

FORM 13f
Information Table 06/30/2007

Description	CUSIP	Current Value (000)	Quantity	Type	Invest Discre	Other Mgrs	Voting Auth
3M Company	88579Y101	1,189	13,695	SH	SOLE	NONE	13,695
A T & T Corp.	00206R102	4	106	SH	SOLE	NONE	106
Abbott Labs	002824100	278	5,200	SH	SOLE	NONE	5,200
ADC Telecom	000886101	21	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	5	120	SH	SOLE	NONE	120
Air Products &	009158106	21	266	SH	SOLE	NONE	266
Allstate Corp C	020002101	360	5,853	SH	SOLE	NONE	5,853
Ameren Corp	023608102	98	2,000	SH	SOLE	NONE	2,000
American Expres	025816109	115	1,875	SH	SOLE	NONE	1,875
American Intern	026874107	9,486	135,458	SH	SOLE	NONE	135,458
American Tower	029912201	1	7	SH	SOLE	NONE	7
Ameriprise Fina	031897101	1,248	19,625	SH	SOLE	NONE	19,625
Amgen Inc.	031162100	3,073	55,584	SH	SOLE	NONE	55,584
Anadarko Petrol	032511107	89	1,710	SH	SOLE	NONE	1,710
Anheuser Busch	035229103	176	3,380	SH	SOLE	NONE	3,380
Apache Corp	037411105	1,060	12,993	SH	SOLE	NONE	12,993
Apple Computer	037833100	12	100	SH	SOLE	NONE	100
Applied Materia	038222105	170	8,564	SH	SOLE	NONE	8,564
Astrazeneca PLC	046353108	1,103	20,625	SH	SOLE	NONE	20,625
Automatic Data	053015103	259	5,350	SH	SOLE	NONE	5,350
Bank of America	060505104	1,062	21,731	SH	SOLE	NONE	21,731
Bank of NY Co I	064057102	62	1,500	SH	SOLE	NONE	1,500
BCE Inc.	05534B109	35	915	SH	SOLE	NONE	915
Berkshire Hatha	084670108	110	100	SH	SOLE	NONE	100
Berkshire Hatha	084670207	256	71	SH	SOLE	NONE	71
Boeing Company	097023105	10	100	SH	SOLE	NONE	100
BP Amoco Plc Ad	110889409	12,204	169,171	SH	SOLE	NONE	169,171
Brady Corp CI A	104674106	1,870	50,355	SH	SOLE	NONE	50,355
Bristol-Myers S	110122108	32	1,000	SH	SOLE	NONE	1,000
Broadridge Fina	11133T103	26	1,337	SH	SOLE	NONE	1,337
C V S Corp Del	126650100	73	2,000	SH	SOLE	NONE	2,000
Cabot Oil & Gas	127097103	118	3,200	SH	SOLE	NONE	3,200
Caterpillar Inc	149123101	263	3,360	SH	SOLE	NONE	3,360
Cemex Sa Adr Ne	151290889	890	24,125	SH	SOLE	NONE	24,125
Centex Corp.	152312104	6	150	SH	SOLE	NONE	150
Cephalon Inc	156708109	1,126	14,005	SH	SOLE	NONE	14,005
Cerner Corp.	156782104	72	1,300	SH	SOLE	NONE	1,300
Check Pt Softwa	M22465104	3,559	156,030	SH	SOLE	NONE	156,030
Checkfree Corp	162813109	279	6,950	SH	SOLE	NONE	6,950
Chemoil Energy	Y1306Z104	8	10,000	SH	SOLE	NONE	10,000
Chesapeake Ener	165167107	2	55	SH	SOLE	NONE	55
Chevrontexaco C	166764100	258	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	44	1,250 SH	SOLE	NONE	1,250
Cigna Corp.	125509109	100	1,908 SH	SOLE	NONE	1,908
Cimarex Energy	171798101	4,085	103,652 SH	SOLE	NONE	103,652
Cisco Systems I	17275R102	1,204	43,246 SH	SOLE	NONE	43,246
Citigroup	172967101	1,545	30,118 SH	SOLE	NONE	30,118
Clorox Co.	189054109	865	13,930 SH	SOLE	NONE	13,930
Coca Cola Compa	191216100	209	3,990 SH	SOLE	NONE	3,990
Colgate Palmoli	194162103	11	175 SH	SOLE	NONE	175
Compagnie Gener	204386106	45	904 SH	SOLE	NONE	904
Con Edison Co o	209111103	24	541 SH	SOLE	NONE	541
Conocophillips	20825C104	2,289	29,160 SH	SOLE	NONE	29,160
