DEFINED	3
JACOBS ENGINEERING GROUP INC.	COM	469814107	160	3486	SH	OTHER	2
JOHNSON & JOHNSON	COM	478160104	181	2965	SH	SOLE	
JOHNSON & JOHNSON	COM	478160104	9	150	SH	OTHER	

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JOHNSON & JOHNSON	COM	478160104	1704	27990	SH	OTHER	2
JOHNSON & JOHNSON	COM	478160104	2681	44031	SH	DEFINED	2
JOHNSON & JOHNSON	COM	478160104	1522	25000	SH	DEFINED	3
JOHNSON CONTROLS INC	COM	478366107	27	1050	SH	DEFINED	2
KADANT, INC.	COM	48282T104	10	809	SH	DEFINED	2
KELLOGG CO.	COM	487836108	71	1450	SH	SOLE	
KELLOGG CO.	COM	487836108	236	4800	SH	OTHER	2
KELLOGG CO.	COM	487836108	1120	22745	SH	DEFINED	2
KELLOGG CO.	COM	487836108	1822	37000	SH	DEFINED	3
KEYCORP	COM	493267108	3	500	SH	SOLE	
KRAFT FOODS INC	COM	50075N104	5	200	SH	SOLE	
KRAFT FOODS INC	COM	50075N104	213	8090	SH	OTHER	2
L3 COMMUNICATIONS HLD INC	COM	502424104	36	445	SH	SOLE	
L3 COMMUNICATIONS HLD INC	COM	502424104	82	1020	SH	OTHER	2
L3 COMMUNICATIONS HLD INC	COM	502424104	928	11553	SH	DEFINED	2
L3 COMMUNICATIONS HLD INC	COM	502424104	1606	20000	SH	DEFINED	3
ELI LILLY & CO	COM	532457108	3	100	SH	SOLE	
ELI LILLY & CO	COM	532457108	31	950	SH	DEFINED	2
ELI LILLY & CO	COM	532457108	64	1950	SH	OTHER	2
LOCKHEED MARTIN CORP	COM	539830109	59	750	SH	SOLE	
LOCKHEED MARTIN CORP	COM	539830109	64	815	SH	OTHER	2
LOCKHEED MARTIN CORP	COM	539830109	940	12044	SH	DEFINED	2
LOCKHEED MARTIN CORP	COM	539830109	937	12000	SH	DEFINED	3
LOWES COMPANIES	COM	548661107	17	795	SH	SOLE	
LOWES COMPANIES	COM	548661107	125	5950	SH	OTHER	2
LOWES COMPANIES	COM	548661107	340	16217	SH	DEFINED	2
LOWES COMPANIES	COM	548661107	586	28000	SH	DEFINED	3
MARTHA STEWART LIVING	COM	573083102	1	65	SH	DEFINED	2
MASTERCARD	COM	57636Q104	20	100	SH	DEFINED	2
MCCORMICK & CO	COM	579780206	3	75	SH	OTHER	2
MCDONALDS CORP	COM	580135101	78	1366	SH	SOLE	
MCDONALDS CORP	COM	580135101	6	100	SH	OTHER	
MCDONALDS CORP	COM	580135101	395	6925	SH	OTHER	2
MCDONALDS CORP	COM	580135101	1341	23490	SH	DEFINED	2
MCDONALDS CORP	COM	580135101	1997	35000	SH	DEFINED	3
MCGRAW-HILL INC	COM	580645109	18	700	SH	SOLE	
MEDCO HEALTH SOLUTIONS	COM	58405U102	87	1575	SH	SOLE	
MEDCO HEALTH SOLUTIONS	COM	58405U102	78	1415	SH	OTHER	2
MEDCO HEALTH SOLUTIONS	COM	58405U102	1223	22109	SH	DEFINED	2
MEDCO HEALTH SOLUTIONS	COM	58405U102	2046	37000	SH	DEFINED	3
MEDTRONIC, INC	COM	585055106	66	1805	SH	SOLE	
MEDTRONIC, INC	COM	585055106	86	2350	SH	OTHER	2
MEDTRONIC, INC	COM	585055106	655	17800	SH	DEFINED	2
MEDTRONIC, INC	COM	585055106	1030	28000	SH	DEFINED	3
MERCK & CO	COM	589331107	16	500	SH	SOLE	
MERCK & CO	COM	589331107	72	2283	SH	DEFINED	2
MERCK & CO	COM	589331107	204	6450	SH	OTHER	2
MICROSOFT CORP.	COM	594918104	134	5211	SH	SOLE	
MICROSOFT CORP.	COM	594918104	10	400	SH	OTHER	
