

FORM 13F  
INFORMATION TABLE 03/31/2006

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Disc
3M Company	88579Y101	8,147	107636	SH	SOLE
A T & T Corp.	00206R102	25	921	SH	SOLE
Abbott Labs	002824100	6,488	152775	SH	SOLE
Acco Brands Corp	00081T108	1	16	SH	SOLE
ADC Telecom	000886101	30	1169	SH	SOLE
Adobe Systems	00724F101	4	120	SH	SOLE
Air Products & Che	009158106	105	1566	SH	SOLE
Alliant Energy Cor	018802108	8	250	SH	SOLE
Allstate Corp Qrtl	020002101	59	1123	SH	SOLE
Altria Group, Inc.	02209S103	5	66	SH	SOLE
America Movil Sa L	02364W105	10	300	SH	SOLE
American Express	025816109	45	850	SH	SOLE
American Intern'l	026874107	8,911	134833	SH	SOLE
American Med Sys H	02744M108	5	200	SH	SOLE
Ameriprise Financi	031897101	10	220	SH	SOLE
Amern Strategic In	030099105	8	718	SH	SOLE
Amgen Inc.	031162100	4,149	57037	SH	SOLE
Anadarko Petroleum	032511107	172	1700	SH	SOLE
Anheuser Busch Cos	035229103	267	6250	SH	SOLE
Apache Corp	037411105	447	6818	SH	SOLE
Applied Materials	038222105	197	11274	SH	SOLE
Ariad Pharmaceutic	04033A100	1	75	SH	SOLE
Arkansas Best Corp	040790107	133	3400	SH	SOLE
Armstrong World 7.	042476606	7	400	SH	SOLE
Arris Group Inc	04269Q100	867	63025	SH	SOLE
Astrazeneca PLC Sp	046353108	45	900	SH	SOLE
Automatic Data Pro	053015103	600	13130	SH	SOLE
Avaya Inc	053499109	203	18000	SH	SOLE
Bac Capital Trust	055187207	15	600	SH	SOLE
Bank of America Co	060505104	277	6083	SH	SOLE
Bank of NY Co Inc	064057102	329	9130	SH	SOLE
Banta Corporation	066821109	82	1575	SH	SOLE
Bear Stearns 7.80%	07384T206	13	500	SH	SOLE
Bed Bath & Beyond	075896100	960	25000	SH	SOLE
BellSouth Corp	079860102	2	45	SH	SOLE
Berkshire Hathaway	084670108	90	100	SH	SOLE
Berkshire Hathaway	084670207	304	101	SH	SOLE
BHP Billiton Ltd S	088606108	20	500	SH	SOLE
Biomet	090613100	36	1000	SH	SOLE
Boston Private Fin	101119105	34	1000	SH	SOLE
BP Amoco Plc Adr	110889409	4,932	71542	SH	SOLE
Brady Corp Cl A	104674106	112	3000	SH	SOLE

