

FORM 13F  
Information Table 12/31/2006

Description	CUSIP	Current Value	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3Com Corp	885535104	352	85,625	SH	SOLE	NONE	85,625
3M Company	88579Y101	8,520	109,330	SH	SOLE	NONE	109,330
Abbott Labs	002824100	253	5,200	SH	SOLE	NONE	5,200
ADC Telecom	000886101	17	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	5	120	SH	SOLE	NONE	120
Air Products &	009158106	19	266	SH	SOLE	NONE	266
Alliant Energy	018802108	9	250	SH	SOLE	NONE	250
Allstate Corp Q	020002101	65	1,003	SH	SOLE	NONE	1,003
Ameren Corp	023608102	107	2,000	SH	SOLE	NONE	2,000
American Expres	025816109	114	1,875	SH	SOLE	NONE	1,875
American Intern	026874107	9,519	132,838	SH	SOLE	NONE	132,838
American Med Sy	02744M108	4	200	SH	SOLE	NONE	200
American Tower	029912201	1	7	SH	SOLE	NONE	7
Ameriprise Fina	031897101	1,501	27,541	SH	SOLE	NONE	27,541
Amgen Inc.	031162100	4,332	63,418	SH	SOLE	NONE	63,418
Anadarko Petrol	032511107	5,271	121,125	SH	SOLE	NONE	121,125
Anheuser Busch	035229103	166	3,380	SH	SOLE	NONE	3,380
Apache Corp	037411105	447	6,718	SH	SOLE	NONE	6,718
Applied Materia	038222105	204	11,074	SH	SOLE	NONE	11,074
Arkansas Best C	040790107	122	3,400	SH	SOLE	NONE	3,400
Astrazeneca PLC	046353108	48	900	SH	SOLE	NONE	900
Automatic Data	053015103	530	10,760	SH	SOLE	NONE	10,760
Bank of America	060505104	350	6,561	SH	SOLE	NONE	6,561
Bank of NY Co I	064057102	340	8,630	SH	SOLE	NONE	8,630
BCE Inc.	05534B109	25	915	SH	SOLE	NONE	915
Bed Bath & Beyo	075896100	46	1,200	SH	SOLE	NONE	1,200
BellSouth Corp	079860102	4	80	SH	SOLE	NONE	80
Berkshire Hatha	084670108	110	100	SH	SOLE	NONE	100
Berkshire Hatha	084670207	260	71	SH	SOLE	NONE	71
Biomet	090613100	1,602	38,825	SH	SOLE	NONE	38,825
Boeing Company	097023105	9	100	SH	SOLE	NONE	100
BP Amoco Plc Ad	110889409	4,612	68,727	SH	SOLE	NONE	68,727
Brady Corp CI A	104674106	112	3,000	SH	SOLE	NONE	3,000
Briggs & Stratt	109043109	414	15,350	SH	SOLE	NONE	15,350
Bristol-Myers S	110122108	26	1,000	SH	SOLE	NONE	1,000
C V S Corp Del	126650100	62	2,000	SH	SOLE	NONE	2,000
Cabot Oil & Gas	127097103	97	1,600	SH	SOLE	NONE	1,600
Cadbury Schwepp	127209302	515	12,000	SH	SOLE	NONE	12,000
Capstone Turbin	14067D102	1	350	SH	SOLE	NONE	350
Caterpillar Inc	149123101	206	3,360	SH	SOLE	NONE	3,360
Cemex Sa Adr Ne	151290889	246	7,252	SH	SOLE	NONE	7,252
Centex Corp.	152312104	8	150	SH	SOLE	NONE	150
Cephalon Inc	156708109	875	12,425	SH	SOLE	NONE	12,425
Cerner Corp.	156782104	59	1,300	SH	SOLE	NONE	1,300
Check Pt Softwa	M22465104	3,542	161,575	SH	SOLE	NONE	161,575
Checkfree Corp	162813109	271	6,750	SH	SOLE	NONE	6,750