Costco Wholesal	22160K105	18	300 SH	SOLE	NONE	300
Countrywide Fin	222372104	62	1,700 SH	SOLE	NONE	1,700
Daimlerchrysler	D1668R123	35	386 SH	SOLE	NONE	386
Deere & Co.	244199105	60	500 SH	SOLE	NONE	500
Devon Energy Co	25179M103	65	828 SH	SOLE	NONE	828
Dionex Corp.	254546104	71	1,000 SH	SOLE	NONE	1,000
Donnelley R R &	257867101	174	4,000 SH	SOLE	NONE	4,000
Dover Corp	260003108	92	1,800 SH	SOLE	NONE	1,800
Du Pont De Nemo	263534109	896	17,615 SH	SOLE	NONE	17,615
Dun & Bradstree	264830100	34	330 SH	SOLE	NONE	330
Dynegy Inc (Hld	26816Q101	1	24 SH	SOLE	NONE	24
E M C Corp	268648102	5	275 SH	SOLE	NONE	275
Earthshell Corp	27032B209	1	141 SH	SOLE	NONE	141
Eastman Kodak	277461109	8	300 SH	SOLE	NONE	300
Eaton Vance Mun	27826U108	23	1,500 SH	SOLE	NONE	1,500
Ebay Inc	278642103	331	10,300 SH	SOLE	NONE	10,300
Eli Lilly	532457108	137	2,443 SH	SOLE	NONE	2,443
Emerson Electri	291011104	342	7,300 SH	SOLE	NONE	7,300
Encana Corporat	292505104	4	60 SH	SOLE	NONE	60
Enron Oil and G	26875P101	29	400 SH	SOLE	NONE	400
Ensco Int'l Inc	26874Q100	250	4,100 SH	SOLE	NONE	4,100
Enterprise Prod	293792107	32	1,000 SH	SOLE	NONE	1,000
Ericsson Tel	294821400	1,451	36,378 SH	SOLE	NONE	36,378
Ersol Solar	D2458C102	3	30 SH	SOLE	NONE	30
Exxon Mobil Cor	30231G102	2,320	27,663 SH	SOLE	NONE	27,663
Fannie Mae	313586109	33	500 SH	SOLE	NONE	500
FDX Corp	31428X106	1,262	11,375 SH	SOLE	NONE	11,375
Fidelity Natl F	316326107	3	143 SH	SOLE	NONE	143
Fidelity Natl I	31620M10	31	573 SH	SOLE	NONE	573
Fifth Third Ban	689389104	24	600 SH	SOLE	NONE	600
First Israel Fu	32063L100	8	400 SH	SOLE	NONE	400
Fiserv Inc.	337738108	278	4,900 SH	SOLE	NONE	4,900
Fleet Cap Tr Vi	33889X203	25	1,000 SH	SOLE	NONE	1,000
Fortune Brands	349631101	39	475 SH	SOLE	NONE	475
Freeport McMora	35671D857	8	100 SH	SOLE	NONE	100
Gamesa Cp Tech	E54667113	1,370	37,565 SH	SOLE	NONE	37,565
Gannett Co.	364730101	1,585	28,850 SH	SOLE	NONE	28,850
Gen Elec Cap	369622527	50	2,000 SH	SOLE	NONE	2,000
General Dynamic	369550108	8	100 SH	SOLE	NONE	100

General Electri	369604103	2,300	60,081 SH	SOLE	NONE	60,081
Genuine Parts	372460105	496	10,000 SH	SOLE	NONE	10,000
Gerdau SA ADS	373737105	13	500 SH	SOLE	NONE	500
Gilead Sciences	375558103	572	14,750 SH	SOLE	NONE	14,750
Goldman Sachs G	38141G104	22	100 SH	SOLE	NONE	100
Grant Prideco I	38821G101	27	500 SH	SOLE	NONE	500
Gulfmark Offsho	402629109	51	1,000 SH	SOLE	NONE	1,000
Hain Foods	405217100	794	29,250 SH	SOLE	NONE	29,250
Hancock John Pf	41013X106	19	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	28	1,200 SH	SOLE	NONE	1,200
Helmerich & Pay	423452101	28	800 SH	SOLE	NONE	800
Hewlett-Packard	428236103	6	133 SH	SOLE	NONE	133
Honda Motor Co	438128308	1,819	50,120 SH	SOLE	NONE	50,120
Honeywell Inc.	438506107	28	500 SH	SOLE	NONE	500
HSBC Holdings P	404280406	103	1,119 SH	SOLE	NONE	1,119
Hubbell Inc. Cl	443510201	65	1,200 SH	SOLE	NONE	1,200
Hydrogenics Cor	448882100	26	20,115 SH	SOLE	NONE	20,115
Id Systems Inc	449489103	2	150 SH	SOLE	NONE	150