Briggs & Stratton	109043109	568	16050 SH	SOLE
Brink's Company Co	109696104	17	340 SH	SOLE
Bristol-Myers Squi	110122108	59	2400 SH	SOLE
C V S Corp Del	126650100	66	2224 SH	SOLE
Cadbury Schweppes	127209302	480	12000 SH	SOLE
Canon Inc Adr Japa	138006309	172	2600 SH	SOLE
Capstone Turbine C	14067D102	1	350 SH	SOLE
Caterpillar Inc.	149123101	241	3360 SH	SOLE
Cbs Corporation Cl	124857103	46	1900 SH	SOLE
Cemex Sa Adr New	151290889	305	4670 SH	SOLE
Charles Schwab Co	808513105	247	14375 SH	SOLE
Check Pt Software	M22465104	5,761	287750 SH	SOLE
Checkfree Corp New	162813109	318	6300 SH	SOLE
Chesapeake Energy	165167107	38	1200 SH	SOLE
Chevrontexaco Corp	166764100	220	3801 SH	SOLE
Chittenden Cap I	170221204	46	1800 SH	SOLE
Chittenden Corp	170228100	111	3818 SH	SOLE
Chunghwa Telecom C	17133Q205	12	600 SH	SOLE
Church & Dwight	171340102	622	16840 SH	SOLE
Cigna Corp.	125509109	83	636 SH	SOLE
Cimarex Energy Co	171798101	514	11890 SH	SOLE
Cincinnati Financi	172062101	27	630 SH	SOLE
Cisco Systems Inc.	17275R102	1,213	55972 SH	SOLE
Citigroup	172967101	1,592	33708 SH	SOLE
Clarcor Inc.	179895107	23	650 SH	SOLE
Coca Cola Company	191216100	515	12298 SH	SOLE
Colgate Palmolive	194162103	10	175 SH	SOLE
Con Edison Co of N	209111103	24	541 SH	SOLE
Conocophillips	20825C104	777	12307 SH	SOLE
Crescent Real Esta	225756105	3	133 SH	SOLE
CSX Corp	126408103	9	145 SH	SOLE
Curis Inc	231269101	1	30 SH	SOLE
Daimlerchrysler A	D1668R123	25	436 SH	SOLE
Deere & Co.	244199105	95	1200 SH	SOLE
Delaware MN Muni I	24610V103	13	800 SH	SOLE
Devon Energy Corp	25179M103	51	828 SH	SOLE
Dionex Corp.	254546104	61	1000 SH	SOLE
Discovery Holding	2548Y1070	5	312 SH	SOLE
Disney (Walt)	254687106	101	3636 SH	SOLE
Donnelley R R & So	257867101	131	4000 SH	SOLE
Dover Corp	260003108	87	1800 SH	SOLE
Du Pont De Nemours	263534109	1,020	24156 SH	SOLE
Duke Energy Corp	264399106	3	120 SH	SOLE
Earthshell Corp	27032B209	1	141 SH	SOLE
Ebay Inc	278642103	25	650 SH	SOLE
Ecolab Inc	278865100	15	400 SH	SOLE
Eli Lilly	532457108	135	2443 SH	SOLE
Emerson Electric	291011104	431	5150 SH	SOLE
Encana Corporation	292505104	9	200 SH	SOLE
Enron Oil and Gas	26875P101	58	800 SH	SOLE
Entremed Inc	29382F103	3	1000 SH	SOLE
Equity Office Ppty	294741103	83	2470 SH	SOLE

Exxon Mobil Corpor	30231G102	2,629	43194 SH	SOLE
Fannie Mae	313586109	166	3228 SH	SOLE
Fidelity Natl Info	31620M10	20	500 SH	SOLE
Fifth Third Bancor	689389104	24	600 SH	SOLE
First Israel Fund	32063L100	6	400 SH	SOLE
Fiserv Inc.	337738108	208	4900 SH	SOLE
Fisher Scientific	338032105	14	200 SH	SOLE
Fleet Cap Tr Viii	33889X203	51	2000 SH	SOLE
Flextronics Intl L	Y2573F102	36	3500 SH	SOLE
Fortune Brands	349631101	18	225 SH	SOLE
Freeport McMoran C	35671D857	12	200 SH	SOLE
Gamesa Cp Tech New	E54667113	1,124	58500 SH	SOLE
Gannett Co.	364730101	6,297	105083 SH	SOLE
Gen Elec Cap	369622527	51	2000 SH	SOLE
General Electric	369604103	2,603	74844 SH	SOLE
Genuine Parts	372460105	438	10000 SH	SOLE
Genzyme Corp Genl	372917104	1	5 SH	SOLE
Gerdau SA ADS	373737105	23	1000 SH	SOLE
Glaxosmithkline Pl	832378301	54	1038 SH	SOLE
Grant Prideco Inc	38821G101	34	800 SH	SOLE
Green Mountain Cof	393122106	802	20200 SH	SOLE
Green Mountain Pow	393154109	87	3000 SH	SOLE
Guitar Center, Inc	402040109	24	500 SH	SOLE
Gulfmark Offshore	402629109	36	1300 SH	SOLE
Hain Foods	405217100	5,749	219525 SH	SOLE
Hawaiian Elec Indu	419870100	33	1200 SH	SOLE
Headwaters Inc.	42210P102	48	1200 SH	SOLE
Healthcare REIT	42217K106	33	871 SH	SOLE
Heinz (H.J.)	423074103	124	3265 SH	SOLE
Hewlett-Packard Co	428236103	1	31 SH	SOLE
Home Depot	437076102	439	10376 SH	SOLE
Honda Motor Co Ltd	438128308	779	25170 SH	SOLE
Honeywell Inc.	438506107	21	500 SH	SOLE
Hospira	441060100	10	264 SH	SOLE
Hubbell Inc. Cl. B	443510201	62	1200 SH	SOLE
HydriL	448774109	16	200 SH	SOLE
Hydrogenics Corp	448882100	87	24965 SH	SOLE
Hyperion Solutions	44914M104	2	72 SH	SOLE
IAC/Interactive Co	44919P102	292	9900 SH	SOLE
Id Systems Inc	449489103	9	350 SH	SOLE
Illinois Tool Work	452308109	246	2550 SH	SOLE
Ims Health Inc	449934108	36	1400 SH	SOLE
Imunogen Inc.	45253H101	4	1000 SH	SOLE
Ingersoll-Rand	G4776G101	527	12620 SH	SOLE
Intel Corp.	458140100	1,574	80883 SH	SOLE
Inter'l Flavors &	459506101	21	600 SH	SOLE
International Busi	459200101	1,850	22432 SH	SOLE
Intuitive Surgical	46120E602	24	200 SH	SOLE
Isis Pharmaceutica	464330109	2	200 SH	SOLE
Isoft Group Plc Or	G4960U106	1	500 SH	SOLE
Johnson & Johnson	478160104	5,361	90525 SH	SOLE
Johnson Controls	478366107	11	150 SH	SOLE

