

Form 13F
Information Table 09/30/2006

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3Com Corp	885535104	395	89625	SH	SOLE	NONE	89625
3M Company	88579Y101	8,273	111163	SH	SOLE	NONE	111163
Abbott Labs	002824100	253	5200	SH	SOLE	NONE	5200
Acco Brands Cor	00081T108	1	16	SH	SOLE	NONE	16
ADC Telecom	000886101	18	1169	SH	SOLE	NONE	1169
Adobe Systems	00724F101	4	120	SH	SOLE	NONE	120
Air Products &	009158106	18	266	SH	SOLE	NONE	266
Alberto-Culver	013068101	5	100	SH	SOLE	NONE	100
Alliant Energy	018802108	9	250	SH	SOLE	NONE	250
Allstate Corp Q	020002101	63	1003	SH	SOLE	NONE	1003
Ameren Corp	023608102	106	2000	SH	SOLE	NONE	2000
American Expres	025816109	105	1875	SH	SOLE	NONE	1875
American Intern	026874107	8,939	134906	SH	SOLE	NONE	134906
American Med Sy	02744M108	4	200	SH	SOLE	NONE	200
Ameriprise Fina	031897101	1,329	28341	SH	SOLE	NONE	28341
Amgen Inc.	031162100	4,052	56652	SH	SOLE	NONE	56652
Anadarko Petrol	032511107	5,359	122275	SH	SOLE	NONE	122275
Anheuser Busch	035229103	239	5030	SH	SOLE	NONE	5030
Apache Corp	037411105	431	6818	SH	SOLE	NONE	6818
Applied Materia	038222105	196	11074	SH	SOLE	NONE	11074
Arkansas Best C	040790107	146	3400	SH	SOLE	NONE	3400
Arris Group Inc	04269Q100	3,581	312440	SH	SOLE	NONE	312440
Astrazeneca PLC	046353108	56	900	SH	SOLE	NONE	900
Automatic Data	053015103	601	12705	SH	SOLE	NONE	12705
Avaya Inc	053499109	206	18000	SH	SOLE	NONE	18000
Bank of America	060505104	323	6028	SH	SOLE	NONE	6028
Bank of NY Co I	064057102	308	8730	SH	SOLE	NONE	8730
BCE Inc.	05534B109	25	915	SH	SOLE	NONE	915
Bed Bath & Beyo	075896100	965	25225	SH	SOLE	NONE	25225
BellSouth Corp	079860102	3	80	SH	SOLE	NONE	80
Berkshire Hatha	084670108	96	100	SH	SOLE	NONE	100
Berkshire Hatha	084670207	238	75	SH	SOLE	NONE	75
Biomet	090613100	1,285	39925	SH	SOLE	NONE	39925
BP Amoco Plc Ad	110889409	4,609	70287	SH	SOLE	NONE	70287
Brady Corp Cl A	104674106	105	3000	SH	SOLE	NONE	3000
Briggs & Stratt	109043109	442	16050	SH	SOLE	NONE	16050
Bristol-Myers S	110122108	25	1000	SH	SOLE	NONE	1000
C V S Corp Del	126650100	71	2224	SH	SOLE	NONE	2224
Cabot Oil & Gas	127097103	77	1600	SH	SOLE	NONE	1600
Cadbury Schwepp	127209302	513	12000	SH	SOLE	NONE	12000
Capstone Turbin	14067D102	1	350	SH	SOLE	NONE	350
Caterpillar Inc	149123101	221	3360	SH	SOLE	NONE	3360
Cbs Corporation	124857103	54	1900	SH	SOLE	NONE	1900
Cemex Sa Adr Ne	151290889	281	9340	SH	SOLE	NONE	9340
Centex Corp.	152312104	8	150	SH	SOLE	NONE	150
Cephalon Inc	156708109	786	12725	SH	SOLE	NONE	12725

