

FORM 13F

Information Table 12/31/2007

Description	CUSIP	Value (000)	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
3M Company	88579Y101	1,271	15,070	SH	SOLE	NONE	15,070
A T & T Corp.	00206R102	2,287	55,038	SH	SOLE	NONE	55,038
Abbott Labs	002824100	292	5,200	SH	SOLE	NONE	5,200
ADC Telecom	000886101	18	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	411	9,620	SH	SOLE	NONE	9,620
Aetna Inc	008117103	58	1,000	SH	SOLE	NONE	1,000
Air Products &	009158106	26	266	SH	SOLE	NONE	266
Allstate Corp C	020002101	306	5,853	SH	SOLE	NONE	5,853
Ameren Corp	023608102	108	2,000	SH	SOLE	NONE	2,000
American Expres	025816109	98	1,875	SH	SOLE	NONE	1,875
American Intern	026874107	1,597	27,400	SH	SOLE	NONE	27,400
American Tower	029912201	1	6	SH	SOLE	NONE	6
Anadarko Petrol	032511107	2	35	SH	SOLE	NONE	35
Anheuser Busch	035229103	177	3,380	SH	SOLE	NONE	3,380
Apache Corp	037411105	1,366	12,705	SH	SOLE	NONE	12,705
Apple Computer	037833100	50	252	SH	SOLE	NONE	252
Applied Materia	038222105	152	8,564	SH	SOLE	NONE	8,564
Astrazeneca PLC	046353108	878	20,500	SH	SOLE	NONE	20,500
Automatic Data	053015103	244	5,483	SH	SOLE	NONE	5,483
B M C Software	055921100	1,007	28,250	SH	SOLE	NONE	28,250
Bank of America	060505104	1,549	37,543	SH	SOLE	NONE	37,543
Bank of NY Co I	064057102	69	1,413	SH	SOLE	NONE	1,413
Berkshire Hatha	084670108	142	1	SH	SOLE	NONE	1
Berkshire Hatha	084670207	336	71	SH	SOLE	NONE	71
Boeing Company	097023105	9	100	SH	SOLE	NONE	100
BP Amoco Plc Ad	110889409	8,664	118,404	SH	SOLE	NONE	118,404
Brady Corp Cl A	104674106	70	2,000	SH	SOLE	NONE	2,000
Bristol-Myers S	110122108	111	4,200	SH	SOLE	NONE	4,200
Broadridge Fina	11133T103	1	33	SH	SOLE	NONE	33
C V S Corp Del	126650100	40	1,000	SH	SOLE	NONE	1,000
Cabot Oil & Gas	127097103	69	1,700	SH	SOLE	NONE	1,700
Cardinal Health	14149Y108	880	15,235	SH	SOLE	NONE	15,235
Cemex Sa Adr Ne	151290889	624	24,125	SH	SOLE	NONE	24,125
Centex Corp.	152312104	4	150	SH	SOLE	NONE	150
Cerner Corp.	156782104	310	5,500	SH	SOLE	NONE	5,500
Check Pt Softwa	M22465104	5,507	250,785	SH	SOLE	NONE	250,785
Chemoil Energy	Y1306Z104	5	10,000	SH	SOLE	NONE	10,000
Chesapeake Ener	165167107	2	55	SH	SOLE	NONE	55
Chevrontexaco C	166764100	360	3,860	SH	SOLE	NONE	3,860
Chicos Fas Inc	168615102	2	250	SH	SOLE	NONE	250
Cigna Corp.	125509109	103	1,908	SH	SOLE	NONE	1,908
Cimarex Energy	171798101	4,266	100,303	SH	SOLE	NONE	100,303
Cisco Systems I	17275R102	1,138	42,046	SH	SOLE	NONE	42,046
Citigroup	172967101	920	31,250	SH	SOLE	NONE	31,250
Clorox Co.	189054109	7,828	120,113	SH	SOLE	NONE	120,113
Coca Cola Compa	191216100	245	3,990	SH	SOLE	NONE	3,990