Idacorp Inc	451107106	1,416	44,200 SH	SOLE	NONE	44,200
Illinois Tool W	452308109	61	1,120 SH	SOLE	NONE	1,120
Immunogen Inc.	45253H101	6	1,000 SH	SOLE	NONE	1,000
Ims Health Inc	449934108	87	2,720 SH	SOLE	NONE	2,720
Ingersoll-Rand	G4776G101	1,481	27,020 SH	SOLE	NONE	27,020
Intel Corp.	458140100	9	400 SH	SOLE	NONE	400
Inter'l Flavors	459506101	31	600 SH	SOLE	NONE	600
International B	459200101	2,201	20,913 SH	SOLE	NONE	20,913
Intuitive Surgi	46120E602	5,372	38,710 SH	SOLE	NONE	38,710
Isis Pharmaceut	464330109	2	200 SH	SOLE	NONE	200
ITT Hartford Gr	45068H106	60	604 SH	SOLE	NONE	604
J.P. Morgan Cha	46625H100	5	100 SH	SOLE	NONE	100
Johnson & Johns	478160104	6,679	108,398 SH	SOLE	NONE	108,398
Kimberly-Clark	494368103	4,950	73,999 SH	SOLE	NONE	73,999
L-3 Communicati	502424104	39	400 SH	SOLE	NONE	400
Legg Mason	524901105	49	500 SH	SOLE	NONE	500
Lowe's Cos.	548661107	53	1,720 SH	SOLE	NONE	1,720
McGraw-Hill	580645109	255	3,750 SH	SOLE	NONE	3,750
Medco Health	58405U102	47	600 SH	SOLE	NONE	600
Medtronic Inc.	585055106	2,055	39,635 SH	SOLE	NONE	39,635
Merchant's Banc	588448100	82	3,575 SH	SOLE	NONE	3,575
Merck & Co.	589331107	44	875 SH	SOLE	NONE	875
Microsoft Corp.	594918104	1,818	61,703 SH	SOLE	NONE	61,703
Millennium Phar	599902103	32	3,000 SH	SOLE	NONE	3,000
Munich Re-Insur	D55535104	893	4,855 SH	SOLE	NONE	4,855
Nalco Chemical	629853102	1	50 SH	SOLE	NONE	50
Nationwide Fina	638612101	48	767 SH	SOLE	NONE	767
New York Times	650111107	801	31,529 SH	SOLE	NONE	31,529
Newmont Mining	651639106	55	1,400 SH	SOLE	NONE	1,400
Nokia	654902204	1,334	47,468 SH	SOLE	NONE	47,468
Novartis A G Sp	66987V109	2,216	39,520 SH	SOLE	NONE	39,520
Novo Nordisk A/	670100205	217	2,000 SH	SOLE	NONE	2,000

Nuveen Insd Div	67071L106	21	1,500 SH	SOLE	NONE	1,500
Nuveen Muni Adv	67062H106	19	1,300 SH	SOLE	NONE	1,300
Nuveen NY Div A	67070A101	66	4,700 SH	SOLE	NONE	4,700
Nuveen Performa	67062P108	21	1,500 SH	SOLE	NONE	1,500
Officemax Incor	67622P101	1	10 SH	SOLE	NONE	10
Ohio Casualty C	677240103	133	3,075 SH	SOLE	NONE	3,075
Opentv Corp Cla	G67543101	1	72 SH	SOLE	NONE	72
Oracle Systems	68389X105	6	315 SH	SOLE	NONE	315
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE	300
Owens & Minor I	690730106	79	2,250 SH	SOLE	NONE	2,250
Patterson Uti E	703481101	556	21,225 SH	SOLE	NONE	21,225
Paychex Inc	704326107	20	500 SH	SOLE	NONE	500
Pepsico Inc.	713448108	149	2,300 SH	SOLE	NONE	2,300
Perkinelmer Inc	714046109	86	3,298 SH	SOLE	NONE	3,298
Piedmont Natura	720186105	20	800 SH	SOLE	NONE	800
Pimco Muni Inco	72200W106	7	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	71	1,400 SH	SOLE	NONE	1,400
Polycorn Inc	73172K104	5	137 SH	SOLE	NONE	137
Popular Inc	733174106	20	1,250 SH	SOLE	NONE	1,250
PPG Industries	693506107	23	300 SH	SOLE	NONE	300
Pride Intl Inc	74153Q102	79	2,100 SH	SOLE	NONE	2,100
Procera Network	74269U104	9	3,000 SH	SOLE	NONE	3,000
Procter & Gambl	742718109	4,297	70,224 SH	SOLE	NONE	70,224
Progress Energy	743263105	87	1,900 SH	SOLE	NONE	1,900
