

FORM 13F  
Information Table 9/30/2007

Description	CUSIP	Current Value	Quantity	Type	Invest Discre	Other Mgrs
3M Company	88579Y101	1,354	14,470	SH	SOLE	NONE
A T & T Corp.	00206R102	1,750	41,361	SH	SOLE	NONE
Abbott Labs	002824100	279	5,200	SH	SOLE	NONE
ADC Telecom	000886101	23	1,169	SH	SOLE	NONE
Adobe Systems	00724F101	5	120	SH	SOLE	NONE
Air Products &	009158106	26	266	SH	SOLE	NONE
Allianz SE	018805101	12	500	SH	SOLE	NONE
Allstate Corp C	020002101	335	5,853	SH	SOLE	NONE
Ameren Corp	023608102	105	2,000	SH	SOLE	NONE
American Expres	025816109	111	1,875	SH	SOLE	NONE
American Intern	026874107	8,998	133,008	SH	SOLE	NONE
American Tower	029912201	1	7	SH	SOLE	NONE
Ameriprise Fina	031897101	1,239	19,625	SH	SOLE	NONE
Amgen Inc.	031162100	3,148	55,647	SH	SOLE	NONE
Anadarko Petrol	032511107	4,601	85,600	SH	SOLE	NONE
Anheuser Busch	035229103	169	3,380	SH	SOLE	NONE
Apache Corp	037411105	5,999	66,613	SH	SOLE	NONE
Applied Materia	038222105	177	8,564	SH	SOLE	NONE
Astrazeneca PLC	046353108	1,026	20,500	SH	SOLE	NONE
Automatic Data	053015103	246	5,350	SH	SOLE	NONE
Bank of America	060505104	1,787	35,545	SH	SOLE	NONE
Bank of NY Co I	064057102	62	1,413	SH	SOLE	NONE
BCE Inc.	05534B109	37	915	SH	SOLE	NONE
Berkshire Hatha	084670108	119	100	SH	SOLE	NONE
Berkshire Hatha	084670207	281	71	SH	SOLE	NONE
Boeing Company	097023105	10	100	SH	SOLE	NONE
BP Amoco Plc Ad	110889409	11,926	171,974	SH	SOLE	NONE
Brady Corp CI A	104674106	72	2,000	SH	SOLE	NONE
Bristol-Myers S	110122108	29	1,000	SH	SOLE	NONE
Broadridge Fina	11133T103	25	1,337	SH	SOLE	NONE
C V S Corp Del	126650100	79	2,000	SH	SOLE	NONE
Cabot Oil & Gas	127097103	113	3,200	SH	SOLE	NONE
Cemex Sa Adr Ne	151290889	722	24,125	SH	SOLE	NONE
Centex Corp.	152312104	4	150	SH	SOLE	NONE
Cerner Corp.	156782104	78	1,300	SH	SOLE	NONE
Check Pt Softwa	M22465104	6,327	251,260	SH	SOLE	NONE
Chemoil Energy	Y1306Z104	5	10,000	SH	SOLE	NONE
Chesapeake Ener	165167107	2	55	SH	SOLE	NONE
Chevrontexaco C	166764100	286	3,057	SH	SOLE	NONE
Chicos Fas Inc	168615102	4	250	SH	SOLE	NONE
Chittenden Corp	170228100	44	1,250	SH	SOLE	NONE
Cigna Corp.	125509109	102	1,908	SH	SOLE	NONE

