

FORM 13F
INFORMATION TABLE 06/30/2006

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3M Company	88579Y101	8,676	107,514	SH	SOLE	NONE	107,514
Abbott Labs	002824100	6,633	152,096	SH	SOLE	NONE	152,096
Acco Brands Cor	00081T108	1	16	SH	SOLE	NONE	16
ADC Telecom	000886101	20	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	4	120	SH	SOLE	NONE	120
Air Products &	009158106	100	1,566	SH	SOLE	NONE	1,566
Alliant Energy	018802108	9	250	SH	SOLE	NONE	250
Allstate Corp Q	020002101	55	1,003	SH	SOLE	NONE	1,003
Altria Group, I	02209S103	18	240	SH	SOLE	NONE	240
American Expres	025816109	40	750	SH	SOLE	NONE	750
American Intern	026874107	8,045	136,233	SH	SOLE	NONE	136,233
American Med Sy	02744M108	3	200	SH	SOLE	NONE	200
Ameriprise Fina	031897101	5	120	SH	SOLE	NONE	120
Amgen Inc.	031162100	3,713	56,927	SH	SOLE	NONE	56,927
Anadarko Petrol	032511107	5,753	120,625	SH	SOLE	NONE	120,625
Anheuser Busch	035229103	251	5,510	SH	SOLE	NONE	5,510
Apache Corp	037411105	465	6,818	SH	SOLE	NONE	6,818
Applied Materia	038222105	184	11,274	SH	SOLE	NONE	11,274
Ariad Pharmaceu	04033A100	1	75	SH	SOLE	NONE	75
Arkansas Best C	040790107	171	3,400	SH	SOLE	NONE	3,400
Arris Group Inc	04269Q100	832	63,425	SH	SOLE	NONE	63,425
Astrazeneca PLC	046353108	54	900	SH	SOLE	NONE	900
Automatic Data	053015103	576	12,705	SH	SOLE	NONE	12,705
Avaya Inc	053499109	206	18,000	SH	SOLE	NONE	18,000
Bac Capital Tru	055187207	15	600	SH	SOLE	NONE	600
Bank of America	060505104	281	5,833	SH	SOLE	NONE	5,833
Bank of NY Co I	064057102	281	8,730	SH	SOLE	NONE	8,730
Banta Corporati	066821109	73	1,575	SH	SOLE	NONE	1,575
Bear Stearns 7.	07384T206	13	500	SH	SOLE	NONE	500
Bed Bath & Beyo	075896100	837	25,225	SH	SOLE	NONE	25,225
Berkshire Hatha	084670108	92	100	SH	SOLE	NONE	100
Berkshire Hatha	084670207	277	91	SH	SOLE	NONE	91
Biomet	090613100	31	1,000	SH	SOLE	NONE	1,000
BP Amoco Plc Ad	110889409	4,879	70,088	SH	SOLE	NONE	70,088
Brady Corp Cl A	104674106	111	3,000	SH	SOLE	NONE	3,000
Briggs & Strat	109043109	499	16,050	SH	SOLE	NONE	16,050
Bristol-Myers S	110122108	26	1,000	SH	SOLE	NONE	1,000
C V S Corp Del	126650100	68	2,224	SH	SOLE	NONE	2,224
Cadbury Schwepp	127209302	466	12,000	SH	SOLE	NONE	12,000
Capstone Turbin	14067D102	1	350	SH	SOLE	NONE	350
Caterpillar Inc	149123101	250	3,360	SH	SOLE	NONE	3,360
Cbs Corporation	124857103	51	1,900	SH	SOLE	NONE	1,900
Cemex Sa Adr Ne	151290889	266	4,670	SH	SOLE	NONE	4,670
Cerner Corp.	156782104	48	1,300	SH	SOLE	NONE	1,300

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Charles Schwab	808513105	230	14,375	SH	SOLE	NONE	14,375
Check Pt Softwa	M22465104	5,050	286,925	SH	SOLE	NONE	286,925
Checkfree Corp	162813109	312	6,300	SH	SOLE	NONE	6,300
