

## FORM 13F

Information Table 03/31/2007

Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3Com Corp	885535104	343	87,625	SH	SOLE	NONE	87,625
3M Company	88579Y101	8,580	112,255	SH	SOLE	NONE	112,255
A T & T Corp.	00206R102	4	106	SH	SOLE	NONE	106
Abbott Labs	002824100	290	5,200	SH	SOLE	NONE	5,200
ADC Telecom	000886101	20	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	5	120	SH	SOLE	NONE	120
Air Products &	009158106	20	266	SH	SOLE	NONE	266
Alcatel Lucent	013904305	1	39	SH	SOLE	NONE	39
Allstate Corp C	020002101	318	5,303	SH	SOLE	NONE	5,303
Ameren Corp	023608102	101	2,000	SH	SOLE	NONE	2,000
American Expres	025816109	106	1,875	SH	SOLE	NONE	1,875
American Intern	026874107	9,145	136,043	SH	SOLE	NONE	136,043
American Tower	029912201	1	7	SH	SOLE	NONE	7
Ameriprise Fina	031897101	1,648	28,841	SH	SOLE	NONE	28,841
Amgen Inc.	031162100	3,139	56,168	SH	SOLE	NONE	56,168
Anadarko Petrol	032511107	5,186	120,650	SH	SOLE	NONE	120,650
Anheuser Busch	035229103	171	3,380	SH	SOLE	NONE	3,380
Apache Corp	037411105	784	11,093	SH	SOLE	NONE	11,093
Applied Materia	038222105	157	8,564	SH	SOLE	NONE	8,564
Arkansas Best C	040790107	121	3,400	SH	SOLE	NONE	3,400
Astrazeneca PLC	046353108	1,069	19,925	SH	SOLE	NONE	19,925
Automatic Data	053015103	521	10,760	SH	SOLE	NONE	10,760
Bank of America	060505104	894	17,531	SH	SOLE	NONE	17,531
Bank of NY Co I	064057102	350	8,630	SH	SOLE	NONE	8,630
BCE Inc.	05534B109	26	915	SH	SOLE	NONE	915
Berkshire Hatha	084670108	109	100	SH	SOLE	NONE	100
Berkshire Hatha	084670207	258	71	SH	SOLE	NONE	71
Boeing Company	097023105	9	100	SH	SOLE	NONE	100
BP Amoco Plc Ad	110889409	11,037	170,449	SH	SOLE	NONE	170,449
Brady Corp Cl A	104674106	94	3,000	SH	SOLE	NONE	3,000
Briggs & Strat	109043109	474	15,350	SH	SOLE	NONE	15,350
Bristol-Myers S	110122108	28	1,000	SH	SOLE	NONE	1,000
Broadridge Fina	11133T103	44	2,237	SH	SOLE	NONE	2,237
C V S Corp Del	126650100	68	2,000	SH	SOLE	NONE	2,000
Cabot Oil & Gas	127097103	108	1,600	SH	SOLE	NONE	1,600
Caterpillar Inc	149123101	225	3,360	SH	SOLE	NONE	3,360
Cemex Sa Adr Ne	151290889	735	22,452	SH	SOLE	NONE	22,452
Centex Corp.	152312104	6	150	SH	SOLE	NONE	150
Cephalon Inc	156708109	1,009	14,175	SH	SOLE	NONE	14,175
Cerner Corp.	156782104	71	1,300	SH	SOLE	NONE	1,300
Check Pt Softwa	M22465104	3,489	156,580	SH	SOLE	NONE	156,580
Checkfree Corp	162813109	258	6,950	SH	SOLE	NONE	6,950
Chevrontexaco C	166764100	226	3,057	SH	SOLE	NONE	3,057
Chicos Fas Inc	168615102	6	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