MICROSOFT CORP.	COM	594918104	908	35318	SH	OTHER	2
MICROSOFT CORP.	COM	594918104	2066	80325	SH	DEFINED	2
MICROSOFT CORP.	COM	594918104	2212	86000	SH	DEFINED	3
MOHAWK INDUSTRIES INC	COM	608190104	11	225	SH	DEFINED	2
MONSANTO CO NEW	COM	61166W101	18	235	SH	SOLE	
MONSANTO CO NEW	COM	61166W101	52	675	SH	OTHER	2
MONSANTO CO NEW	COM	61166W101	322	4163	SH	DEFINED	2
MONSANTO CO NEW	COM	61166W101	581	7500	SH	DEFINED	3
MORGAN STANLEY	COM	617446448	3	100	SH	DEFINED	2
NATIONAL OIL WELL VARCO INC	COM	637071101	27	625	SH	SOLE	
NATIONAL OIL WELL VARCO INC	COM	637071101	101	2350	SH	OTHER	2
NATIONAL OIL WELL VARCO INC	COM	637071101	737	17089	SH	DEFINED	2
NATIONAL OIL WELL VARCO INC	COM	637071101	1596	37000	SH	DEFINED	3

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NEUSTAR INC	COM	64126X201	21	950	SH	DEFINED	2
NEUSTAR INC	COM	64126X201	19	850	SH	OTHER	2
NFJ	COM	65337H109	15	1128	SH	DEFINED	2
NIKE INC	COM	654106103	50	775	SH	SOLE	
NIKE INC	COM	654106103	45	700	SH	OTHER	2
NIKE INC	COM	654106103	551	8510	SH	DEFINED	2
NIKE INC	COM	654106103	1527	23600	SH	DEFINED	3
NOKIA CORP	COM	654902204	9	640	SH	DEFINED	2
NORTHERN TRUST CORP	COM	665859104	7	125	SH	OTHER	2
NOVARTIS A G	COM	66987V109	8	150	SH	OTHER	2
NUVEEN	EXC	67066V101	16	1167	SH	DEFINED	2
NUVEEN	EXC	67070A101	5	360	SH	DEFINED	2
OCCIDENTAL PETROLEUM CORP	COM	674599105	33	425	SH	SOLE	
OCCIDENTAL PETROLEUM CORP	COM	674599105	335	4270	SH	DEFINED	2
OCCIDENTAL PETROLEUM CORP	COM	674599105	8	100	SH	OTHER	2
OLIN CORP	COM	680665205	5	300	SH	OTHER	2
ORACLE CORP	COM	68389X105	84	4030	SH	SOLE	
ORACLE CORP	COM	68389X105	4	200	SH	OTHER	
ORACLE CORP	COM	68389X105	199	9550	SH	OTHER	2
ORACLE CORP	COM	68389X105	1343	64455	SH	DEFINED	2
ORACLE CORP	COM	68389X105	2084	100000	SH	DEFINED	3
PNC FINANCIAL	COM	693475105	10	207	SH	OTHER	2
PNC FINANCIAL	COM	693475105	2	45	SH	DEFINED	2
PNC FINANCIAL	COM	693475105	1215	25000	SH	DEFINED	3
P P G INDUSTRIES INC	COM	693506107	23	400	SH	DEFINED	2
PACKAGING CORP OF AMERICA	COM	695156109	41	2000	SH	SOLE	
PACKAGING CORP OF AMERICA	COM	695156109	528	25903	SH	DEFINED	2
PACKAGING CORP OF AMERICA	COM	695156109	30	1450	SH	OTHER	2
PARKER-HANNIFIN	COM	701094104	105	2025	SH	OTHER	2
PARKER-HANNIFIN	COM	701094104	10	200	SH	DEFINED	2
PARKER-HANNIFIN	COM	701094104	1296	25000	SH	DEFINED	3
PENN WEST ENERGY TRUST	COM	707885109	21	1300	SH	DEFINED	2
PEPSICO INC	COM	713448108	159	2710	SH	SOLE	
PEPSICO INC	COM	713448108	12	200	SH	OTHER	
PEPSICO INC	COM	713448108	1626	27726	SH	OTHER	2
PEPSICO INC	COM	713448108	2477	42232	SH	DEFINED	2
PEPSICO INC	COM	713448108	1865	31800	SH	DEFINED	3
PETSMART INC	COM	716768106	5	225	SH	DEFINED	2
PFIZER INC	COM	717081103	381	23035	SH	DEFINED	2
PFIZER INC	COM	717081103	70	4200	SH	OTHER	2