Form 13F
Information Table 09/30/2006

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Cerner Corp.	156782104	59	1300	SH	SOLE	NONE	1300
Charles Schwab	808513105	251	14025	SH	SOLE	NONE	14025
Chartermac Shs	160908109	6	300	SH	SOLE	NONE	300
Check Pt Softwa	M22465104	4,091	214425	SH	SOLE	NONE	214425
Checkfree Corp	162813109	1,029	24900	SH	SOLE	NONE	24900
Chevrontexaco C	166764100	237	3657	SH	SOLE	NONE	3657
Chicos Fas Inc	168615102	5	250	SH	SOLE	NONE	250
Chittenden Cap	170221204	46	1800	SH	SOLE	NONE	1800
Chittenden Corp	170228100	36	1250	SH	SOLE	NONE	1250
Church & Dwight	171340102	659	16840	SH	SOLE	NONE	16840
Cigna Corp.	125509109	74	636	SH	SOLE	NONE	636
Cimarex Energy	171798101	3,744	106402	SH	SOLE	NONE	106402
Cisco Systems I	17275R102	1,059	46077	SH	SOLE	NONE	46077
Citigroup	172967101	1,631	32835	SH	SOLE	NONE	32835
Coca Cola Compa	191216100	179	4000	SH	SOLE	NONE	4000
Colgate Palmoli	194162103	11	175	SH	SOLE	NONE	175
Con Edison Co o	209111103	25	541	SH	SOLE	NONE	541
Conocophillips	20825C104	4,011	67382	SH	SOLE	NONE	67382
Countrywide Fin	222372104	123	3498	SH	SOLE	NONE	3498
Curis Inc	231269101	0	30	SH	SOLE	NONE	30
D P L Inc	233293109	46	1687	SH	SOLE	NONE	1687
Daimlerchrysler	D1668R123	19	386	SH	SOLE	NONE	386
Danaher Corp De	235851102	7	100	SH	SOLE	NONE	100
Deere & Co.	244199105	63	750	SH	SOLE	NONE	750
Delaware MN Mun	24610V103	12	800	SH	SOLE	NONE	800
Devon Energy Co	25179M103	52	828	SH	SOLE	NONE	828
Dionex Corp.	254546104	51	1000	SH	SOLE	NONE	1000
Disney (Walt)	254687106	3	100	SH	SOLE	NONE	100
Donnelley R R &	257867101	132	4000	SH	SOLE	NONE	4000
Dover Corp	260003108	85	1800	SH	SOLE	NONE	1800
Du Pont De Nemo	263534109	883	20603	SH	SOLE	NONE	20603
Dun & Bradstreet	264830100	25	330	SH	SOLE	NONE	330
E G L Inc	268484102	867	23800	SH	SOLE	NONE	23800
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eaton Vance Mun	27826U108	24	1500	SH	SOLE	NONE	1500
Ebay Inc	278642103	18	650	SH	SOLE	NONE	650
Eli Lilly	532457108	139	2443	SH	SOLE	NONE	2443
Emerson Electri	291011104	432	5150	SH	SOLE	NONE	5150
Encana Corporat	292505104	5,779	123775	SH	SOLE	NONE	123775
Enron Oil and G	26875P101	26	400	SH	SOLE	NONE	400
Enterprise Prod	293792107	27	1000	SH	SOLE	NONE	1000
Entremed Inc	29382F103	2	900	SH	SOLE	NONE	900
Ersol Solar	D2458C102	2	30	SH	SOLE	NONE	30
Exxon Mobil Cor	30231G102	1,941	28923	SH	SOLE	NONE	28923
Fannie Mae	313586109	180	3228	SH	SOLE	NONE	3228
FDX Corp	31428X106	16	150	SH	SOLE	NONE	150