Chesapeake Ener	165167107	4,024	133,025	SH	SOLE	NONE	133,025
Chevrontexaco C	166764100	227	3,657	SH	SOLE	NONE	3,657
Chittenden Cap	170221204	46	1,800	SH	SOLE	NONE	1,800
Chittenden Corp	170228100	99	3,818	SH	SOLE	NONE	3,818
Church & Dwight	171340102	613	16,840	SH	SOLE	NONE	16,840
Cigna Corp.	125509109	63	636	SH	SOLE	NONE	636
Cimarex Energy	171798101	4,587	106,675	SH	SOLE	NONE	106,675
Cisco Systems I	17275R102	1,028	52,652	SH	SOLE	NONE	52,652
Citigroup	172967101	1,458	30,219	SH	SOLE	NONE	30,219
Coca Cola Compa	191216100	529	12,298	SH	SOLE	NONE	12,298
Colgate Palmoli	194162103	10	175	SH	SOLE	NONE	175
Con Edison Co o	209111103	24	541	SH	SOLE	NONE	541
Conocophillips	20825C104	4,453	67,957	SH	SOLE	NONE	67,957
Curis Inc	231269101	1	30	SH	SOLE	NONE	30
Daimlerchrysler	D1668R123	19	386	SH	SOLE	NONE	386
Deere & Co.	244199105	63	750	SH	SOLE	NONE	750
Delaware MN Mun	24610V103	12	800	SH	SOLE	NONE	800
Devon Energy Co	25179M103	50	828	SH	SOLE	NONE	828
Dionex Corp.	254546104	55	1,000	SH	SOLE	NONE	1,000
Disney (Walt)	254687106	3	100	SH	SOLE	NONE	100
Donnelley R R &	257867101	128	4,000	SH	SOLE	NONE	4,000
Dover Corp	260003108	89	1,800	SH	SOLE	NONE	1,800
Du Pont De Nemo	263534109	857	20,603	SH	SOLE	NONE	20,603
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eaton Vance Mun	27826U108	23	1,500	SH	SOLE	NONE	1,500
Ebay Inc	278642103	19	650	SH	SOLE	NONE	650
Ecolab Inc	278865100	16	400	SH	SOLE	NONE	400
Eli Lilly	532457108	135	2,443	SH	SOLE	NONE	2,443
Emerson Electri	291011104	432	5,150	SH	SOLE	NONE	5,150
Encana Corporat	292505104	6,552	124,475	SH	SOLE	NONE	124,475
Enron Oil and G	26875P101	28	400	SH	SOLE	NONE	400
Entremed Inc	29382F103	2	1,000	SH	SOLE	NONE	1,000
Ersol Solar	D2458C102	2	30	SH	SOLE	NONE	30
Exxon Mobil Cor	30231G102	1,678	27,358	SH	SOLE	NONE	27,358
Fannie Mae	313586109	155	3,228	SH	SOLE	NONE	3,228
Fidelity Natl I	31620M10	18	500	SH	SOLE	NONE	500
Fifth Third Ban	689389104	22	600	SH	SOLE	NONE	600
First Israel Fu	32063L100	6	400	SH	SOLE	NONE	400
Fiserv Inc.	337738108	222	4,900	SH	SOLE	NONE	4,900
Fleet Cap Tr Vi	33889X203	51	2,000	SH	SOLE	NONE	2,000
Flextronics Int	Y2573F102	37	3,500	SH	SOLE	NONE	3,500

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		Value (000)			Discre	Mgrs	Auth
Fortune Brands	349631101	16	225	SH	SOLE	NONE	225
Gamesa Cp Tech	E54667113	939	43,800	SH	SOLE	NONE	43,800
Gannett Co.	364730101	5,866	104,887	SH	SOLE	NONE	104,887
Gen Elec Cap	369622527	49	2,000	SH	SOLE	NONE	2,000
General Electri	369604103	2,482	75,304	SH	SOLE	NONE	75,304
Genuine Parts	372460105	417	10,000	SH	SOLE	NONE	10,000
Genzyme Corp Ge	372917104	1	5	SH	SOLE	NONE	5
Gerdau SA ADS	373737105	7	500	SH	SOLE	NONE	500
Glaxosmithkline	832378301	58	1,038	SH	SOLE	NONE	1,038