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	430	8817	SH	OTHER	2
PLAINS EXPLORATION	COM	726505100	7	237	SH	OTHER	2
POWERSHARES	EXC	73935A104	3	60	SH	SOLE	
POWERSHARES	EXC	73935L100	40	1870	SH	DEFINED	2
POWERSHARES	EXC	73935X500	32	2950	SH	DEFINED	2
POWERSHARES	EXC	73935X575	4	250	SH	DEFINED	2
PRAXAIR, INC.	COM	74005P104	68	836	SH	SOLE	
PRAXAIR, INC.	COM	74005P104	93	1135	SH	OTHER	2
PRAXAIR, INC.	COM	74005P104	1022	12515	SH	DEFINED	2
PRAXAIR, INC.	COM	74005P104	1062	13000	SH	DEFINED	3
PRECISION CASTPARTS CORP	COM	740189105	5	50	SH	DEFINED	2
T ROWE PRICE	COM	74144T108	87	1900	SH	SOLE	
T ROWE PRICE	COM	74144T108	7	150	SH	OTHER	
T ROWE PRICE	COM	74144T108	382	8350	SH	OTHER	2
T ROWE PRICE	COM	74144T108	1419	31050	SH	DEFINED	2
T ROWE PRICE	COM	74144T108	2285	50000	SH	DEFINED	3
PROCTER & GAMBLE CO	COM	742718109	110	1906	SH	SOLE	
PROCTER & GAMBLE CO	COM	742718109	12	200	SH	OTHER	
PROCTER & GAMBLE CO	COM	742718109	1022	17645	SH	OTHER	2
PROCTER & GAMBLE CO	COM	742718109	2100	36255	SH	DEFINED	2
PROCTER & GAMBLE CO	COM	742718109	1158	20000	SH	DEFINED	3
PROGRESS ENERGY INC	COM	743263105	8	200	SH	SOLE	

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PROGRESS ENERGY INC	COM	743263105	38	980 SH	OTHER	2
PROGRESS ENERGY INC	COM	743263105	259	6625 SH	DEFINED	2
PROGRESS ENERGY INC	COM	743263105	977	25000 SH	DEFINED	3
PROVIDENT	COM	74386K104	19	3300 SH	DEFINED	2
PUBLIC SERVICE ENTERPRISE GRP.	COM	744573106	13	400 SH	DEFINED	2
QUALCOMM INC	COM	747525103	2	35 SH	SOLE	
QUALCOMM INC	COM	747525103	140	3115 SH	DEFINED	2
QUEST DIAGNOSTICS INC	COM	74834L100	68	1300 SH	OTHER	2
REPSOL YPF SA	COM	76026T205	3	100 SH	OTHER	2
RESEARCH IN MOTION USD COMMON	COM	760975102	71	1050 SH	SOLE	
RESEARCH IN MOTION USD COMMON	COM	760975102	867	12820 SH	DEFINED	2
RESEARCH IN MOTION USD COMMON	COM	760975102	18	270 SH	OTHER	2
ROCKWELL AUTOMATION INC	COM	773903109	4	100 SH	DEFINED	2
ROCKWELL COLLINS INC	COM	774341101	39	765 SH	DEFINED	2
ROCKWELL COLLINS INC	COM	774341101	864	17000 SH	DEFINED	3
ROYAL DUTCH SHELL PLC	COM	780259206	98	1716 SH	DEFINED	2
ROYAL DUTCH SHELL PLC	COM	780259206	11	200 SH	OTHER	2
SPDR GOLD TRUST ETF	EXC	78463V107	6	56 SH	DEFINED	2
SPDR S&P	EXC	78463X798	37	1587 SH	DEFINED	2
ST JUDE MEDICAL INC	COM	790849103	71	1825 SH	SOLE	
ST JUDE MEDICAL INC	COM	790849103	98	2505 SH	OTHER	2
ST JUDE MEDICAL INC	COM	790849103	1024	26245 SH	DEFINED	2
ST JUDE MEDICAL INC	COM	790849103	2107	54000 SH	DEFINED	3
SCHLUMBERGER LTD	COM	806857108	14	236 SH	SOLE	
SCHLUMBERGER LTD	COM	806857108	90	1511 SH	DEFINED	2
SCHLUMBERGER LTD	COM	806857108	48	800 SH	OTHER	2
CHARLES SCHWAB CO.	COM	808513105	44	2300 SH	DEFINED	2
SMUCKER (J.M.)	COM	832696405	3	50 SH	OTHER	2
SONOCO PRODUCTS	COM	835495102	28	1000 SH	DEFINED	2