Form 13F
Information Table 09/30/2006

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Fidelity Natl F	316326107	6	137	SH	SOLE	NONE	137
Fidelity Natl I	31620M10	19	500	SH	SOLE	NONE	500
Fifth Third Ban	689389104	23	600	SH	SOLE	NONE	600
First Israel Fu	32063L100	7	400	SH	SOLE	NONE	400
Firstenergy Cor	337932107	22	400	SH	SOLE	NONE	400
Fiserv Inc.	337738108	231	4900	SH	SOLE	NONE	4900
Fleet Cap Tr Vi	33889X203	25	1000	SH	SOLE	NONE	1000
Flextronics Int	Y2573F102	44	3500	SH	SOLE	NONE	3500
Fortune Brands	349631101	17	225	SH	SOLE	NONE	225
Gamesa Cp Tech	E54667113	959	43800	SH	SOLE	NONE	43800
Gannett Co.	364730101	5,933	104392	SH	SOLE	NONE	104392
Gartner Inc Cl	366551107	1	26	SH	SOLE	NONE	26
Gen Elec Cap	369622527	51	2000	SH	SOLE	NONE	2000
General Electri	369604103	2,596	73529	SH	SOLE	NONE	73529
Genuine Parts	372460105	431	10000	SH	SOLE	NONE	10000
Genzyme Corp Ge	372917104	1	5	SH	SOLE	NONE	5
Gerdau SA ADS	373737105	7	500	SH	SOLE	NONE	500
Glaxosmithkline	832378301	65	1220	SH	SOLE	NONE	1220
Google Inc Clas	38259P508	80	200	SH	SOLE	NONE	200
Grant Prideco I	38821G101	30	800	SH	SOLE	NONE	800
Green Mountain	393154109	100	3000	SH	SOLE	NONE	3000
Green Mountain	393122106	730	19825	SH	SOLE	NONE	19825
Gulfmark Offsho	402629109	41	1300	SH	SOLE	NONE	1300
Hain Foods	405217100	1,975	77275	SH	SOLE	NONE	77275
Hanesbrands Inc	410345102	3	150	SH	SOLE	NONE	150
Hawaiian Elec I	419870100	32	1200	SH	SOLE	NONE	1200
Helmerich & Pay	423452101	18	800	SH	SOLE	NONE	800
Home Depot	437076102	378	10426	SH	SOLE	NONE	10426
Honda Motor Co	438128308	833	24770	SH	SOLE	NONE	24770
Honeywell Inc.	438506107	20	500	SH	SOLE	NONE	500
HSBC Holdings P	404280406	205	2237	SH	SOLE	NONE	2237
Hubbell Inc. Cl	443510201	57	1200	SH	SOLE	NONE	1200
HydriL	448774109	11	200	SH	SOLE	NONE	200
Hydrogenics Cor	448882100	34	24965	SH	SOLE	NONE	24965
Hyperion Soluti	44914M104	2	72	SH	SOLE	NONE	72
Id Systems Inc	449489103	8	350	SH	SOLE	NONE	350
Illinois Tool W	452308109	140	3120	SH	SOLE	NONE	3120
Immunogen Inc.	45253H101	4	1000	SH	SOLE	NONE	1000
Ims Health Inc	449934108	72	2720	SH	SOLE	NONE	2720
Ingersoll-Rand	G4776G101	1,556	40960	SH	SOLE	NONE	40960
Intel Corp.	458140100	1,215	59058	SH	SOLE	NONE	59058
Inter'l Flavors	459506101	24	600	SH	SOLE	NONE	600
International B	459200101	1,711	20878	SH	SOLE	NONE	20878
Intuitive Surgi	46120E602	21	200	SH	SOLE	NONE	200
Isis Pharmaceut	464330109	1	200	SH	SOLE	NONE	200
Istar Financial	45031U101	24	575	SH	SOLE	NONE	575