Grant Prideco I	38821G101	36	800	SH	SOLE	NONE	800
Green Mountain	393154109	102	3,000	SH	SOLE	NONE	3,000
Green Mountain	393122106	811	20,200	SH	SOLE	NONE	20,200
Gulfmark Offsho	402629109	34	1,300	SH	SOLE	NONE	1,300
Hain Foods	405217100	3,915	151,995	SH	SOLE	NONE	151,995
Hawaiian Elec I	419870100	33	1,200	SH	SOLE	NONE	1,200
Headwaters Inc.	42210P102	516	20,180	SH	SOLE	NONE	20,180
Hewlett-Packard	428236103	1	31	SH	SOLE	NONE	31
Home Depot	437076102	371	10,376	SH	SOLE	NONE	10,376
Honda Motor Co	438128308	788	24,770	SH	SOLE	NONE	24,770
Honeywell Inc.	438506107	20	500	SH	SOLE	NONE	500
Hubbell Inc. Cl	443510201	57	1,200	SH	SOLE	NONE	1,200
HydriL	448774109	16	200	SH	SOLE	NONE	200
Hydrogenics Cor	448882100	61	24,965	SH	SOLE	NONE	24,965
Hyperion Soluti	44914M104	2	72	SH	SOLE	NONE	72
IAC/Interactive	44919P102	257	9,700	SH	SOLE	NONE	9,700
Id Systems Inc	449489103	6	350	SH	SOLE	NONE	350
Illinois Tool W	452308109	148	3,120	SH	SOLE	NONE	3,120
Ims Health Inc	449934108	38	1,400	SH	SOLE	NONE	1,400
Imunogen Inc.	45253H101	3	1,000	SH	SOLE	NONE	1,000
Ingersoll-Rand	G4776G101	518	12,120	SH	SOLE	NONE	12,120
Intel Corp.	458140100	1,540	81,058	SH	SOLE	NONE	81,058
Inter'l Flavors	459506101	21	600	SH	SOLE	NONE	600
International B	459200101	1,752	22,927	SH	SOLE	NONE	22,927
Intuitive Surgi	46120E602	23	200	SH	SOLE	NONE	200
Isis Pharmaceut	464330109	1	200	SH	SOLE	NONE	200
Johnson & Johns	478160104	5,425	90,530	SH	SOLE	NONE	90,530
Keane Inc	486665102	1	100	SH	SOLE	NONE	100
Kimberly-Clark	494368103	3,910	63,377	SH	SOLE	NONE	63,377
Kyocera Ltd Adr	501556203	832	10,700	SH	SOLE	NONE	10,700
Linear Technolo	535678106	121	3,620	SH	SOLE	NONE	3,620
Lowe's Cos.	548661107	52	860	SH	SOLE	NONE	860
Lucent Technolo	549463107	1	200	SH	SOLE	NONE	200
Maytag Corp	578592206	10	400	SH	SOLE	NONE	400
McGraw-Hill	580645109	80	1,600	SH	SOLE	NONE	1,600

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Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Medco Health	58405U102	92	1,604	SH	SOLE	NONE	1,604
Medtronic Inc.	585055106	577	12,300	SH	SOLE	NONE	12,300
Mercantile Bank	587405101	54	1,500	SH	SOLE	NONE	1,500
Merchant's Banc	588448100	14	597	SH	SOLE	NONE	597
Merck & Co.	589331107	42	1,140	SH	SOLE	NONE	1,140
Mettler Toledo	592688105	42	700	SH	SOLE	NONE	700
Micro Linear Co	594850109	1	100	SH	SOLE	NONE	100
Microsoft Corp.	594918104	1,832	78,620	SH	SOLE	NONE	78,620
Millennium Phar	599902103	37	3,700	SH	SOLE	NONE	3,700
Munich Re-Insur	D55535104	1,366	10,005	SH	SOLE	NONE	10,005
Nalco Chemical	629853102	2	100	SH	SOLE	NONE	100
Nationwide Fina	638612101	34	767	SH	SOLE	NONE	767
Netgear Inc	64111Q104	499	23,050	SH	SOLE	NONE	23,050
New Plan Excel	648053106	4	150	SH	SOLE	NONE	150