Chevrontexaco C	166764100	225	3,057 SH	SOLE	NONE	3,057
Chicos Fas Inc	168615102	5	250 SH	SOLE	NONE	250
Chittenden Cap	170221204	45	1,800 SH	SOLE	NONE	1,800
Chittenden Corp	170228100	38	1,250 SH	SOLE	NONE	1,250
Church & Dwight	171340102	633	14,840 SH	SOLE	NONE	14,840
Cigna Corp.	125509109	84	636 SH	SOLE	NONE	636
Cimarex Energy	171798101	3,860	105,757 SH	SOLE	NONE	105,757
Cintas Corporat	172908105	1,375	34,625 SH	SOLE	NONE	34,625
Cisco Systems I	17275R102	1,197	43,816 SH	SOLE	NONE	43,816
Citigroup	172967101	1,707	30,651 SH	SOLE	NONE	30,651
Coca Cola Compa	191216100	193	3,990 SH	SOLE	NONE	3,990
Colgate Palmoli	194162103	11	175 SH	SOLE	NONE	175
Con Edison Co o	209111103	26	541 SH	SOLE	NONE	541
Conocophillips	20825C104	4,843	67,307 SH	SOLE	NONE	67,307
Costco Wholesal	22160K105	16	300 SH	SOLE	NONE	300
Countrywide Fin	222372104	72	1,700 SH	SOLE	NONE	1,700
Curis Inc	231269101	1	30 SH	SOLE	NONE	30
Daimlerchrysler	D1668R123	24	386 SH	SOLE	NONE	386
Deere & Co.	244199105	71	750 SH	SOLE	NONE	750
Delaware MN Mun	24610V103	12	800 SH	SOLE	NONE	800
Devon Energy Co	25179M103	56	828 SH	SOLE	NONE	828
Dionex Corp.	254546104	57	1,000 SH	SOLE	NONE	1,000
Disney (Walt)	254687106	3	100 SH	SOLE	NONE	100
Donnelley R R &	257867101	142	4,000 SH	SOLE	NONE	4,000
Dover Corp	260003108	88	1,800 SH	SOLE	NONE	1,800
Du Pont De Nemo	263534109	901	18,496 SH	SOLE	NONE	18,496
Dun & Bradstree	264830100	27	330 SH	SOLE	NONE	330
E G L Inc	268484102	685	23,000 SH	SOLE	NONE	23,000
Earthshell Corp	27032B209	1	141 SH	SOLE	NONE	141
Eaton Vance Mun	27826U108	24	1,500 SH	SOLE	NONE	1,500
Ebay Inc	278642103	20	650 SH	SOLE	NONE	650
Eli Lilly	532457108	127	2,443 SH	SOLE	NONE	2,443
Emerson Electri	291011104	348	7,900 SH	SOLE	NONE	7,900
Encana Corporat	292505104	5,616	122,225 SH	SOLE	NONE	122,225
Enron Oil and G	26875P101	25	400 SH	SOLE	NONE	400
Enterprise Prod	293792107	29	1,000 SH	SOLE	NONE	1,000
Entremed Inc	29382F103	1	900 SH	SOLE	NONE	900
Ersol Solar	D2458C102	2	30 SH	SOLE	NONE	30
Exxon Mobil Cor	30231G102	2,192	28,600 SH	SOLE	NONE	28,600
Fannie Mae	313586109	30	500 SH	SOLE	NONE	500
Fidelity Natl F	316326107	3	143 SH	SOLE	NONE	143
Fidelity Natl I	31620M10	23	573 SH	SOLE	NONE	573
Fifth Third Ban	689389104	25	600 SH	SOLE	NONE	600
First Data Corp	319963104	7	275 SH	SOLE	NONE	275
First Israel Fu	32063L100	7	400 SH	SOLE	NONE	400
Fiserv Inc.	337738108	257	4,900 SH	SOLE	NONE	4,900
Fleet Cap Tr Vi	33889X203	25	1,000 SH	SOLE	NONE	1,000
Fortune Brands	349631101	41	475 SH	SOLE	NONE	475
Gamesa Cp Tech	E54667113	1,163	42,300 SH	SOLE	NONE	42,300
