

FORM 13F
INFORMATION TABLE
3/31/2005

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discr	Other Mgrs	Voting Auth
3M Company	88579Y101	134	1,563	SH	SOLE	NONE	1,563
Ab Electrolux A	10198208	195	4,190	SH	SOLE	NONE	4,190
Abbott Labs	2824100	892	19,140	SH	SOLE	NONE	19,140
ADC Telecom	886101	21	10,770	SH	SOLE	NONE	10,770
Adv Neuromodula	00757T101	4	150	SH	SOLE	NONE	150
Air Products &	9158106	48	766	SH	SOLE	NONE	766
Alliant Energy	18802108	7	250	SH	SOLE	NONE	250
Allstate Corp Q	20002101	39	727	SH	SOLE	NONE	727
Alltel Corp	20039103	121	2,215	SH	SOLE	NONE	2,215
Altria Group, I	02209S103	65	1,000	SH	SOLE	NONE	1,000
America Movil S	02364W105	4,286	83,060	SH	SOLE	NONE	83,060
American Expres	25816109	57	1,100	SH	SOLE	NONE	1,100
American Intern	26874107	1,830	33,031	SH	SOLE	NONE	33,031
American Med Sy	02744M108	7	400	SH	SOLE	NONE	400
American Power	29066107	78	3,000	SH	SOLE	NONE	3,000
Ametek Inc New	31100100	97	2,400	SH	SOLE	NONE	2,400
Amgen Inc.	31162100	5,023	86,288	SH	SOLE	NONE	86,288
Anadarko Petrol	32511107	126	1,650	SH	SOLE	NONE	1,650
Anheuser Busch	35229103	217	4,582	SH	SOLE	NONE	4,582
Apache Corp	37411105	234	3,818	SH	SOLE	NONE	3,818
Applied Materia	38222105	183	11,274	SH	SOLE	NONE	11,274
Ascential Softw	04362P207	185	9,985	SH	SOLE	NONE	9,985
Automatic Data	53015103	381	8,480	SH	SOLE	NONE	8,480
Autozone Inc	53332102	1	16	SH	SOLE	NONE	16
Bank of America	60505104	77	1,753	SH	SOLE	NONE	1,753
Bank of NY Co I	64057102	137	4,700	SH	SOLE	NONE	4,700
Banta Corporati	66821109	67	1,575	SH	SOLE	NONE	1,575
Barrick Gold Co		2	100	SH	SOLE	NONE	100
Bema Gold Corp	08135F107	1	500	SH	SOLE	NONE	500
Berkshire Hatha	84670207	206	72	SH	SOLE	NONE	72
Boston Scientif	101137107	5,321	181,675	SH	SOLE	NONE	181,675
BP Amoco Plc Ad	110889409	4,409	70,660	SH	SOLE	NONE	70,660
Brady Corp Cl A	104674106	97	3,000	SH	SOLE	NONE	3,000
Briggs & Strat	109043109	280	7,700	SH	SOLE	NONE	7,700
Bristol-Myers S	110122108	1,109	43,540	SH	SOLE	NONE	43,540
Brown Shoe Comp	115736100	122	3,550	SH	SOLE	NONE	3,550
C V S Corp Del		59	1,112	SH	SOLE	NONE	1,112
Cadbury Schw	127209302	9	375	SH	SOLE	NONE	375
Cadbury Schwepp	127209302	488	12,000	SH	SOLE	NONE	12,000
Canon Inc Adr J	138006309	139	2,600	SH	SOLE	NONE	2,600
Capstone Turbin	14067D102	1	350	SH	SOLE	NONE	350
Cemex Sa Adr Ne	151290889	188	5,192	SH	SOLE	NONE	5,192

Certegy Inc	156880106	17	500 SH	SOLE	NONE	500
Charles Schwab	808513105	102	9,675 SH	SOLE	NONE	9,675
Check Pt Softwa	M22465104	6,397	294,250 SH	SOLE	NONE	294,250
Chevrontexaco C	166764100	411	7,057 SH	SOLE	NONE	7,057
Chittenden Cap		26	1,000 SH	SOLE	NONE	1,000
Chittenden Corp	170228100	73	2,791 SH	SOLE	NONE	2,791
Chubb Corp	171232101	11	133 SH	SOLE	NONE	133
Cigna Corp.	125509109	57	636 SH	SOLE	NONE	636
Cincinnati Fina	172062101	26	600 SH	SOLE	NONE	600
Cisco Systems I	17275R102	1,048	58,566 SH	SOLE	NONE	58,566
Citigroup	172967101	1,212	26,964 SH	SOLE	NONE	26,964
Clarcor Inc.	179895107	17	325 SH	SOLE	NONE	325