New Plan Excel	648053809	26	1,000	SH	SOLE	NONE	1,000
New York Times	650111107	858	34,956	SH	SOLE	NONE	34,956
Newfield Explor	651290108	245	5,000	SH	SOLE	NONE	5,000
Newmont Mining	651639106	74	1,400	SH	SOLE	NONE	1,400
Nokia	654902204	1,196	59,032	SH	SOLE	NONE	59,032
Novartis A G Sp	66987V109	120	2,220	SH	SOLE	NONE	2,220
Novo Nordisk A/	670100205	127	2,000	SH	SOLE	NONE	2,000
Nuveen Insd Div	67071L106	21	1,500	SH	SOLE	NONE	1,500
Nuveen Mun Valu	670928100	95	10,000	SH	SOLE	NONE	10,000
Nuveen Muni Adv	67062H106	19	1,300	SH	SOLE	NONE	1,300
Nuveen Performa	67062P108	21	1,500	SH	SOLE	NONE	1,500
Omnivision Tech	682128103	1,385	65,590	SH	SOLE	NONE	65,590
Opentv Corp Cla	G67543101	1	72	SH	SOLE	NONE	72
Oracle Systems	68389X105	8,839	609,975	SH	SOLE	NONE	609,975
Orthovita Inc	68750U102	1	300	SH	SOLE	NONE	300
Owens & Minor I	690730106	64	2,250	SH	SOLE	NONE	2,250
Parametric Tech	699173209	60	4,000	SH	SOLE	NONE	4,000
Patterson Uti E	703481101	1,189	41,995	SH	SOLE	NONE	41,995
Paychex Inc	704326107	19	500	SH	SOLE	NONE	500
Peoples Energy	711030106	13	350	SH	SOLE	NONE	350
Pepsico Inc.	713448108	131	2,175	SH	SOLE	NONE	2,175
Perkinelmer Inc	714046109	69	3,298	SH	SOLE	NONE	3,298
Pfizer Inc.	717081103	189	8,050	SH	SOLE	NONE	8,050
Piedmont Natura	720186105	19	800	SH	SOLE	NONE	800
Pimco Muni Inco	72200W106	7	500	SH	SOLE	NONE	500
Plug Power Inc	72919P103	1	66	SH	SOLE	NONE	66
PNC Capital Tr	69350H202	22	1,000	SH	SOLE	NONE	1,000
PNC Financial S	693475105	35	500	SH	SOLE	NONE	500
Polycom Inc	73172K104	3	137	SH	SOLE	NONE	137
Popular Inc	733174106	24	1,250	SH	SOLE	NONE	1,250

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Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Posco Adr	693483109	2,034	30,407	SH	SOLE	NONE	30,407
PPG Industries	693506107	20	300	SH	SOLE	NONE	300
Procter & Gambel	742718109	2,313	41,604	SH	SOLE	NONE	41,604
Prologis Tr G 6	743410805	24	1,000	SH	SOLE	NONE	1,000
Provident Energ	74386K104	12	1,000	SH	SOLE	NONE	1,000
Rowan Co.	779382100	5	150	SH	SOLE	NONE	150
Royal Bk Scot	780097879	10	400	SH	SOLE	NONE	400
Royal Dutch She	780259206	306	4,562	SH	SOLE	NONE	4,562
Ryl Bk Sc Adr	780097820	10	400	SH	SOLE	NONE	400
Ryl Bk Scotland	780097879	6	250	SH	SOLE	NONE	250
S L M Corp 6% P	78442P304	22	1,000	SH	SOLE	NONE	1,000
Sanofi Aventis	80105N105	11,027	226,435	SH	SOLE	NONE	226,435
Sara Lee Corp.	803111103	19	1,200	SH	SOLE	NONE	1,200
Schering-Plough	806605101	72	3,800	SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	39	600	SH	SOLE	NONE	600
Sempra Energy	816851109	23	500	SH	SOLE	NONE	500
Smuckers, J.M.	832696207	582	13,014	SH	SOLE	NONE	13,014
Sonicwall Inc	835470105	2	200	SH	SOLE	NONE	200
Sonoco Products	835495102	37	1,155	SH	SOLE	NONE	1,155