SOUTHERN CO	COM	842587107	32	1000 SH	SOLE	
SOUTHERN CO	COM	842587107	6	200 SH	OTHER	
SOUTHERN CO	COM	842587107	106	3350 SH	OTHER	2
SOUTHERN CO	COM	842587107	595	18785 SH	DEFINED	2
SOUTHERN CO	COM	842587107	760	24000 SH	DEFINED	3
SPECTRA ENERGY CORP	COM	847560109	9	490 SH	DEFINED	2
SPRINT NEXTEL CORP	COM	852061100	0	250 SH	DEFINED	2
STAPLES INCORPORATED	COM	855030102	36	1550 SH	SOLE	
STAPLES INCORPORATED	COM	855030102	140	6050 SH	OTHER	2
STAPLES INCORPORATED	COM	855030102	775	33365 SH	DEFINED	2
STAPLES INCORPORATED	COM	855030102	697	30000 SH	DEFINED	3
STARBUCKS CORP	COM	855244109	4	200 SH	DEFINED	2
STATE STREET CORP COM	COM	857477103	261	4965 SH	DEFINED	2
STRYKER CORP	COM	863667101	31	675 SH	SOLE	
STRYKER CORP	COM	863667101	26	575 SH	OTHER	2
STRYKER CORP	COM	863667101	646	14215 SH	DEFINED	2
STRYKER CORP	COM	863667101	1272	28000 SH	DEFINED	3
SUFFOLK BANCORP	COM	864739107	59	2000 SH	SOLE	
SUFFOLK BANCORP	COM	864739107	120	4040 SH	DEFINED	2
SUNCOR ENERGY INC.	COM	867224107	8	240 SH	DEFINED	2
TJX COMPANIES	COM	872540109	42	1125 SH	SOLE	
TJX COMPANIES	COM	872540109	4	100 SH	OTHER	
TJX COMPANIES	COM	872540109	527	14190 SH	DEFINED	2
TJX COMPANIES	COM	872540109	22	600 SH	OTHER	2
TARGET CORP	COM	87612E106	36	775 SH	SOLE	
TARGET CORP	COM	87612E106	9	200 SH	OTHER	
TARGET CORP	COM	87612E106	185	3967 SH	OTHER	2
TARGET CORP	COM	87612E106	939	20116 SH	DEFINED	2
TARGET CORP	COM	87612E106	864	18500 SH	DEFINED	3
TEMPLE INLAND INC	COM	879868107	12	720 SH	DEFINED	2
TEVA PHARM INDUS ADR	COM	881624209	10	200 SH	SOLE	
TEVA PHARM INDUS ADR	COM	881624209	46	900 SH	DEFINED	2
TEVA PHARM INDUS ADR	COM	881624209	167	3300 SH	OTHER	2

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TEXAS INSTRUMENTS INC	COM	882508104	5	200 SH	DEFINED	2
3M COMPANY	COM	88579Y101	6	80 SH	SOLE	
3M COMPANY	COM	88579Y101	228	3085 SH	DEFINED	2
3M COMPANY	COM	88579Y101	360	4883 SH	OTHER	2
TIDEWATER, INC.	COM	886423102	24	500 SH	SOLE	
TIDEWATER, INC.	COM	886423102	124	2625 SH	DEFINED	2
TIFFANY	COM	886547108	13	350 SH	DEFINED	2
TIFFANY	COM	886547108	12	300 SH	OTHER	2
TIME WARNER INC NEW	COM	887317303	13	466 SH	DEFINED	2
TIME WARNER	COM	88732J207	5	116 SH	DEFINED	2
TORONTO-DOMINION BANK	COM	891160509	94	1465 SH	DEFINED	2
TORONTO-DOMINION BANK	COM	891160509	22	347 SH	OTHER	2
TRAVELERS COS INC	COM	89417E109	33	675 SH	DEFINED	2
TRUSTCO BANK CORP	COM	898349105	24	4000 SH	SOLE	
TRUSTCO BANK CORP	COM	898349105	2	229 SH	DEFINED	2
TRUSTCO BANK CORP	COM	898349105	195	31122 SH	OTHER	2
U.S. BANCORP	COM	902973304	79	3625 SH	SOLE	
U.S. BANCORP	COM	902973304	1028	47025 SH	DEFINED	2
U.S. BANCORP	COM	902973304	9	425 SH	OTHER	2
UNION PACIFIC CORP	COM	907818108	8	134 SH	DEFINED	2
UNITED PARCEL SERVICE	COM	911312106	6	100 SH	DEFINED	2