FORM 13F

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Colgate Palmoli	194162103	14	175	SH	SOLE	NONE	175
Compagnie Gener	204386106	28	500	SH	SOLE	NONE	500
Con Edison Co o	209111103	983	20,126	SH	SOLE	NONE	20,126
Conocophillips	20825C104	1,908	21,606	SH	SOLE	NONE	21,606
Costco Wholesal	22160K105	21	300	SH	SOLE	NONE	300
Countrywide Fin	222372104	9	1,000	SH	SOLE	NONE	1,000
Daimlerchrysler	D1668R123	37	386	SH	SOLE	NONE	386
Dawson Geophysi	239359102	341	4,775	SH	SOLE	NONE	4,775
Deere & Co.	244199105	47	500	SH	SOLE	NONE	500
Devon Energy Co	25179M103	74	828	SH	SOLE	NONE	828
Dionex Corp.	254546104	83	1,000	SH	SOLE	NONE	1,000
Donnelley R R &	257867101	151	4,000	SH	SOLE	NONE	4,000
Dover Corp	260003108	83	1,800	SH	SOLE	NONE	1,800
Du Pont De Nemo	263534109	767	17,395	SH	SOLE	NONE	17,395
E M C Corp	268648102	5	275	SH	SOLE	NONE	275
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eastman Kodak	277461109	7	300	SH	SOLE	NONE	300
Eaton Vance Mun	27826U108	21	1,500	SH	SOLE	NONE	1,500
Ebay Inc	278642103	425	12,800	SH	SOLE	NONE	12,800
Eli Lilly	532457108	117	2,185	SH	SOLE	NONE	2,185
Emerson Electri	291011104	555	9,800	SH	SOLE	NONE	9,800
Encana Corporat	292505104	3,411	50,190	SH	SOLE	NONE	50,190
Enron Oil and G	26875P101	18	200	SH	SOLE	NONE	200
Ensco Int'l Inc	26874Q100	244	4,100	SH	SOLE	NONE	4,100
Enterprise Prod	293792107	32	1,000	SH	SOLE	NONE	1,000
Ersol Solar	D2458C102	3	30	SH	SOLE	NONE	30
Exxon Mobil Cor	30231G102	2,018	21,536	SH	SOLE	NONE	21,536
Fidelity Natl F	316326107	2	143	SH	SOLE	NONE	143
Fidelity Natl I	31620M10	24	573	SH	SOLE	NONE	573
Fifth Third Ban	689389104	15	600	SH	SOLE	NONE	600
First Israel Fu	32063L100	9	400	SH	SOLE	NONE	400
Fleet Cap Tr Vi	33889X203	24	1,000	SH	SOLE	NONE	1,000
Flextronics Int	Y2573F102	562	46,583	SH	SOLE	NONE	46,583
Freeport McMora	35671D857	10	100	SH	SOLE	NONE	100
Frontline Ltd C	G3682E127	14	290	SH	SOLE	NONE	290
Gamesa Cp Tech	E54667113	2,001	42,805	SH	SOLE	NONE	42,805
Gannett Co.	364730101	5,770	147,960	SH	SOLE	NONE	147,960
Gen Elec Cap	369622527	49	2,000	SH	SOLE	NONE	2,000
General Electri	369604103	2,115	57,066	SH	SOLE	NONE	57,066
Genuine Parts	372460105	463	10,000	SH	SOLE	NONE	10,000
Gilead Sciences	375558103	1,435	31,193	SH	SOLE	NONE	31,193
Google Inc Clas	38259P508	35	50	SH	SOLE	NONE	50
Grant Prideco I	38821G101	28	500	SH	SOLE	NONE	500
Gulfmark Offsho	402629109	47	1,000	SH	SOLE	NONE	1,000
Hain Foods	405217100	1,533	47,900	SH	SOLE	NONE	47,900
Hancock John Pa	41013T105	21	2,100	SH	SOLE	NONE	2,100