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Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Church & Dwight	171340102	747	14,840	SH	SOLE	NONE	14,840
Cigna Corp.	125509109	91	636	SH	SOLE	NONE	636
Cimarex Energy	171798101	3,902	105,407	SH	SOLE	NONE	105,407
Cisco Systems I	17275R102	1,118	43,776	SH	SOLE	NONE	43,776
Citigroup	172967101	1,556	30,305	SH	SOLE	NONE	30,305
Coca Cola Compa	191216100	192	3,990	SH	SOLE	NONE	3,990
Colgate Palmoli	194162103	12	175	SH	SOLE	NONE	175
Compagnie Generale	204386106	38	904	SH	SOLE	NONE	904
Con Edison Co o	209111103	28	541	SH	SOLE	NONE	541
Conocophillips	20825C104	5,525	80,827	SH	SOLE	NONE	80,827
Costco Wholesal	22160K105	16	300	SH	SOLE	NONE	300
Countrywide Fin	222372104	57	1,700	SH	SOLE	NONE	1,700
Daimlerchrysler	D1668R123	32	386	SH	SOLE	NONE	386
Deere & Co.	244199105	54	500	SH	SOLE	NONE	500
Devon Energy Co	25179M103	57	828	SH	SOLE	NONE	828
Dionex Corp.	254546104	68	1,000	SH	SOLE	NONE	1,000
Disney (Walt)	254687106	3	100	SH	SOLE	NONE	100
Donnelley R R &	257867101	146	4,000	SH	SOLE	NONE	4,000
Dover Corp	260003108	88	1,800	SH	SOLE	NONE	1,800
Du Pont De Nemo	263534109	881	17,816	SH	SOLE	NONE	17,816
Dun & Bradstree	264830100	30	330	SH	SOLE	NONE	330
E M C Corp	268648102	835	60,285	SH	SOLE	NONE	60,285
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eaton Vance Mun	27826U108	24	1,500	SH	SOLE	NONE	1,500
Ebay Inc	278642103	267	8,050	SH	SOLE	NONE	8,050
Eli Lilly	532457108	131	2,443	SH	SOLE	NONE	2,443
Emerson Electri	291011104	340	7,900	SH	SOLE	NONE	7,900
Encana Corporat	292505104	6,171	121,875	SH	SOLE	NONE	121,875
Enron Oil and G	26875P101	29	400	SH	SOLE	NONE	400
Ensco Int'l Inc	26874Q100	223	4,100	SH	SOLE	NONE	4,100
Enterprise Prod	293792107	32	1,000	SH	SOLE	NONE	1,000
Ersol Solar	D2458C102	2	30	SH	SOLE	NONE	30
Exxon Mobil Cor	30231G102	2,106	27,915	SH	SOLE	NONE	27,915
Fannie Mae	313586109	27	500	SH	SOLE	NONE	500
FDX Corp	31428X106	1,176	10,950	SH	SOLE	NONE	10,950
Fidelity Natl F	316326107	3	143	SH	SOLE	NONE	143
Fidelity Natl I	31620M10	26	573	SH	SOLE	NONE	573
Fifth Third Ban	689389104	23	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	260	4,900	SH	SOLE	NONE	4,900
Fleet Cap Tr Vi	33889X203	25	1,000	SH	SOLE	NONE	1,000
Fortune Brands	349631101	37	475	SH	SOLE	NONE	475
Gamesa Cp Tech	E54667113	1,384	38,365	SH	SOLE	NONE	38,365
Gannett Co.	364730101	1,618	28,750	SH	SOLE	NONE	28,750
Gen Elec Cap	369622527	51	2,000	SH	SOLE	NONE	2,000