UNITED TECHNOLOGIES CORP	COM	913017109	101	1655 SH	SOLE	
UNITED TECHNOLOGIES CORP	COM	913017109	682	11185 SH	OTHER	2
UNITED TECHNOLOGIES CORP	COM	913017109	1401	23000 SH	DEFINED	2
UNITED TECHNOLOGIES CORP	COM	913017109	1280	21000 SH	DEFINED	3
VALERO ENERGY CORP	COM	91913Y100	2	117 SH	DEFINED	2
VERIZON COMMUNICATIONS INC	COM	92343V104	82	2725 SH	SOLE	
VERIZON COMMUNICATIONS INC	COM	92343V104	349	11525 SH	OTHER	2
VERIZON COMMUNICATIONS INC	COM	92343V104	1384	45713 SH	DEFINED	2
VERIZON COMMUNICATIONS INC	COM	92343V104	1998	66000 SH	DEFINED	3
VIACOM INC NEW	COM	92553P201	61	2170 SH	OTHER	2
VISA INC.	COM	92826C839	21	300 SH	DEFINED	2
VULCAN MATERIALS CO	COM	929160109	14	255 SH	SOLE	
VULCAN MATERIALS CO	COM	929160109	49	900 SH	OTHER	2
VULCAN MATERIALS CO	COM	929160109	267	4930 SH	DEFINED	2
VULCAN MATERIALS CO	COM	929160109	595	11000 SH	DEFINED	3
WALMART STORES INC	COM	931142103	120	2440 SH	SOLE	
WALMART STORES INC	COM	931142103	109	2225 SH	OTHER	2
WALMART STORES INC	COM	931142103	1338	27253 SH	DEFINED	2
WALMART STORES INC	COM	931142103	1473	30000 SH	DEFINED	3
WALGREEN CO	COM	931422109	4	100 SH	OTHER	
WALGREEN CO	COM	931422109	43	1150 SH	OTHER	2
WALGREEN CO	COM	931422109	47	1260 SH	DEFINED	2
WALGREEN CO	COM	931422109	806	21500 SH	DEFINED	3
WASHINGTON FED INC	COM	938824109	13	800 SH	DEFINED	2
WELLS FARGO CO	COM	949746101	97	3430 SH	SOLE	
WELLS FARGO CO	COM	949746101	14	500 SH	OTHER	
WELLS FARGO CO	COM	949746101	1564	55492 SH	DEFINED	2
WELLS FARGO CO	COM	949746101	146	5179 SH	OTHER	2
WHOLE FOOD MARKET INC	COM	966837106	61	2000 SH	DEFINED	2
WILMINGTON TR. CORP	COM	971807102	0	40 SH	OTHER	2
WINDSTREAM CORP	COM	97381W104	24	2326 SH	DEFINED	2
WISCONSIN ENERGY CORP	COM	976657106	27	600 SH	DEFINED	2
WYETH CORP	COM	983024100	251	5167 SH	DEFINED	2
WYETH CORP	COM	983024100	919	18925 SH	OTHER	2
YAHOO INC	COM	984332106	5	300 SH	OTHER	
YUM BRANDS INC	COM	988498101	126	3740 SH	DEFINED	2
ZIMMER	COM	98956P102	39	725 SH	SOLE	
ZIMMER	COM	98956P102	828	15490 SH	DEFINED	2
ZIMMER	COM	98956P102	142	2655 SH	OTHER	2
ACCENTURE PLC	COM	G1151C101	123	3300 SH	OTHER	2
ACCENTURE PLC	COM	G1151C101	345	9250 SH	DEFINED	2

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ACCENTURE PLC	COM	G1151C101	1118	30000 SH	DEFINED 3
LAZARD	COM	G54050102	52	1250 SH	SOLE
LAZARD	COM	G54050102	515	12470 SH	DEFINED 2
LAZARD	COM	G54050102	21	500 SH	OTHER 2
NOBLE	COM	H5833N103	53	1400 SH	SOLE
NOBLE	COM	H5833N103	72	1900 SH	OTHER 2
NOBLE	COM	H5833N103	1031	27155 SH	DEFINED 2
NOBLE	COM	H5833N103	1822	48000 SH	DEFINED 3
TRANSOCEAN LTD	COM	H8817H100	61	709 SH	SOLE
TRANSOCEAN LTD	COM	H8817H100	154	1796 SH	OTHER 2
TRANSOCEAN LTD	COM	H8817H100	1245	14555 SH	DEFINED 2
TRANSOCEAN LTD	COM	H8817H100	2166	25319 SH	DEFINED 3