K2, Inc.	482732104	67	5365 SH	SOLE
Keane Inc	486665102	2	100 SH	SOLE
Kimberly-Clark	494368103	3,664	63395 SH	SOLE
Kyocera Ltd Adr	501556203	9	100 SH	SOLE
Liberty Global Inc	530555309	4	211 SH	SOLE
Liberty Global Inc	530555101	4	211 SH	SOLE
Liberty Media New	530718105	26	3120 SH	SOLE
Linear Technology	535678106	127	3620 SH	SOLE
Lowe's Cos.	548661107	55	860 SH	SOLE
Lucent Technologie	549463107	3	910 SH	SOLE
Maytag Corp	578592206	10	400 SH	SOLE
Maytag Corp.	578592107	2	100 SH	SOLE
McGraw-Hill	580645109	92	1600 SH	SOLE
Medco Health	58405U102	91	1588 SH	SOLE
Medtronic Inc.	585055106	624	12300 SH	SOLE
Mercantile Banksha	587405101	58	1500 SH	SOLE
Merchant's Bancsha	588448100	15	597 SH	SOLE
Merck & Co.	589331107	35	1000 SH	SOLE
Mettler Toledo Int	592688105	42	700 SH	SOLE
Micro Linear Corp	594850109	1	100 SH	SOLE
Microsoft Corp.	594918104	2,302	84590 SH	SOLE
Millennium Pharmac	599902103	37	3700 SH	SOLE
Mindspeed Technolo	602682106	1	164 SH	SOLE
Monsanto Co New De	61166W101	6	74 SH	SOLE
Nalco Chemical	629853102	2	100 SH	SOLE
Nationwide Financi	638612101	33	767 SH	SOLE
Neenah Paper	640079109	1	10 SH	SOLE
Netgear Inc	64111Q104	438	23050 SH	SOLE
New Plan Excel 7.6	648053809	25	1000 SH	SOLE
New Plan Excel Rlt	648053106	4	150 SH	SOLE
New York Times Cl	650111107	885	34951 SH	SOLE
Newfield Explorati	651290108	210	5000 SH	SOLE
Newmont Mining Cor	651639106	5	100 SH	SOLE
Nokia	654902204	1,219	58850 SH	SOLE
Novartis A G Spon	66987V109	123	2220 SH	SOLE
Novo Nordisk A/S A	670100205	124	2000 SH	SOLE
Nuveen Mun Value F	670928100	97	10000 SH	SOLE
Nuveen Muni Advtg	67062H106	20	1300 SH	SOLE
Nuveen Performance	67062P108	23	1500 SH	SOLE
Omnivision Technol	682128103	3,965	131290 SH	SOLE
Opentv Corp Class	G67543101	1	72 SH	SOLE
Oracle Systems Cor	68389X105	8,363	610900 SH	SOLE
Orthovita Inc	68750U102	1	300 SH	SOLE
Owens & Minor Inc.	690730106	74	2250 SH	SOLE
Palm Inc New	696643105	1	40 SH	SOLE
Parametric Technol	699173209	65	4000 SH	SOLE
Patterson Uti Ener	703481101	1,337	41845 SH	SOLE
Paychex Inc	704326107	21	500 SH	SOLE
Peoples Energy Cor	711030106	12	350 SH	SOLE
Pepco Holdings Inc	737679100	25	1100 SH	SOLE
Pepsico Inc.	713448108	126	2175 SH	SOLE
Perkinelmer Inc	714046109	77	3298 SH	SOLE