Coca Cola Compa	191216100	385	9,248 SH	SOLE	NONE	9,248
Comcast Corp Ne	20030N101	9,305	275,450 SH	SOLE	NONE	275,450
Con Edison Co o	209111103	23	541 SH	SOLE	NONE	541
Crescent Real E	225756105	2	133 SH	SOLE	NONE	133
Daimlerchrysler	D1668R123	17	386 SH	SOLE	NONE	386
Deb Shops	242728103	224	7,950 SH	SOLE	NONE	7,950
Devon Energy Co	25179M103	40	828 SH	SOLE	NONE	828
Dionex Corp.	254546104	55	1,000 SH	SOLE	NONE	1,000
Disney (Walt)	254687106	97	3,386 SH	SOLE	NONE	3,386
Donnelley R R &		126	4,000 SH	SOLE	NONE	4,000
Dover Corp	260003108	68	1,800 SH	SOLE	NONE	1,800
Du Pont De Nemo	263534109	1,220	23,819 SH	SOLE	NONE	23,819
Ecolab Inc	278865100	13	400 SH	SOLE	NONE	400
Eli Lilly	532457108	127	2,443 SH	SOLE	NONE	2,443
Emerson Electri	291011104	269	4,150 SH	SOLE	NONE	4,150
Encana Corporat		7	100 SH	SOLE	NONE	100
Enron Oil and G	26875P101	39	800 SH	SOLE	NONE	800
Entremed Inc	29382F103	2	1,000 SH	SOLE	NONE	1,000
Equifax Inc.	294429105	71	2,300 SH	SOLE	NONE	2,300
Equity Office P		74	2,470 SH	SOLE	NONE	2,470
Exxon Mobil Cor	30231G102	1,599	26,826 SH	SOLE	NONE	26,826
Fast Retailing	J1346E100	91	1,500 SH	SOLE	NONE	1,500
FDX Corp	31428X106	3	37 SH	SOLE	NONE	37
Fifth Third Ban	689389104	26	600 SH	SOLE	NONE	600
First Data Corp	319963104	37	933 SH	SOLE	NONE	933
First Israel Fu	32063L100	7	400 SH	SOLE	NONE	400
Fiserv Inc.	337738108	143	3,600 SH	SOLE	NONE	3,600
Fleet Cap Tr Vi		26	1,000 SH	SOLE	NONE	1,000
Ford Motor Comp	345370860	58	5,100 SH	SOLE	NONE	5,100
Fortune Brands	349631101	6	70 SH	SOLE	NONE	70
Freeport McMora	35671D857	8	200 SH	SOLE	NONE	200
Gannett Co.	364730101	416	5,258 SH	SOLE	NONE	5,258
Gen Elec Cap		52	2,000 SH	SOLE	NONE	2,000
General Electri	369604103	2,038	56,522 SH	SOLE	NONE	56,522
Genuine Parts	372460105	435	10,000 SH	SOLE	NONE	10,000
Glaxosmithkline	832378301	25	538 SH	SOLE	NONE	538
Goldman Sachs G	38141G104	16	150 SH	SOLE	NONE	150
Grant Prideco I	38821G101	19	800 SH	SOLE	NONE	800
Green Mountain	393122106	934	38,950 SH	SOLE	NONE	38,950
Gulfmark Offsho	402629109	34	1,300 SH	SOLE	NONE	1,300

H Lundbeck A/S-	K4406L129	2,449	100,650 SH	SOLE	NONE	100,650
Hain Foods	405217100	4,103	220,125 SH	SOLE	NONE	220,125
Healthcare REIT	42217K106	26	813.2245 SH	SOLE	NONE	813.2245
Heinz (H.J.)	423074103	120	3,265 SH	SOLE	NONE	3,265
Hewlett-Packard	428236103	1	31 SH	SOLE	NONE	31
Home Depot	437076102	47	1,236 SH	SOLE	NONE	1,236
Honda Motor Co	438128308	379	15,120 SH	SOLE	NONE	15,120
Hubbell Inc. Cl	443510201	61	1,200 SH	SOLE	NONE	1,200
Hydrogenics Cor	448882100	111	25,565 SH	SOLE	NONE	25,565
Hyperion Soluti		2	48 SH	SOLE	NONE	48
Id Systems Inc	449489103	4	350 SH	SOLE	NONE	350
IDX Systems Cor	449491109	35	1,000 SH	SOLE	NONE	1,000
Ims Health Inc	449934108	34	1,400 SH	SOLE	NONE	1,400
Imunogen Inc.	45253H101	5	1,000 SH	SOLE	NONE	1,000
Ingersoll-Rand	456866102	40	500 SH	SOLE	NONE	500
Intel Corp.	458140100	1,137	48,958 SH	SOLE	NONE	48,958
Inter'l Flavors	459506101	24	600 SH	SOLE	NONE	600
International B	459200101	2,000	21,885 SH	SOLE	NONE	21,885