Cimarex Energy	171798101	3,833	102,907 SH	SOLE	NONE
Cisco Systems I	17275R102	1,416	42,746 SH	SOLE	NONE
Citigroup	172967101	1,406	30,122 SH	SOLE	NONE
Clorox Co.	189054109	7,372	120,870 SH	SOLE	NONE
Coca Cola Compa	191216100	229	3,990 SH	SOLE	NONE
Colgate Palmoli	194162103	12	175 SH	SOLE	NONE
Compagnie Gener	204386106	59	904 SH	SOLE	NONE
Con Edison Co o	209111103	25	541 SH	SOLE	NONE
Conocophillips	20825C104	2,559	29,160 SH	SOLE	NONE
Costco Wholesal	22160K105	18	300 SH	SOLE	NONE
Countrywide Fin	222372104	19	1,000 SH	SOLE	NONE
Daimlerchrysler	D1668R123	39	386 SH	SOLE	NONE
Deere & Co.	244199105	74	500 SH	SOLE	NONE
Devon Energy Co	25179M103	69	828 SH	SOLE	NONE
Dionex Corp.	254546104	79	1,000 SH	SOLE	NONE
Donnelley R R &	257867101	146	4,000 SH	SOLE	NONE
Dover Corp	260003108	92	1,800 SH	SOLE	NONE
Du Pont De Nemo	263534109	868	17,508 SH	SOLE	NONE
Dun & Bradstree	264830100	33	330 SH	SOLE	NONE
E M C Corp	268648102	6	275 SH	SOLE	NONE
Earthshell Corp	27032B209	1	141 SH	SOLE	NONE
Eastman Kodak	277461109	8	300 SH	SOLE	NONE
Eaton Vance Mun	27826U108	22	1,500 SH	SOLE	NONE
Ebay Inc	278642103	402	10,300 SH	SOLE	NONE
Eli Lilly	532457108	139	2,443 SH	SOLE	NONE
Emerson Electri	291011104	522	9,800 SH	SOLE	NONE
Encana Corporat	292505104	3,118	50,415 SH	SOLE	NONE
Enron Oil and G	26875P101	29	400 SH	SOLE	NONE
Ensco Int'l Inc	26874Q100	230	4,100 SH	SOLE	NONE
Enterprise Prod	293792107	30	1,000 SH	SOLE	NONE
Ericsson Tel	294821400	1,448	36,378 SH	SOLE	NONE
Ersol Solar	D2458C102	3	30 SH	SOLE	NONE
Exxon Mobil Cor	30231G102	1,999	21,598 SH	SOLE	NONE
Fannie Mae	313586109	30	500 SH	SOLE	NONE
FDX Corp	31428X106	1,181	11,275 SH	SOLE	NONE
Fidelity Natl F	316326107	3	143 SH	SOLE	NONE
Fidelity Natl I	31620M10	25	573 SH	SOLE	NONE
Fifth Third Ban	689389104	20	600 SH	SOLE	NONE
First Israel Fu	32063L100	9	400 SH	SOLE	NONE
Fleet Cap Tr Vi	33889X203	25	1,000 SH	SOLE	NONE
Fortune Brands	349631101	22	275 SH	SOLE	NONE
Freeport McMora	35671D857	10	100 SH	SOLE	NONE
Gamesa Cp Tech	E54667113	2,039	50,035 SH	SOLE	NONE
Gannett Co.	364730101	6,666	152,530 SH	SOLE	NONE
Gen Elec Cap	369622527	50	2,000 SH	SOLE	NONE
General Electri	369604103	2,460	59,411 SH	SOLE	NONE
Genuine Parts	372460105	500	10,000 SH	SOLE	NONE
Gerdau SA ADS	373737105	13	500 SH	SOLE	NONE
Gilead Sciences	375558103	1,275	31,193 SH	SOLE	NONE
Grant Prideco I	38821G101	27	500 SH	SOLE	NONE
Gulfmark Offsho	402629109	49	1,000 SH	SOLE	NONE
Hain Foods	405217100	1,539	47,900 SH	SOLE	NONE