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Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
General Dynamic	369550108	8	100	SH	SOLE	NONE	100
General Electri	369604103	2,298	64,978	SH	SOLE	NONE	64,978
Genuine Parts	372460105	490	10,000	SH	SOLE	NONE	10,000
Gerdau SA ADS	373737105	9	500	SH	SOLE	NONE	500
Gilead Sciences	375558103	903	11,775	SH	SOLE	NONE	11,775
Glaxosmithkline	832378301	2,096	37,935	SH	SOLE	NONE	37,935
Goldman Sachs G	38141G104	21	100	SH	SOLE	NONE	100
Grant Prideco I	38821G101	40	800	SH	SOLE	NONE	800
Gulfmark Offsho	402629109	57	1,300	SH	SOLE	NONE	1,300
Hain Foods	405217100	893	29,700	SH	SOLE	NONE	29,700
Hancock John Pf	41013X106	20	806	SH	SOLE	NONE	806
Hanesbrands Inc	410345102	3	100	SH	SOLE	NONE	100
Harley Davidson	412822108	12	200	SH	SOLE	NONE	200
Hawaiian Elec I	419870100	31	1,200	SH	SOLE	NONE	1,200
Helmerich & Pay	423452101	24	800	SH	SOLE	NONE	800
Hewlett-Packard	428236103	5	133	SH	SOLE	NONE	133
Home Depot	437076102	508	13,826	SH	SOLE	NONE	13,826
Honda Motor Co	438128308	756	21,670	SH	SOLE	NONE	21,670
Honeywell Inc.	438506107	23	500	SH	SOLE	NONE	500
HSBC Holdings P	404280406	98	1,119	SH	SOLE	NONE	1,119
Hubbell Inc. Cl	443510201	58	1,200	SH	SOLE	NONE	1,200
HydriL	448774109	19	200	SH	SOLE	NONE	200
Hydrogenics Cor	448882100	23	24,115	SH	SOLE	NONE	24,115
Id Systems Inc	449489103	2	150	SH	SOLE	NONE	150
Idearc Inc	451663108	59	1,683	SH	SOLE	NONE	1,683
Illinois Tool W	452308109	58	1,120	SH	SOLE	NONE	1,120
Immunogen Inc.	45253H101	5	1,000	SH	SOLE	NONE	1,000
Ims Health Inc	449934108	81	2,720	SH	SOLE	NONE	2,720
Ingersoll-Rand	G4776G101	1,803	41,565	SH	SOLE	NONE	41,565
Intel Corp.	458140100	8	400	SH	SOLE	NONE	400
Inter'l Flavors	459506101	28	600	SH	SOLE	NONE	600
International B	459200101	1,983	21,033	SH	SOLE	NONE	21,033
Intuitive Surgi	46120E602	4,947	40,695	SH	SOLE	NONE	40,695
Isis Pharmaceut	464330109	2	200	SH	SOLE	NONE	200
ITT Hartford Gr	45068H106	58	604	SH	SOLE	NONE	604
J.P. Morgan Cha	46625H100	5	100	SH	SOLE	NONE	100
Johnson & Johns	478160104	6,478	107,498	SH	SOLE	NONE	107,498
Keane Inc	486665102	1	100	SH	SOLE	NONE	100
Kimberly-Clark	494368103	4,227	61,718	SH	SOLE	NONE	61,718
L-3 Communicati	502424104	35	400	SH	SOLE	NONE	400
Legg Mason	524901105	47	500	SH	SOLE	NONE	500
Linear Technolo	535678106	114	3,620	SH	SOLE	NONE	3,620
Lowe's Cos.	548661107	70	2,220	SH	SOLE	NONE	2,220
McGraw-Hill	580645109	236	3,750	SH	SOLE	NONE	3,750
Medco Health	58405U102	44	600	SH	SOLE	NONE	600
Medtronic Inc.	585055106	1,592	32,455	SH	SOLE	NONE	32,455

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Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Merck & Co.	589331107	39	875	SH	SOLE	NONE	875
Microsoft Corp.	594918104	2,004	71,893	SH	SOLE	NONE	71,893
Millennium Phar	599902103	34	3,000	SH	SOLE	NONE	3,000
Munich Re-Insur	D55535104	1,326	7,870	SH	SOLE	NONE	7,870
Nalco Chemical	629853102	1	50	SH	SOLE	NONE	50
Nationwide Fina	638612101	41	767	SH	SOLE	NONE	767
New Plan Excel	648053106	5	150	SH	SOLE	NONE	150
New York Times	650111107	805	34,234	SH	SOLE	NONE	34,234
Newfield Explor	651290108	209	5,000	SH	SOLE	NONE	5,000
Newmont Mining	651639106	59	1,400	SH	SOLE	NONE	1,400
Nokia	654902204	1,308	57,064	SH	SOLE	NONE	57,064
Novartis A G Sp	66987V109	1,358	24,855	SH	SOLE	NONE	24,855
Novo Nordisk A/	670100205	181	2,000	SH	SOLE	NONE	2,000
Nuveen Insd Div	67071L106	23	1,500	SH	SOLE	NONE	1,500
Nuveen Muni Adv	67062H106	21	1,300	SH	SOLE	NONE	1,300
Nuveen NY Div A	67070A101	73	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	83	2,250	SH	SOLE	NONE	2,250
Patterson Co	703412106	14	400	SH	SOLE	NONE	400
Patterson Utli E	703481101	1,041	46,395	SH	SOLE	NONE	46,395
Paychex Inc	704326107	19	500	SH	SOLE	NONE	500
Pepsico Inc.	713448108	146	2,300	SH	SOLE	NONE	2,300
Perkinelmer Inc	714046109	80	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
PNC Financial S	693475105	45	627	SH	SOLE	NONE	627
Pogo Producing	730448107	67	1,400	SH	SOLE	NONE	1,400
Polycom Inc	73172K104	5	137	SH	SOLE	NONE	137
Popular Inc	733174106	21	1,250	SH	SOLE	NONE	1,250
PPG Industries	693506107	21	300	SH	SOLE	NONE	300
Pride Intl Inc	74153Q102	63	2,100	SH	SOLE	NONE	2,100
Procera Network	74269U104	9	3,000	SH	SOLE	NONE	3,000
Procter & Gambl	742718109	2,609	41,304	SH	SOLE	NONE	41,304
Progress Energy	743263105	96	1,900	SH	SOLE	NONE	1,900
Progress Energy	CPLVZ	1	3,000	SH	SOLE	NONE	3,000
Proshares Ultra	74347R883	29	500	SH	SOLE	NONE	500
Prudential Fina	744320102	9	100	SH	SOLE	NONE	100
Rockwell Automa	773903109	605	10,100	SH	SOLE	NONE	10,100
Rowan Co.	779382100	5	150	SH	SOLE	NONE	150
Royal Bk Of Sco	G76891111	1,463	37,625	SH	SOLE	NONE	37,625