Form 13F
Information Table 09/30/2006

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
ITT Hartford Gr	45068H106	52	604	SH	SOLE	NONE	604
J.P. Morgan Cha	46625H100	5	100	SH	SOLE	NONE	100
Johnson & Johns	478160104	5,903	90904	SH	SOLE	NONE	90904
Keane Inc	486665102	1	100	SH	SOLE	NONE	100
Kimberly-Clark	494368103	4,095	62658	SH	SOLE	NONE	62658
Kyocera Ltd Adr	501556203	915	10700	SH	SOLE	NONE	10700
Legg Mason	524901105	50	500	SH	SOLE	NONE	500
Linear Technolo	535678106	113	3620	SH	SOLE	NONE	3620
Lowe's Cos.	548661107	48	1720	SH	SOLE	NONE	1720
Lucent Technolo	549463107	1	200	SH	SOLE	NONE	200
McGraw-Hill	580645109	342	5900	SH	SOLE	NONE	5900
Medco Health	58405U102	36	600	SH	SOLE	NONE	600
Medtronic Inc.	585055106	1,456	31350	SH	SOLE	NONE	31350
Mercantile Bank	587405101	54	1500	SH	SOLE	NONE	1500
Merchant's Banc	588448100	14	597	SH	SOLE	NONE	597
Merck & Co.	589331107	29	700	SH	SOLE	NONE	700
Mettler Toledo	592688105	46	700	SH	SOLE	NONE	700
Micro Linear Co	594850109	0	100	SH	SOLE	NONE	100
Microsoft Corp.	594918104	2,083	76145	SH	SOLE	NONE	76145
Millennium Phar	599902103	30	3000	SH	SOLE	NONE	3000
Moodys Corp	615369105	86	1320	SH	SOLE	NONE	1320
Munich Re-Insur	D55535104	1,581	10005	SH	SOLE	NONE	10005
Nalco Chemical	629853102	2	100	SH	SOLE	NONE	100
Nationwide Fina	638612101	37	767	SH	SOLE	NONE	767
Netgear Inc	64111Q104	475	23050	SH	SOLE	NONE	23050
New Plan Excel	648053106	4	150	SH	SOLE	NONE	150
New York Times	650111107	798	34732	SH	SOLE	NONE	34732
Newfield Explor	651290108	193	5000	SH	SOLE	NONE	5000
Newmont Mining	651639106	60	1400	SH	SOLE	NONE	1400
Nokia	654902204	1,152	58531	SH	SOLE	NONE	58531
Novartis A G Sp	66987V109	130	2220	SH	SOLE	NONE	2220
Novo Nordisk A/	670100205	149	2000	SH	SOLE	NONE	2000
Nuveen Insd Div	67071L106	22	1500	SH	SOLE	NONE	1500
Nuveen Mun Valu	670928100	101	10000	SH	SOLE	NONE	10000
Nuveen Muni Adv	67062H106	20	1300	SH	SOLE	NONE	1300
Nuveen NY Div A	67070A101	73	4700	SH	SOLE	NONE	4700
Nuveen Performa	67062P108	23	1500	SH	SOLE	NONE	1500
Ohio Casualty C	677240103	80	3075	SH	SOLE	NONE	3075
Omnivision Tech	682128103	926	64865	SH	SOLE	NONE	64865
Opentv Corp Cla	G67543101	1	72	SH	SOLE	NONE	72
Oracle Systems	68389X105	9	500	SH	SOLE	NONE	500
Orthovita Inc	68750U102	1	300	SH	SOLE	NONE	300
Owens & Minor I	690730106	74	2250	SH	SOLE	NONE	2250
Patterson UtI E	703481101	1,124	47295	SH	SOLE	NONE	47295
Paychex Inc	704326107	18	500	SH	SOLE	NONE	500
Penn West Energ	707885109	11	300	SH	SOLE	NONE	300

Form 13F
Information Table 09/30/2006

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Pepsico Inc.	713448108	131	2000	SH	SOLE	NONE	2000
Perkinelmer Inc	714046109	62	3298	SH	SOLE	NONE	3298
Pfizer Inc.	717081103	71	2500	SH	SOLE	NONE	2500
Phoenix Compani	71902E109	17	1203	SH	SOLE	NONE	1203
Piedmont Natura	720186105	20	800	SH	SOLE	NONE	800
Pimco Muni Inco	72200W106	8	500	SH	SOLE	NONE	500
Pioneer Natural	723787107	1	11	SH	SOLE	NONE	11
Plug Power Inc	72919P103	1	66	SH	SOLE	NONE	66
Pogo Producing	730448107	57	1400	SH	SOLE	NONE	1400
Polycom Inc	73172K104	3	137	SH	SOLE	NONE	137
Popular Inc	733174106	24	1250	SH	SOLE	NONE	1250
Posco Adr	693483109	1,951	30047	SH	SOLE	NONE	30047
PPG Industries	693506107	20	300	SH	SOLE	NONE	300
Pride Intl Inc	74153Q102	58	2100	SH	SOLE	NONE	2100
Procter & Gambl	742718109	2,300	37104	SH	SOLE	NONE	37104
Progress Energy	743263105	174	3826	SH	SOLE	NONE	3826
Provident Energ	74386K104	12	1000	SH	SOLE	NONE	1000
Prudential Fina	744320102	8	100	SH	SOLE	NONE	100
Public Serv. En	744573106	14	230	SH	SOLE	NONE	230
Rockwell Automa	773903109	471	8100	SH	SOLE	NONE	8100
Rowan Co.	779382100	5	150	SH	SOLE	NONE	150
Royal Bank of S	780097788	98	4100	SH	SOLE	NONE	4100
Royal Bk Of Sco	G76891111	974	28325	SH	SOLE	NONE	28325
Royal Dutch She	780259206	302	4562	SH	SOLE	NONE	4562
Ryl Bk Sc Adr	780097820	10	400	SH	SOLE	NONE	400
Ryl Bk Scotland	780097879	7	250	SH	SOLE	NONE	250
Sara Lee Corp.	803111103	19	1200	SH	SOLE	NONE	1200
Schering-Plough	806605101	84	3800	SH	SOLE	NONE	3800
Schlumberger Lt	806857108	37	600	SH	SOLE	NONE	600
Scripps E W Co	811054204	5	100	SH	SOLE	NONE	100
Sempra Energy	816851109	25	500	SH	SOLE	NONE	500
Smuckers, J.M.	832696207	624	13014	SH	SOLE	NONE	13014
Sonicwall Inc	835470105	2	200	SH	SOLE	NONE	200
Sonoco Products	835495102	39	1155	SH	SOLE	NONE	1155
St Jude Medical	790849103	6	175	SH	SOLE	NONE	175
St Paul Travele	792860108	7	151	SH	SOLE	NONE	151
Staples Inc	855030102	12	500	SH	SOLE	NONE	500
Starwood Htls &	85590A401	27	465	SH	SOLE	NONE	465
Stryker Corp	863667101	5	100	SH	SOLE	NONE	100
Suffolk Bancorp	864739107	64	2000	SH	SOLE	NONE	2000
Suntrust Banks	867914103	297	3840	SH	SOLE	NONE	3840
Symantec Corp.	871503108	3	150	SH	SOLE	NONE	150
Sysco Corp	871829107	43	1300	SH	SOLE	NONE	1300
Target Corp	87612E106	11	200	SH	SOLE	NONE	200
TD Banknorth In	06646R107	95	3301	SH	SOLE	NONE	3301
Telefonica SA	879382208	15	286	SH	SOLE	NONE	286