St Jude Medical	790849103	6	175	SH	SOLE	NONE	175
Staples Inc	855030102	10	400	SH	SOLE	NONE	400
Suffolk Bancorp	864739107	66	2,000	SH	SOLE	NONE	2,000
Suntrust Banks	867914103	107	1,400	SH	SOLE	NONE	1,400
Sysco Corp	871829107	40	1,300	SH	SOLE	NONE	1,300
TD Banknorth In	06646R107	97	3,301	SH	SOLE	NONE	3,301
Telefonica SA	879382208	14	286	SH	SOLE	NONE	286
Tempur Pedic	88023U101	2,285	169,120	SH	SOLE	NONE	169,120
Tesoro Corporat	881609101	19	250	SH	SOLE	NONE	250
Teva Pharm Inds	881624209	10	311	SH	SOLE	NONE	311
Texas Instrumen	882508104	1,135	37,626	SH	SOLE	NONE	37,626
Timberland	887100105	222	8,500	SH	SOLE	NONE	8,500
Time Warner In	887315109	10	600	SH	SOLE	NONE	600
Torchmark Corp.	891027102	12	200	SH	SOLE	NONE	200
Toronto Dominio	891160509	19	382	SH	SOLE	NONE	382
Transocean Inc	G90078109	241	3,000	SH	SOLE	NONE	3,000
Tribune Co.	896047107	1,284	39,600	SH	SOLE	NONE	39,600
TrustCo Bank Co	898349105	4	354	SH	SOLE	NONE	354
Unilever N.V.	904784501	14	600	SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,323	58,705	SH	SOLE	NONE	58,705
Union Pacific	907818108	93	1,000	SH	SOLE	NONE	1,000
United Parcel S	911312106	74	900	SH	SOLE	NONE	900
USX Marathon Gr	902905827	83	1,000	SH	SOLE	NONE	1,000
Veritas	92343P107	23	450	SH	SOLE	NONE	450
Verizon Communi	92343V104	2,193	65,487	SH	SOLE	NONE	65,487

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Verizon NE 7% P	92344R201	25	1,000	SH	SOLE	NONE	1,000
Vermont Pure Ho	924237100	1	600	SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	25	900	SH	SOLE	NONE	900
Visicu, Inc.	92831L204	12	700	SH	SOLE	NONE	700
Vodafone Group	92857W100	250	11,758	SH	SOLE	NONE	11,758
Volvo AB ADR Cl	928856400	12	250	SH	SOLE	NONE	250
Vornado Realty	929042604	24	1,000	SH	SOLE	NONE	1,000
Wachovia Corp.	929903102	126	2,328	SH	SOLE	NONE	2,328
Walgreen Co.	931422109	715	15,950	SH	SOLE	NONE	15,950
Wal-Mart Stores	931142103	440	9,138	SH	SOLE	NONE	9,138
Washington Mutu	939322103	9	200	SH	SOLE	NONE	200
Weatherford Int	947074100	40	800	SH	SOLE	NONE	800
Wegener Corp	948585104	1	500	SH	SOLE	NONE	500
Wells Fargo & C	949746101	319	4,750	SH	SOLE	NONE	4,750
Wells Fargo Cap	94976Y207	25	1,000	SH	SOLE	NONE	1,000
Wells Fargo Ix	94979P203	21	1,000	SH	SOLE	NONE	1,000
Weyerhaeuser Co	962166104	131	2,100	SH	SOLE	NONE	2,100
WGL Holdings	92924F106	26	900	SH	SOLE	NONE	900
Whirlpool Corp.	963320106	1	11	SH	SOLE	NONE	11
Williams Compan	969457100	47	2,000	SH	SOLE	NONE	2,000
Witness Systems	977424100	32	1,600	SH	SOLE	NONE	1,600
WTS Lucent Tech	549463131	1	47	SH	SOLE	NONE	47
Wyeth	983024100	624	14,060	SH	SOLE	NONE	14,060
Xerox Corp.	984121103	3	225	SH	SOLE	NONE	225
Zhone Technolog	98950P108	1	219	SH	SOLE	NONE	219
Zimmer Holdings	98956P102	99	1,748	SH	SOLE	NONE	1,748