Per-Se Technologie	713569309	403	15100 SH	SOLE
Pfizer Inc.	717081103	223	8934 SH	SOLE
Piedmont Natural G	720186105	19	800 SH	SOLE
Plug Power Inc	72919P103	1	66 SH	SOLE
PNC Capital Tr D 6	69350H202	24	1000 SH	SOLE
PNC Financial Serv	693475105	87	1299 SH	SOLE
Polycom Inc	73172K104	3	137 SH	SOLE
Popular Inc	733174106	26	1250 SH	SOLE
Portal Software In	736126301	20	5000 SH	SOLE
Posco Adr	693483109	5,646	88488 SH	SOLE
PPG Industries	693506107	19	300 SH	SOLE
Procter & Gamble	742718109	2,577	44721 SH	SOLE
Prologis Tr G 6.75	743410805	25	1000 SH	SOLE
Provident Energy T	74386K104	34	3000 SH	SOLE
Qwest Communs Intl	749121109	1	40 SH	SOLE
Reliant Energy Inc	75952B105	4	394 SH	SOLE
Resources Connecti	76122Q105	50	2000 SH	SOLE
Rockwell Automat	773903109	11	150 SH	SOLE
Rockwell Collins I	197677107	14	250 SH	SOLE
Rowan Co.	779382100	7	150 SH	SOLE
Royal Bk Scot	780097879	10	400 SH	SOLE
Royal Dutch Shell	780259206	264	4242 SH	SOLE
Ryl Bk Sc Adr	780097820	10	400 SH	SOLE
Ryl Bk Scotland	780097879	6	250 SH	SOLE
S L M Corp 6% PFD	78442P304	24	1000 SH	SOLE
Sanofi Aventis Adr	80105N105	10,757	226710 SH	SOLE
Sara Lee Corp.	803111103	21	1200 SH	SOLE
Schering-Plough	806605101	77	4057 SH	SOLE
Schlumberger Ltd.	806857108	42	333 SH	SOLE
Seagate Technology	G7945J104	2	80 SH	SOLE
Sempra Energy	816851109	23	500 SH	SOLE
Smuckers, J.M.	832696207	517	13018 SH	SOLE
Sonicwall Inc	835470105	1	200 SH	SOLE
Sonoco Products	835495102	39	1155 SH	SOLE
Southwestern Medic	845633304	1	4000 SH	SOLE
Sprint Nextel	852061506	13	500 SH	SOLE
St Jude Medical Co	790849103	7	175 SH	SOLE
Staples Inc	855030102	19	750 SH	SOLE
Suffolk Bancorp	864739107	69	2000 SH	SOLE
Sun Microsystems	866810104	1	200 SH	SOLE
Suntrust Banks Inc	867914103	102	1400 SH	SOLE
Sysco Corp	871829107	42	1300 SH	SOLE
TD Banknorth Inc.	06646R107	97	3301 SH	SOLE
Telefonica SA	879382208	13	286 SH	SOLE
Tempur Pedic	88023U101	4,949	349725 SH	SOLE
Tesoro Corporation	881609101	17	250 SH	SOLE
Teva Pharm Inds Lt	881624209	13	311 SH	SOLE
Texas Instruments	882508104	1,217	37475 SH	SOLE
Thermo Electron	883556102	48	1300 SH	SOLE
Thomas & Betts Cor	884315102	41	800 SH	SOLE
Timberland	887100105	291	8500 SH	SOLE
Time Warner Inc.	887315109	24	1440 SH	SOLE