Hancock John Pf	41013X106	18	806 SH	SOLE	NONE
Hanesbrands Inc	410345102	3	100 SH	SOLE	NONE
Hansen Medical	411307101	54	2,000 SH	SOLE	NONE
Hawaiian Elec I	419870100	26	1,200 SH	SOLE	NONE
Helmerich & Pay	423452101	16	500 SH	SOLE	NONE
Hewlett-Packard	428236103	7	133 SH	SOLE	NONE
Honda Motor Co	438128308	1,672	50,120 SH	SOLE	NONE
Honeywell Inc.	438506107	30	500 SH	SOLE	NONE
HSBC Holdings P	404280406	104	1,119 SH	SOLE	NONE
Hubbell Inc. CI	443510201	69	1,200 SH	SOLE	NONE
Hydrogenics Cor	448882100	29	20,115 SH	SOLE	NONE
Id Systems Inc	449489103	2	150 SH	SOLE	NONE
Idacorp Inc	451107106	1,447	44,200 SH	SOLE	NONE
Illinois Tool W	452308109	67	1,120 SH	SOLE	NONE
Immunogen Inc.	45253H101	5	1,000 SH	SOLE	NONE
Ims Health Inc	449934108	83	2,720 SH	SOLE	NONE
Ingersoll-Rand	G4776G101	1,108	20,345 SH	SOLE	NONE
Intel Corp.	458140100	10	400 SH	SOLE	NONE
Inter'I Flavors	459506101	32	600 SH	SOLE	NONE
International B	459200101	471	4,000 SH	SOLE	NONE
Intuit Inc.	461202103	577	19,050 SH	SOLE	NONE
Intuitive Surgi	46120E602	5,888	25,600 SH	SOLE	NONE
Isis Pharmaceut	464330109	3	200 SH	SOLE	NONE
ITT Hartford Gr	45068H106	56	604 SH	SOLE	NONE
J.P. Morgan Cha	46625H100	5	100 SH	SOLE	NONE
Johnson & Johns	478160104	7,273	110,698 SH	SOLE	NONE
Kimberly-Clark	494368103	5,357	76,250 SH	SOLE	NONE
L-3 Communicati	502424104	41	400 SH	SOLE	NONE
Legg Mason	524901105	42	500 SH	SOLE	NONE
Lowe's Cos.	548661107	48	1,720 SH	SOLE	NONE
McDonald's Corp	580135101	11	200 SH	SOLE	NONE
McGraw-Hill	580645109	191	3,750 SH	SOLE	NONE
Medco Health	58405U102	54	600 SH	SOLE	NONE
Medtronic Inc.	585055106	2,309	40,935 SH	SOLE	NONE
Memc Electrnc M	552715104	1,062	18,045 SH	SOLE	NONE
Merchant's Banc	588448100	162	6,902 SH	SOLE	NONE
Merck & Co.	589331107	45	875 SH	SOLE	NONE
Microsoft Corp.	594918104	1,818	61,703 SH	SOLE	NONE
Millennium Phar	599902103	30	3,000 SH	SOLE	NONE
Munich Re-Insur	D55535104	931	4,855 SH	SOLE	NONE
Nalco Chemical	629853102	1	30 SH	SOLE	NONE
Nationwide Fina	638612101	41	767 SH	SOLE	NONE
NCR Corp	62886E108	662	13,294 SH	SOLE	NONE
New York Times	650111107	623	31,543 SH	SOLE	NONE
Newmont Mining	651639106	63	1,400 SH	SOLE	NONE
Nokia	654902204	1,617	42,618 SH	SOLE	NONE
Novartis A G Sp	66987V109	2,172	39,520 SH	SOLE	NONE
Nuveen Insd Div	67071L106	21	1,500 SH	SOLE	NONE
Nuveen Muni Adv	67062H106	19	1,300 SH	SOLE	NONE
Nuveen NY Div A	67070A101	67	4,700 SH	SOLE	NONE
Nuveen Performa	67062P108	21	1,500 SH	SOLE	NONE
Opentv Corp Cla	G67543101	1	72 SH	SOLE	NONE