Proshares Ultra	74347R883	26	500 SH	SOLE	NONE	500
Prudential Fina	744320102	10	100 SH	SOLE	NONE	100
Regal Beloit Co	758750103	1,216	26,125 SH	SOLE	NONE	26,125
Rowan Co.	779382100	6	150 SH	SOLE	NONE	150
Royal Bk Of Sco	G76891111	1,412	111,075 SH	SOLE	NONE	111,075
Royal Dutch She	780259206	370	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
Sara Lee Corp.	803111103	14	800 SH	SOLE	NONE	800
Schering-Plough	806605101	116	3,800 SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	51	600 SH	SOLE	NONE	600
Sempra Energy	816851109	30	500 SH	SOLE	NONE	500
Smuckers, J.M.	832696207	778	12,214 SH	SOLE	NONE	12,214
Sonoco Products	835495102	49	1,155 SH	SOLE	NONE	1,155
St Jude Medical	790849103	7	175 SH	SOLE	NONE	175
Staples Inc	855030102	12	500 SH	SOLE	NONE	500
Starwood Htls &	85590A401	31	465 SH	SOLE	NONE	465
Stryker Corp	863667101	6	100 SH	SOLE	NONE	100
Suffolk Bancorp	864739107	64	2,000 SH	SOLE	NONE	2,000
Suntrust Banks	867914103	190	2,215 SH	SOLE	NONE	2,215
Sysco Corp	871829107	43	1,300 SH	SOLE	NONE	1,300
Target Corp	87612E106	875	13,750 SH	SOLE	NONE	13,750
Telefonica SA	879382208	19	286 SH	SOLE	NONE	286
Teva Pharm Inds	881624209	21	511 SH	SOLE	NONE	511

Texas Instrumen	882508104	1,040	27,625 SH	SOLE	NONE	27,625
Time Warner In	887315109	13	600 SH	SOLE	NONE	600
Tomtom ORD	N87695107	798	15,580 SH	SOLE	NONE	15,580
Torchmark Corp.	891027102	13	200 SH	SOLE	NONE	200
Toronto Dominio	891160509	26	382 SH	SOLE	NONE	382
Toyota Corp	892331307	38	300 SH	SOLE	NONE	300
Travelers Group	894190107	8	151 SH	SOLE	NONE	151
Tribune Co.	896047107	477	16,239 SH	SOLE	NONE	16,239
TrustCo Bank Co	898349105	3	354 SH	SOLE	NONE	354
Unilever N.V.	904784501	19	600 SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,177	36,490 SH	SOLE	NONE	36,490
Union Pacific	907818108	212	1,845 SH	SOLE	NONE	1,845
United Natural	911163103	1,437	54,048 SH	SOLE	NONE	54,048
United Parcel S	911312106	80	1,100 SH	SOLE	NONE	1,100
Verizon Communi	92343V104	994	24,150 SH	SOLE	NONE	24,150
Vermont Pure Ho	924237100	1	600 SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	59	900 SH	SOLE	NONE	900
Visicu, Inc.	92831L204	6	700 SH	SOLE	NONE	700
Vodafone Group	92857W209	229	6,802 SH	SOLE	NONE	6,802
Volvo AB ADR Cl	928856400	25	1,250 SH	SOLE	NONE	1,250
Wachovia Corp.	929903102	180	3,515 SH	SOLE	NONE	3,515
Walgreen Co.	931422109	699	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
Watts Inds Inc	942749102	1,692	45,160 SH	SOLE	NONE	45,160
Weatherford Int	947074100	28	500 SH	SOLE	NONE	500
Wells Fargo Cap	94976Y207	25	1,000 SH	SOLE	NONE	1,000
WGL Holdings	92924F106	15	450 SH	SOLE	NONE	450
Williams Compan	969457100	63	2,000 SH	SOLE	NONE	2,000
WTS Lucent Tech	549463131	1	47 SH	SOLE	NONE	47
Wyeth	983024100	917	15,984 SH	SOLE	NONE	15,984
Xerox Corp.	984121103	50	2,725 SH	SOLE	NONE	2,725
YRC Worldwide	984249102	595	16,155 SH	SOLE	NONE	16,155
Zhone Technolog	98950P108	1	219 SH	SOLE	NONE	219
Zimmer Holdings	98956P102	172	2,028 SH	SOLE	NONE	2,028