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Description	CUSIP	Current Value (000s)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
Royal Dutch She	780259206	302	4,562	SH	SOLE	NONE	4,562
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
Sanofi Aventis	80105N105	1,120	25,750	SH	SOLE	NONE	25,750
Sara Lee Corp.	803111103	14	800	SH	SOLE	NONE	800
Schering-Plough	806605101	97	3,800	SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	41	600	SH	SOLE	NONE	600
Sempra Energy	816851109	31	500	SH	SOLE	NONE	500
Smuckers, J.M.	832696207	651	12,214	SH	SOLE	NONE	12,214
Sonoco Products	835495102	43	1,155	SH	SOLE	NONE	1,155
St Jude Medical	790849103	7	175	SH	SOLE	NONE	175
Staples Inc	855030102	13	500	SH	SOLE	NONE	500
Starwood Htls &	85590A401	30	465	SH	SOLE	NONE	465
Stryker Corp	863667101	7	100	SH	SOLE	NONE	100
Suffolk Bancorp	864739107	65	2,000	SH	SOLE	NONE	2,000
Suntrust Banks	867914103	184	2,215	SH	SOLE	NONE	2,215
Sysco Corp	871829107	44	1,300	SH	SOLE	NONE	1,300
Target Corp	87612E106	12	200	SH	SOLE	NONE	200
Telefonica SA	879382208	19	286	SH	SOLE	NONE	286
Tesoro Corporat	881609101	25	250	SH	SOLE	NONE	250
Teva Pharm Inds	881624209	19	511	SH	SOLE	NONE	511
Texas Instrumen	882508104	850	28,225	SH	SOLE	NONE	28,225
Time Warner In	887315109	12	600	SH	SOLE	NONE	600
Torchmark Corp.	891027102	13	200	SH	SOLE	NONE	200
Toronto Dominio	891160509	23	382	SH	SOLE	NONE	382
Toyota Corp	892331307	38	300	SH	SOLE	NONE	300
Transocean Inc	G90078109	245	3,000	SH	SOLE	NONE	3,000
Travelers Group	894190107	8	151	SH	SOLE	NONE	151
Tribune Co.	896047107	1,233	38,400	SH	SOLE	NONE	38,400
TrustCo Bank Co	898349105	3	354	SH	SOLE	NONE	354
Unilever N.V.	904784501	18	600	SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,498	49,810	SH	SOLE	NONE	49,810
Union Pacific	907818108	187	1,845	SH	SOLE	NONE	1,845
United Natural	911163103	3	100	SH	SOLE	NONE	100
United Parcel S	911312106	77	1,100	SH	SOLE	NONE	1,100
Verizon Communi	92343V104	1,351	35,635	SH	SOLE	NONE	35,635
Vermont Pure Ho	924237100	1	600	SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	50	900	SH	SOLE	NONE	900
Visicu, Inc.	92831L204	5	700	SH	SOLE	NONE	700
Vodafone Group	92857W209	183	6,802	SH	SOLE	NONE	6,802
Volvo AB ADR Cl	928856400	21	250	SH	SOLE	NONE	250
Wachovia Corp.	929903102	194	3,515	SH	SOLE	NONE	3,515
Walgreen Co.	931422109	737	16,050	SH	SOLE	NONE	16,050
Warren Resource	93564A100	13	1,000	SH	SOLE	NONE	1,000
Washington Mutu	939322103	8	200	SH	SOLE	NONE	200

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Weatherford Int	947074100	36	800	SH	SOLE	NONE	800
Wells Fargo Cap	94976Y207	25	1,000	SH	SOLE	NONE	1,000
Western Areas L		6	983	SH	SOLE	NONE	983
WGL Holdings	92924F106	14	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	57	2,000	SH	SOLE	NONE	2,000
Witness Systems	977424100	43	1,600	SH	SOLE	NONE	1,600
WTS Lucent Tech	549463131	1	47	SH	SOLE	NONE	47
Wyeth	983024100	800	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	173	2,028	SH	SOLE	NONE	2,028
		135,845					