Oracle Systems	68389X105	7	315 SH	SOLE	NONE
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE
Owens & Minor I	690730106	86	2,250 SH	SOLE	NONE
Patterson Uti E	703481101	540	23,925 SH	SOLE	NONE
Paychex Inc	704326107	21	500 SH	SOLE	NONE
Pepsico Inc.	713448108	168	2,300 SH	SOLE	NONE
Perkinelmer Inc	714046109	96	3,298 SH	SOLE	NONE
Piedmont Natura	720186105	20	800 SH	SOLE	NONE
Pimco Muni Inco	72200W106	7	500 SH	SOLE	NONE
Pioneer Natural	723787107	1	11 SH	SOLE	NONE
Plug Power Inc	72919P103	1	66 SH	SOLE	NONE
PNC Financial S	693475105	43	627 SH	SOLE	NONE
Pogo Producing	730448107	74	1,400 SH	SOLE	NONE
Polycom Inc	73172K104	4	137 SH	SOLE	NONE
Popular Inc	733174106	15	1,250 SH	SOLE	NONE
PPG Industries	693506107	23	300 SH	SOLE	NONE
Pride Intl Inc	74153Q102	77	2,100 SH	SOLE	NONE
Procera Network	74269U104	9	3,000 SH	SOLE	NONE
Procter & Gambl	742718109	4,940	70,224 SH	SOLE	NONE
Progress Energy	743263105	89	1,900 SH	SOLE	NONE
Proshares Ultra	74347R883	25	500 SH	SOLE	NONE
Prudential Fina	744320102	10	100 SH	SOLE	NONE
Regal Beloit Co	758750103	1,251	26,125 SH	SOLE	NONE
Roche Hldg Ag O	H69293217	1,768	9,782 SH	SOLE	NONE
Rowan Co.	779382100	5	150 SH	SOLE	NONE
Royal Bk Of Sco	G76891111	1,188	111,075 SH	SOLE	NONE
Royal Dutch She	780259206	375	4,562 SH	SOLE	NONE
Ryl Bk Scotland	780097879	6	250 SH	SOLE	NONE
S S E Telecom I	784652109	1	1,000 SH	SOLE	NONE
San Juan Basin	798241105	1	13 SH	SOLE	NONE
Sara Lee Corp.	803111103	13	800 SH	SOLE	NONE
Schering-Plough	806605101	120	3,800 SH	SOLE	NONE
Schlumberger Lt	806857108	63	600 SH	SOLE	NONE
Schneider Elec	F86921107	1,644	13,050 SH	SOLE	NONE
Sempra Energy	816851109	29	500 SH	SOLE	NONE
Smuckers, J.M.	832696207	652	12,214 SH	SOLE	NONE
Sonoco Products	835495102	35	1,155 SH	SOLE	NONE
St Jude Medical	790849103	8	175 SH	SOLE	NONE
Staples Inc	855030102	11	500 SH	SOLE	NONE
Starwood Htls &	85590A401	28	465 SH	SOLE	NONE
Stryker Corp	863667101	7	100 SH	SOLE	NONE
Suffolk Bancorp	864739107	64	2,000 SH	SOLE	NONE
Suntrust Banks	867914103	168	2,215 SH	SOLE	NONE
Sysco Corp	871829107	46	1,300 SH	SOLE	NONE
Telefonica SA	879382208	24	286 SH	SOLE	NONE
Teva Pharm Inds	881624209	23	511 SH	SOLE	NONE
Texas Instrumen	882508104	5	125 SH	SOLE	NONE
Time Warner In	887315109	7	360 SH	SOLE	NONE
Tomtom ORD	N87695107	609	7,805 SH	SOLE	NONE
Torchmark Corp.	891027102	12	200 SH	SOLE	NONE
Toronto Dominio	891160509	29	382 SH	SOLE	NONE
Toyota Corp	892331307	58	500 SH	SOLE	NONE

Travelers Group	894190107	8	151 SH	SOLE	NONE
Tribune Co.	896047107	444	16,239 SH	SOLE	NONE
TrustCo Bank Co	898349105	4	354 SH	SOLE	NONE
Unilever N.V.	904784501	19	600 SH	SOLE	NONE
Unilever Plc Ad	904767704	1,148	36,240 SH	SOLE	NONE
Union Pacific	907818108	209	1,845 SH	SOLE	NONE
United Natural	911163103	1,471	54,048 SH	SOLE	NONE
United Parcel S	911312106	68	900 SH	SOLE	NONE
Verizon Communi	92343V104	140	3,165 SH	SOLE	NONE
Vermont Pure Ho	924237100	1	600 SH	SOLE	NONE
Vestas Wind Sys	K9773J128	71	900 SH	SOLE	NONE
Visicu, Inc.	92831L204	5	700 SH	SOLE	NONE
Vodafone Group	92857W209	79	2,168 SH	SOLE	NONE
Volvo AB ADR Cl	928856400	22	1,250 SH	SOLE	NONE
Wachovia Corp.	929903102	176	3,515 SH	SOLE	NONE
Walgreen Co.	931422109	749	15,850 SH	SOLE	NONE
Warren Resource	93564A100	13	1,000 SH	SOLE	NONE
Washington Mutu	939322103	7	200 SH	SOLE	NONE
Watts Inds Inc	942749102	1,386	45,160 SH	SOLE	NONE
Weatherford Int	947074100	34	500 SH	SOLE	NONE
Wells Fargo Cap	94976Y207	25	1,000 SH	SOLE	NONE
WGL Holdings	92924F106	15	450 SH	SOLE	NONE
Williams Compan	969457100	68	2,000 SH	SOLE	NONE
Wyeth	983024100	712	15,984 SH	SOLE	NONE
Xerox Corp.	984121103	47	2,725 SH	SOLE	NONE
YRC Worldwide	984249102	441	16,155 SH	SOLE	NONE
Zhone Technolog	98950P108	1	219 SH	SOLE	NONE
Zimmer Holdings	98956P102	164	2,028 SH	SOLE	NONE

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Voting  
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