Intuit Inc.	461202103	5,520	126,125 SH	SOLE	NONE	126,125
Isis Pharmaceut	464330109	1	200 SH	SOLE	NONE	200
J.P. Morgan Cha	46625H100	84	2,430 SH	SOLE	NONE	2,430
Johnson & Johns	478160104	5,825	86,736 SH	SOLE	NONE	86,736
Johnson Control	478366107	17	300 SH	SOLE	NONE	300
Joseph A Bank C		126	4,300 SH	SOLE	NONE	4,300
Keane Inc	486665102	1	100 SH	SOLE	NONE	100
Keweena Land As	493026108	40	250 SH	SOLE	NONE	250
Kimberly-Clark	494368103	4,108	62,495 SH	SOLE	NONE	62,495
Kyocera Ltd Adr	501556203	3,802	53,215 SH	SOLE	NONE	53,215
Lafarge Corp	505862102	146	2,500 SH	SOLE	NONE	2,500
Lowe's Cos.	548661107	49	860 SH	SOLE	NONE	860
Maytag Corp.	578592107	1	100 SH	SOLE	NONE	100
McCormick & Co	579780206	69	2,000 SH	SOLE	NONE	2,000
McGraw-Hill	580645109	70	800 SH	SOLE	NONE	800
Medtronic Inc.	585055106	223	4,380 SH	SOLE	NONE	4,380
Mercantile Bank	587405101	51	1,000 SH	SOLE	NONE	1,000
Merchant's Banc	588448100	16	597 SH	SOLE	NONE	597
Merck & Co.	589331107	32	1,000 SH	SOLE	NONE	1,000
Merrill Lynch	590188108	11	200 SH	SOLE	NONE	200
Mettler Toledo	592688105	33	700 SH	SOLE	NONE	700
Micro Linear Co	594850109	1	100 SH	SOLE	NONE	100
Microsoft Corp.	594918104	1,512	62,550 SH	SOLE	NONE	62,550
Millennium Phar		31	3,700 SH	SOLE	NONE	3,700
Motorola Inc.	620076109	107	7,136 SH	SOLE	NONE	7,136
M-Systems/Flash	M7061C100	33	1,500 SH	SOLE	NONE	1,500
Nalco Chemical	629853102	2	100 SH	SOLE	NONE	100
Neenah Paper	640079109	61	1,825.19 SH	SOLE	NONE	1,825.19
New Plan Excel	648053106	4	150 SH	SOLE	NONE	150
New York Times	650111107	1,398	38,214 SH	SOLE	NONE	38,214
Nokia	654902204	952	61,700 SH	SOLE	NONE	61,700
Novartis A G Sp	66987V109	104	2,220 SH	SOLE	NONE	2,220
Novo Nordisk A/	670100205	112	2,000 SH	SOLE	NONE	2,000
Nuveen Mun Valu	670928100	92	10,000 SH	SOLE	NONE	10,000

Nuveen Muni Adv		19	1,300 SH	SOLE	NONE	1,300
Nuveen Performa		21	1,500 SH	SOLE	NONE	1,500
Omnivision Tech	682128103	1,747	115,285 SH	SOLE	NONE	115,285
Oracle Systems	68389X105	5,469	438,224 SH	SOLE	NONE	438,224
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE	300
Owens & Minor I	690730106	61	2,250 SH	SOLE	NONE	2,250
Paradyne Networ	69911G107	1	300 SH	SOLE	NONE	300
Peoples Energy	711030106	15	350 SH	SOLE	NONE	350
Pepco Holdings	737679100	23	1,100 SH	SOLE	NONE	1,100
Pepsico Inc.	713448108	270	5,100 SH	SOLE	NONE	5,100
Pfizer Inc.	717081103	284	10,800 SH	SOLE	NONE	10,800
Plug Power Inc	72919P103	1	90 SH	SOLE	NONE	90
PNC Financial S	693475105	149	2,900 SH	SOLE	NONE	2,900
Polycom Inc	73172K104	2	137 SH	SOLE	NONE	137
Popular Inc	66704107	30	1,250 SH	SOLE	NONE	1,250
Portal Software		12	5,000 SH	SOLE	NONE	5,000
Posco Adr	693483109	7,974	161,550 SH	SOLE	NONE	161,550
Potlatch Corp.	737628107	16	350 SH	SOLE	NONE	350
PPG Industries	693506107	21	300 SH	SOLE	NONE	300
Premier Farnell		4	4,000 SH	SOLE	NONE	4,000
Procter & Gamb	742718109	2,024	38,183 SH	SOLE	NONE	38,183
Provident Energ		30	3,000 SH	SOLE	NONE	3,000
Qualcomm Inc	747525103	152	4,150 SH	SOLE	NONE	4,150