Torchmark Corp.	891027102	11	200 SH	SOLE
Toronto Dominion B	891160509	21	382 SH	SOLE
Transocean Inc	G90078109	241	3000 SH	SOLE
Tribune Co.	896047107	1,086	39600 SH	SOLE
Tricon Global Rest	895953107	13	274 SH	SOLE
TrustCo Bank Corp	898349105	4	354 SH	SOLE
Tupperware	899896104	2	75 SH	SOLE
U S Bancorp Del N	902973304	15	500 SH	SOLE
Unilever N.V.	904784501	14	200 SH	SOLE
Unilever Plc Adr N	904767704	1,329	32350 SH	SOLE
Union Bancorp	908908106	3	150 SH	SOLE
Union Pacific	907818108	93	1000 SH	SOLE
United Parcel Serv	911312106	71	900 SH	SOLE
UnumProvident Corp	903192102	12	600 SH	SOLE
USX Marathon Group	902905827	76	1000 SH	SOLE
Valley National Ba	919794107	35	1384 SH	SOLE
Varian Medical Sys	92220P105	2	40 SH	SOLE
Veritas	92343P107	20	450 SH	SOLE
Verizon Communicat	92343V104	108	3185 SH	SOLE
Verizon NE 7% PFD	92344R201	26	1000 SH	SOLE
Vermont Pure Holdn	924237100	1	600 SH	SOLE
Viacom Inc. Class	92553P102	74	1900 SH	SOLE
Vodafone Group PLC	92857W100	246	11758 SH	SOLE
Volvo AB ADR Class	928856400	12	250 SH	SOLE
Vornado Realty 7%	929042604	25	1000 SH	SOLE
Wachovia Corp.	929903102	130	2328 SH	SOLE
Wachovia Fdg	92977V206	27	1000 SH	SOLE
Walgreen Co.	931422109	688	15950 SH	SOLE
Wal-Mart Stores	931142103	432	9138 SH	SOLE
Washington Mutual	939322103	9	200 SH	SOLE
WD 40 Company	929236107	3	90 SH	SOLE
Weatherford Intl I	947074100	37	800 SH	SOLE
Wegener Corp	948585104	1	500 SH	SOLE
Wells Fargo & Co.	949746101	303	4750 SH	SOLE
Wells Fargo Cap Tr	94976Y207	25	1000 SH	SOLE
Wells Fargo lx 5.6	94979P203	23	1000 SH	SOLE
Weyerhaeuser Co.	962166104	152	2100 SH	SOLE
WGL Holdings	92924F106	40	1315 SH	SOLE
Williams Companies	969457100	43	2000 SH	SOLE
Witness Systems	977424100	41	1600 SH	SOLE
WTS Lucent Technol	549463131	0	47 SH	SOLE
Wyeth	983024100	737	15185 SH	SOLE
Xerox Corp.	984121103	3	225 SH	SOLE
Zhone Technologies	98950P108	1	219 SH	SOLE
Zimmer Holdings In	98956P102	118	1748 SH	SOLE

Other Mgrs	Voting Auth
NONE	107636
NONE	921
NONE	152775
NONE	16
NONE	1169
NONE	120
NONE	1566
NONE	250
NONE	1123
NONE	66
NONE	300
NONE	850
NONE	134833
NONE	200
NONE	220
NONE	718
NONE	57037
NONE	1700
NONE	6250
NONE	6818
NONE	11274
NONE	75
NONE	3400
NONE	400
NONE	63025
NONE	900
NONE	13130
NONE	18000
NONE	600
NONE	6083
NONE	9130
NONE	1575
NONE	500
NONE	25000
NONE	45
NONE	100
NONE	101
NONE	500
NONE	1000
NONE	1000
NONE	71542
NONE	3000