Gannett Co.	364730101	1,734	28,675 SH	SOLE	NONE	28,675
Gen Elec Cap	369622527	50	2,000 SH	SOLE	NONE	2,000
General Electri	369604103	2,515	67,580 SH	SOLE	NONE	67,580

Genuine Parts	372460105	474	10,000	SH	SOLE	NONE	10,000
Genzyme Corp Ge	372917104	1	5	SH	SOLE	NONE	5
Gerdau SA ADS	373737105	8	500	SH	SOLE	NONE	500
Glaxosmithkline	832378301	1,813	34,360	SH	SOLE	NONE	34,360
Grant Prideco I	38821G101	32	800	SH	SOLE	NONE	800
Green Mountain	393122106	636	12,925	SH	SOLE	NONE	12,925
Gulfmark Offsho	402629109	49	1,300	SH	SOLE	NONE	1,300
Hain Foods	405217100	902	28,900	SH	SOLE	NONE	28,900
Hancock John Pf	41013X106	21	806	SH	SOLE	NONE	806
Hanesbrands Inc	410345102	2	100	SH	SOLE	NONE	100
Harley Davidson	412822108	14	200	SH	SOLE	NONE	200
Hawaiian Elec I	419870100	33	1,200	SH	SOLE	NONE	1,200
Helmerich & Pay	423452101	20	800	SH	SOLE	NONE	800
Hewlett-Packard	428236103	5	133	SH	SOLE	NONE	133
Home Depot	437076102	379	9,426	SH	SOLE	NONE	9,426
Honda Motor Co	438128308	857	21,670	SH	SOLE	NONE	21,670
Honeywell Inc.	438506107	23	500	SH	SOLE	NONE	500
HSBC Holdings P	404280406	103	1,119	SH	SOLE	NONE	1,119
Hubbell Inc. Cl	443510201	54	1,200	SH	SOLE	NONE	1,200
HydriL	448774109	15	200	SH	SOLE	NONE	200
Hydrogenics Cor	448882100	31	24,265	SH	SOLE	NONE	24,265
Hyperion Soluti	44914M104	3	72	SH	SOLE	NONE	72
Id Systems Inc	449489103	7	350	SH	SOLE	NONE	350
Idearc Inc	451663108	49	1,695	SH	SOLE	NONE	1,695
Illinois Tool W	452308109	52	1,120	SH	SOLE	NONE	1,120
Immunogen Inc.	45253H101	5	1,000	SH	SOLE	NONE	1,000
Ims Health Inc	449934108	75	2,720	SH	SOLE	NONE	2,720
Ingersoll-Rand	G4776G101	1,561	39,885	SH	SOLE	NONE	39,885
Intel Corp.	458140100	8	400	SH	SOLE	NONE	400
Inter'l Flavors	459506101	29	600	SH	SOLE	NONE	600
International B	459200101	2,022	20,818	SH	SOLE	NONE	20,818
Intuitive Surgi	46120E602	19	200	SH	SOLE	NONE	200
Isis Pharmaceut	464330109	2	200	SH	SOLE	NONE	200
ITT Hartford Gr	45068H106	56	604	SH	SOLE	NONE	604
J.P. Morgan Cha	46625H100	5	100	SH	SOLE	NONE	100
Johnson & Johns	478160104	6,361	96,348	SH	SOLE	NONE	96,348
Keane Inc	486665102	1	100	SH	SOLE	NONE	100
Kimberly-Clark	494368103	4,214	62,017	SH	SOLE	NONE	62,017
L-3 Communicati	502424104	33	400	SH	SOLE	NONE	400
Legg Mason	524901105	48	500	SH	SOLE	NONE	500
Linear Technolo	535678106	110	3,620	SH	SOLE	NONE	3,620
Lowe's Cos.	548661107	69	2,220	SH	SOLE	NONE	2,220
Lucent Technolo	549463107	1	200	SH	SOLE	NONE	200
McGraw-Hill	580645109	255	3,750	SH	SOLE	NONE	3,750
Medco Health	58405U102	32	600	SH	SOLE	NONE	600
Medtronic Inc.	585055106	1,648	30,800	SH	SOLE	NONE	30,800