Resources Conne	76122Q105	42	2,000 SH	SOLE	NONE	2,000
Royal Dutch Pet	780257804	429	7,142 SH	SOLE	NONE	7,142
Ryl Bk Scotland	780097879	6	250 SH	SOLE	NONE	250
Safeway Inc	786514208	17	910 SH	SOLE	NONE	910
Sanofi Aventis	80105N105	8,653	204,375 SH	SOLE	NONE	204,375
SBC Communicati	78387G103	8	350 SH	SOLE	NONE	350
Schering-Plough	806605101	71	3,932 SH	SOLE	NONE	3,932
Schlumberger Lt	806857108	23	333 SH	SOLE	NONE	333
Scientific Atla	SFA	11	400 SH	SOLE	NONE	400
Sempra Energy	816851109	20	500 SH	SOLE	NONE	500
Serono S A Adr		2,824	155,575 SH	SOLE	NONE	155,575
Smuckers, J.M.	832696207	5	100 SH	SOLE	NONE	100
Sonicwall Inc	835470105	1	200 SH	SOLE	NONE	200
Sonoco Products	SON	33	1,155 SH	SOLE	NONE	1,155
Sprint Corp.	852061506	11	500 SH	SOLE	NONE	500
Staples Inc	855030102	16	500 SH	SOLE	NONE	500
State Street Co	857477103	192	4,400 SH	SOLE	NONE	4,400
Suffolk Bancorp		66	2,000 SH	SOLE	NONE	2,000
Sungard Data Sy	867363103	6	180 SH	SOLE	NONE	180
Taiwan Smcndctr	874039100	4,141	488,325 SH	SOLE	NONE	488,325
Teva Pharm Inds		11	366 SH	SOLE	NONE	366
Texas Instrumen	882508104	946	37,124 SH	SOLE	NONE	37,124
Thermo Electron	883556102	33	1,300 SH	SOLE	NONE	1,300
Thomas & Betts	884315102	26	800 SH	SOLE	NONE	800
Thunder Energy	885914101	1	100 SH	SOLE	NONE	100
Time Warner In	887315109	21	1,200 SH	SOLE	NONE	1,200
Torchmark Corp.	891027102	10	200 SH	SOLE	NONE	200
Tribune Co.	896047107	1,579	39,600 SH	SOLE	NONE	39,600
TrustCo Bank Co	898349105	4	354 SH	SOLE	NONE	354

Unilever N.V.	904784501	14	200 SH	SOLE	NONE	200
Unilever Plc Ad	904767704	1,034	25,850 SH	SOLE	NONE	25,850
Union Bancorp		3	150 SH	SOLE	NONE	150
Union Pacific	907818108	70	1,000 SH	SOLE	NONE	1,000
Unocal Corp	915289102	14	234 SH	SOLE	NONE	234
UnumProvident C	903192102	10	600 SH	SOLE	NONE	600
USX Marathon Gr	902905827	47	1,000 SH	SOLE	NONE	1,000
Varian Medical	92220P105	1	40 SH	SOLE	NONE	40
Verizon Communi	92343V104	56	1,588 SH	SOLE	NONE	1,588
Vermont Pure Ho	924237100	1	600 SH	SOLE	NONE	600
Vodafone Group	92857W100	251	9,458 SH	SOLE	NONE	9,458
Volvo AB ADR Cl	928856400	11	250 SH	SOLE	NONE	250
Voyageur Mn Mun	928923101	13	800 SH	SOLE	NONE	800
Vulcan Material	929160109	81	1,433 SH	SOLE	NONE	1,433
Wachovia Corp.	929903102	136	2,672 SH	SOLE	NONE	2,672
Wachovia Fdg		28	1,000 SH	SOLE	NONE	1,000
Walgreen Co.	931422109	669	15,050 SH	SOLE	NONE	15,050
Wal-Mart Stores	931142103	119	2,378 SH	SOLE	NONE	2,378
Washington Mutu	939322103	8	200 SH	SOLE	NONE	200
Weatherford Int	947074100	23	400 SH	SOLE	NONE	400
Wegener Corp	948585104	1	500 SH	SOLE	NONE	500
Wells Fargo & C	949746101	257	4,300 SH	SOLE	NONE	4,300
Wells Fargo Cap		26	1,000 SH	SOLE	NONE	1,000
Whole Foods Mar	966837106	10	100 SH	SOLE	NONE	100
Williams Compan	969457100	104	5,550 SH	SOLE	NONE	5,550
Witness Systems	977424100	28	1,600 SH	SOLE	NONE	1,600
Wyeth	983024100	546	12,935 SH	SOLE	NONE	12,935
Xerox Corp.	984121103	11	725 SH	SOLE	NONE	725
Zimmer Holdings	98956P102	47	608 SH	SOLE	NONE	608