NONE	16050
NONE	340
NONE	2400
NONE	2224
NONE	12000
NONE	2600
NONE	350
NONE	3360
NONE	1900
NONE	4670
NONE	14375
NONE	287750
NONE	6300
NONE	1200
NONE	3801
NONE	1800
NONE	3818
NONE	600
NONE	16840
NONE	636
NONE	11890
NONE	630
NONE	55972
NONE	33708
NONE	650
NONE	12298
NONE	175
NONE	541
NONE	12307
NONE	133
NONE	145
NONE	30
NONE	436
NONE	1200
NONE	800
NONE	828
NONE	1000
NONE	312
NONE	3636
NONE	4000
NONE	1800
NONE	24156
NONE	120
NONE	141
NONE	650
NONE	400
NONE	2443
NONE	5150
NONE	200
NONE	800
NONE	1000
NONE	2470



NONE	43194
NONE	3228
NONE	500
NONE	600
NONE	400
NONE	4900
NONE	200
NONE	2000
NONE	3500
NONE	225
NONE	200
NONE	58500
NONE	105083
NONE	2000
NONE	74844
NONE	10000
NONE	5
NONE	1000
NONE	1038
NONE	800
NONE	20200
NONE	3000
NONE	500
NONE	1300
NONE	219525
NONE	1200
NONE	1200
NONE	871
NONE	3265
NONE	31
NONE	10376
NONE	25170
NONE	500
NONE	264
NONE	1200
NONE	200
NONE	24965
NONE	72
NONE	9900
NONE	350
NONE	2550
NONE	1400
NONE	1000
NONE	12620
NONE	80883
NONE	600
NONE	22432
NONE	200
NONE	200
NONE	500
NONE	90525
NONE	150

NONE	5365
NONE	100
NONE	63395
NONE	100
NONE	211
NONE	211
NONE	3120
NONE	3620
NONE	860
NONE	910
NONE	400
NONE	100
NONE	1600
NONE	1588
NONE	12300
NONE	1500
NONE	597
NONE	1000
NONE	700
NONE	100
NONE	84590
NONE	3700
NONE	164
NONE	74
NONE	100
NONE	767
NONE	10
NONE	23050
NONE	1000
NONE	150
NONE	34951
NONE	5000
NONE	100
NONE	58850
NONE	2220
NONE	2000
NONE	10000
NONE	1300
NONE	1500
NONE	131290
NONE	72
NONE	610900
NONE	300
NONE	2250
NONE	40
NONE	4000
NONE	41845
NONE	500
NONE	350
NONE	1100
NONE	2175
NONE	3298

NONE	15100
NONE	8934
NONE	800
NONE	66
NONE	1000
NONE	1299
NONE	137
NONE	1250
NONE	5000
NONE	88488
NONE	300
NONE	44721
NONE	1000
NONE	3000
NONE	40
NONE	394
NONE	2000
NONE	150
NONE	250
NONE	150
NONE	400
NONE	4242
NONE	400
NONE	250
NONE	1000
NONE	226710
NONE	1200
NONE	4057
NONE	333
NONE	80
NONE	500
NONE	13018
NONE	200
NONE	1155
NONE	4000
NONE	500
NONE	175
NONE	750
NONE	2000
NONE	200
NONE	1400
NONE	1300
NONE	3301
NONE	286
NONE	349725
NONE	250
NONE	311
NONE	37475
NONE	1300
NONE	800
NONE	8500
NONE	1440

NONE	200
NONE	382
NONE	3000
NONE	39600
NONE	274
NONE	354
NONE	75
NONE	500
NONE	200
NONE	32350
NONE	150
NONE	1000
NONE	900
NONE	600
NONE	1000
NONE	1384
NONE	40
NONE	450
NONE	3185
NONE	1000
NONE	600
NONE	1900
NONE	11758
NONE	250
NONE	1000
NONE	2328
NONE	1000
NONE	15950
NONE	9138
NONE	200
NONE	90
NONE	800
NONE	500
NONE	4750
NONE	1000
NONE	1000
NONE	2100
NONE	1315
NONE	2000
NONE	1600
NONE	47
NONE	15185
NONE	225
NONE	219
NONE	1748