Form 13F
Information Table 09/30/2006

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Tesoro Corporat	881609101	14	250	SH	SOLE	NONE	250
Teva Pharm Inds	881624209	17	511	SH	SOLE	NONE	511
Texas Instrumen	882508104	1,271	38225	SH	SOLE	NONE	38225
Timberland	887100105	245	8500	SH	SOLE	NONE	8500
Time Warner In	887315109	11	600	SH	SOLE	NONE	600
Torchmark Corp.	891027102	13	200	SH	SOLE	NONE	200
Toronto Dominio	891160509	23	382	SH	SOLE	NONE	382
Transocean Inc	G90078109	220	3000	SH	SOLE	NONE	3000
Tribune Co.	896047107	1,296	39600	SH	SOLE	NONE	39600
TrustCo Bank Co	898349105	4	354	SH	SOLE	NONE	354
Unilever N.V.	904784501	15	600	SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,436	57865	SH	SOLE	NONE	57865
Union Pacific	907818108	162	1845	SH	SOLE	NONE	1845
United Parcel S	911312106	65	900	SH	SOLE	NONE	900
USX Marathon Gr	902905827	77	1000	SH	SOLE	NONE	1000
Veritas	92343P107	30	450	SH	SOLE	NONE	450
Verizon Communi	92343V104	2,524	67987	SH	SOLE	NONE	67987
Vermont Pure Ho	924237100	1	600	SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	24	900	SH	SOLE	NONE	900
Visicu, Inc.	92831L204	6	700	SH	SOLE	NONE	700
Vodafone Group	92857W209	235	10286	SH	SOLE	NONE	10286
Volvo AB ADR Cl	928856400	15	250	SH	SOLE	NONE	250
Wachovia Corp.	929903102	380	6808	SH	SOLE	NONE	6808
Walgreen Co.	931422109	712	16050	SH	SOLE	NONE	16050
Wal-Mart Stores	931142103	451	9138	SH	SOLE	NONE	9138
Warren Resource	93564A100	12	1000	SH	SOLE	NONE	1000
Washington Mutu	939322103	9	200	SH	SOLE	NONE	200
Weatherford Int	947074100	33	800	SH	SOLE	NONE	800
Wells Fargo Cap	94976Y207	25	1000	SH	SOLE	NONE	1000
Weyerhaeuser Co	962166104	129	2100	SH	SOLE	NONE	2100
WGL Holdings	92924F106	14	450	SH	SOLE	NONE	450
Whirlpool Corp.	963320106	1	11	SH	SOLE	NONE	11
Williams Compan	969457100	48	2000	SH	SOLE	NONE	2000
Witness Systems	977424100	28	1600	SH	SOLE	NONE	1600
WTS Lucent Tech	549463131	1	47	SH	SOLE	NONE	47
Wyeth	983024100	958	18852	SH	SOLE	NONE	18852
Xcel Energy Inc	98389B100	16	775	SH	SOLE	NONE	775
Xerox Corp.	984121103	81	5225	SH	SOLE	NONE	5225
Zhone Technolog	98950P108	1	219	SH	SOLE	NONE	219
Zimmer Holdings	98956P102	137	2028	SH	SOLE	NONE	2028