Mercantile Bank	587405101	70	1,500	SH	SOLE	NONE	1,500
Merck & Co.	589331107	31	700	SH	SOLE	NONE	700
Microsoft Corp.	594918104	2,168	72,593	SH	SOLE	NONE	72,593
Millennium Phar	599902103	33	3,000	SH	SOLE	NONE	3,000
Munich Re-Insur	D55535104	1,071	6,230	SH	SOLE	NONE	6,230
Nalco Chemical	629853102	1	50	SH	SOLE	NONE	50

Nationwide Fina	638612101	42	767 SH	SOLE	NONE	767
Netgear Inc	64111Q104	300	11,425 SH	SOLE	NONE	11,425
New Plan Excel	648053106	4	150 SH	SOLE	NONE	150
New York Times	650111107	842	34,583 SH	SOLE	NONE	34,583
Newfield Explor	651290108	230	5,000 SH	SOLE	NONE	5,000
Newmont Mining	651639106	63	1,400 SH	SOLE	NONE	1,400
Nokia	654902204	1,160	57,064 SH	SOLE	NONE	57,064
Novartis A G Sp	66987V109	1,286	22,380 SH	SOLE	NONE	22,380
Novo Nordisk A/	670100205	167	2,000 SH	SOLE	NONE	2,000
Nuveen Insd Div	67071L106	23	1,500 SH	SOLE	NONE	1,500
Nuveen Mun Valu	670928100	104	10,000 SH	SOLE	NONE	10,000
Nuveen Muni Adv	67062H106	21	1,300 SH	SOLE	NONE	1,300
Nuveen NY Div A	67070A101	74	4,700 SH	SOLE	NONE	4,700
Nuveen Performa	67062P108	23	1,500 SH	SOLE	NONE	1,500
Ohio Casualty C	677240103	92	3,075 SH	SOLE	NONE	3,075
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	70	2,250 SH	SOLE	NONE	2,250
Patterson Co	703412106	14	400 SH	SOLE	NONE	400
Patterson UtI E	703481101	1,068	45,995 SH	SOLE	NONE	45,995
Paychex Inc	704326107	20	500 SH	SOLE	NONE	500
Pepsico Inc.	713448108	144	2,300 SH	SOLE	NONE	2,300
Perkinelmer Inc	714046109	73	3,298 SH	SOLE	NONE	3,298
Piedmont Natura	720186105	21	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	68	1,400 SH	SOLE	NONE	1,400
Polycom Inc	73172K104	4	137 SH	SOLE	NONE	137
Popular Inc	733174106	22	1,250 SH	SOLE	NONE	1,250
Posco Adr	693483109	14	175 SH	SOLE	NONE	175
PPG Industries	693506107	19	300 SH	SOLE	NONE	300
Pride Intl Inc	74153Q102	63	2,100 SH	SOLE	NONE	2,100
Procera Network	74269U104	7	3,000 SH	SOLE	NONE	3,000
Procter & Gambl	742718109	2,385	37,104 SH	SOLE	NONE	37,104
Progress Energy	743263105	93	1,900 SH	SOLE	NONE	1,900
Prudential Fina	744320102	9	100 SH	SOLE	NONE	100
Quest Diagnosti	74834L100	1,257	23,725 SH	SOLE	NONE	23,725
Rockwell Automa	773903109	464	7,600 SH	SOLE	NONE	7,600
Rowan Co.	779382100	5	150 SH	SOLE	NONE	150
Royal Bk Of Sco	G76891111	1,468	37,625 SH	SOLE	NONE	37,625
Royal Dutch She	780259206	323	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 S E Telecom I	784652109	1	1,000 SH	SOLE	NONE	1,000
San Juan Basin	798241105	1	13 SH	SOLE	NONE	13
Sara Lee Corp.	803111103	14	800 SH	SOLE	NONE	800
Schering-Plough	806605101	90	3,800 SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	38	600 SH	SOLE	NONE	600
Sempra Energy	816851109	28	500 SH	SOLE	NONE	500
Sirenza Microde	82966T106	1	36 SH	SOLE	NONE	36

Smuckers, J.M.	832696207	592	12,214 SH	SOLE	NONE	12,214
Sonicwall Inc	835470105	2	200 SH	SOLE	NONE	200
Sonoco Products	835495102	44	1,155 SH	SOLE	NONE	1,155
St Jude Medical	790849103	6	175 SH	SOLE	NONE	175
St Paul Travele	792860108	8	151 SH	SOLE	NONE	151
Staples Inc	855030102	13	500 SH	SOLE	NONE	500
Starwood Htls &	85590A401	29	465 SH	SOLE	NONE	465
Stryker Corp	863667101	6	100 SH	SOLE	NONE	100
Suffolk Bancorp	864739107	76	2,000 SH	SOLE	NONE	2,000
Suntrust Banks	867914103	187	2,215 SH	SOLE	NONE	2,215
Sysco Corp	871829107	48	1,300 SH	SOLE	NONE	1,300
Target Corp	87612E106	11	200 SH	SOLE	NONE	200
Telefonica SA	879382208	18	286 SH	SOLE	NONE	286
Tesoro Corporat	881609101	16	250 SH	SOLE	NONE	250
Teva Pharm Inds	881624209	16	511 SH	SOLE	NONE	511
Texas Instrumen	882508104	822	28,525 SH	SOLE	NONE	28,525
Time Warner In	887315109	13	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	243	3,000 SH	SOLE	NONE	3,000
Tribune Co.	896047107	1,219	39,600 SH	SOLE	NONE	39,600
TrustCo Bank Co	898349105	4	354 SH	SOLE	NONE	354
Unilever N.V.	904784501	16	600 SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,368	49,160 SH	SOLE	NONE	49,160
Union Pacific	907818108	170	1,845 SH	SOLE	NONE	1,845
United Parcel S	911312106	82	1,100 SH	SOLE	NONE	1,100
Veritas	92343P107	39	450 SH	SOLE	NONE	450
Verizon Communi	92343V104	1,264	33,950 SH	SOLE	NONE	33,950
Vermont Pure Ho	924237100	1	600 SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	38	900 SH	SOLE	NONE	900
Visicu, Inc.	92831L204	8	700 SH	SOLE	NONE	700
Vodafone Group	92857W209	189	6,802 SH	SOLE	NONE	6,802
Volvo AB ADR Cl	928856400	17	250 SH	SOLE	NONE	250
Wachovia Corp.	929903102	200	3,515 SH	SOLE	NONE	3,515
Walgreen Co.	931422109	737	16,050 SH	SOLE	NONE	16,050
Warren Resource	93564A100	12	1,000 SH	SOLE	NONE	1,000
Washington Mutu	939322103	9	200 SH	SOLE	NONE	200
Weatherford Int	947074100	33	800 SH	SOLE	NONE	800
Wells Fargo Cap	94976Y207	25	1,000 SH	SOLE	NONE	1,000
WGL Holdings	92924F106	15	450 SH	SOLE	NONE	450
Whirlpool Corp.	963320106	1	11 SH	SOLE	NONE	11
Whole Foods Mar	966837106	9	200 SH	SOLE	NONE	200
Williams Compan	969457100	52	2,000 SH	SOLE	NONE	2,000
Witness Systems	977424100	28	1,600 SH	SOLE	NONE	1,600
WTS Lucent Tech	549463131	1	47 SH	SOLE	NONE	47
Wyeth	983024100	814	15,994 SH	SOLE	NONE	15,994
Xerox Corp.	984121103	46	2,725 SH	SOLE	NONE	2,725
Zhone Technolog	98950P108	1	219 SH	SOLE	NONE	219
Zimmer Holdings	98956P102	159	2,028 SH	SOLE	NONE	2,028