FORM 13F

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Hancock John Pf	41013X106	15	806 SH	SH	SOLE	NONE	806
Hansen Medical	411307101	60	2,000 SH	SH	SOLE	NONE	2,000
Hawaiian Elec I	419870100	16	700 SH	SH	SOLE	NONE	700
Helmerich & Pay	423452101	283	7,075 SH	SH	SOLE	NONE	7,075
Home Depot	437076102	4	150 SH	SH	SOLE	NONE	150
Honda Motor Co	438128308	1,661	50,120 SH	SH	SOLE	NONE	50,120
Hospira	441060100	80	1,875 SH	SH	SOLE	NONE	1,875
HSBC Holdings P	404280406	42	500 SH	SH	SOLE	NONE	500
Hubbell Inc. Cl	443510201	62	1,200 SH	SH	SOLE	NONE	1,200
Hydrogenics Cor	448882100	19	20,115 SH	SH	SOLE	NONE	20,115
Id Systems Inc	449489103	2	150 SH	SH	SOLE	NONE	150
Idacorp Inc	451107106	1,557	44,200 SH	SH	SOLE	NONE	44,200
Illinois Tool W	452308109	60	1,120 SH	SH	SOLE	NONE	1,120
Immersion Corp	452521107	6	500 SH	SH	SOLE	NONE	500
Immunogen Inc.	45253H101	4	1,000 SH	SH	SOLE	NONE	1,000
Ims Health Inc	449934108	63	2,720 SH	SH	SOLE	NONE	2,720
Indiana Energy	454707100	4	40 SH	SH	SOLE	NONE	40
Ingersoll-Rand	G4776G101	3	60 SH	SH	SOLE	NONE	60
Intel Corp.	458140100	11	400 SH	SH	SOLE	NONE	400
Inter'l Flavors	459506101	29	600 SH	SH	SOLE	NONE	600
International B	459200101	436	4,033 SH	SH	SOLE	NONE	4,033
Intuit Inc.	461202103	602	19,050 SH	SH	SOLE	NONE	19,050
Intuitive Surgi	46120E602	8,316	25,745 SH	SH	SOLE	NONE	25,745
Isis Pharmaceut	464330109	3	200 SH	SH	SOLE	NONE	200
ITT Hartford Gr	45068H106	53	604 SH	SH	SOLE	NONE	604
Ivanhoe Energy	465790103	4	2,500 SH	SH	SOLE	NONE	2,500
Jetblue Airways	477143101	192	32,500 SH	SH	SOLE	NONE	32,500
Johnson & Johns	478160104	7,410	111,087 SH	SH	SOLE	NONE	111,087
Kimberly-Clark	494368103	5,263	75,900 SH	SH	SOLE	NONE	75,900
L-3 Communicati	502424104	42	400 SH	SH	SOLE	NONE	400
Lionbridge Tech	536252109	4	1,000 SH	SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	39	1,720 SH	SH	SOLE	NONE	1,720
McDonald's Corp	580135101	12	200 SH	SH	SOLE	NONE	200
McGraw-Hill	580645109	131	3,000 SH	SH	SOLE	NONE	3,000
McKesson Corp.	581556107	1,094	16,695 SH	SH	SOLE	NONE	16,695
Medtronic Inc.	585055106	2,093	41,635 SH	SH	SOLE	NONE	41,635
Merchant's Banc	588448100	162	6,902 SH	SH	SOLE	NONE	6,902
Merck & Co.	589331107	51	875 SH	SH	SOLE	NONE	875
Meridian Resour	58977Q109	4	2,000 SH	SH	SOLE	NONE	2,000
Microsoft Corp.	594918104	2,266	63,653 SH	SH	SOLE	NONE	63,653
Millennium Phar	599902103	45	3,000 SH	SH	SOLE	NONE	3,000
Munich Re-Insur	D55535104	1	5 SH	SH	SOLE	NONE	5
NACCO Ind	629579103	87	875 SH	SH	SOLE	NONE	875
Nalco Chemical	629853102	1	30 SH	SH	SOLE	NONE	30
Natural Gas Ser	63886Q109	20	1,000 SH	SH	SOLE	NONE	1,000
NCR Corp	62886E108	334	13,294 SH	SH	SOLE	NONE	13,294

FORM 13F

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New York Times	650111107	550	31,387	SH	SOLE	NONE	31,387
Newmont Mining	651639106	68	1,400	SH	SOLE	NONE	1,400
Newpark Resourc	651718504	11	2,000	SH	SOLE	NONE	2,000
Nokia	654902204	1,521	39,609	SH	SOLE	NONE	39,609
Novartis A G Sp	66987V109	2,203	40,570	SH	SOLE	NONE	40,570
Nuveen Insd Div	67071L106	20	1,500	SH	SOLE	NONE	1,500
Nuveen Muni Adv	67062H106	18	1,300	SH	SOLE	NONE	1,300
Nuveen NY Div A	67070A101	63	4,700	SH	SOLE	NONE	4,700
Nuveen Performa	67062P108	20	1,500	SH	SOLE	NONE	1,500
Opentv Corp Cla	G67543101	1	72	SH	SOLE	NONE	72
Oracle Systems	68389X105	7	315	SH	SOLE	NONE	315
Orthovita Inc	68750U102	1	300	SH	SOLE	NONE	300
Owens & Minor I	690730106	95	2,250	SH	SOLE	NONE	2,250
Paychex Inc	704326107	18	500	SH	SOLE	NONE	500
Pepco Holdings	737679100	9	305	SH	SOLE	NONE	305
Pepsico Inc.	713448108	190	2,507	SH	SOLE	NONE	2,507
Perkinelmer Inc	714046109	86	3,298	SH	SOLE	NONE	3,298
Petro Canada Va	71644E102	16	300	SH	SOLE	NONE	300
Pfizer Inc.	717081103	13	585	SH	SOLE	NONE	585
Piedmont Natura	720186105	21	800	SH	SOLE	NONE	800
Pimco Muni Inco	72200W106	7	500	SH	SOLE	NONE	500
Pioneer Natural	723787107	1	11	SH	SOLE	NONE	11
Plains Expl & P	726505100	3	55	SH	SOLE	NONE	55
Plug Power Inc	72919P103	1	66	SH	SOLE	NONE	66
Plum Creek Timb	729237107	14	312	SH	SOLE	NONE	312
PNC Financial S	693475105	20	300	SH	SOLE	NONE	300
Polycom Inc	73172K104	4	137	SH	SOLE	NONE	137
Popular Inc	733174106	13	1,250	SH	SOLE	NONE	1,250
PPG Industries	693506107	21	300	SH	SOLE	NONE	300
Pride Intl Inc	74153Q102	34	1,000	SH	SOLE	NONE	1,000
Procera Network	74269U104	4	3,000	SH	SOLE	NONE	3,000
Procter & Gambl	742718109	5,118	69,706	SH	SOLE	NONE	69,706
Progress Energy	743263105	48	1,000	SH	SOLE	NONE	1,000
Proshares Ultra	74347R883	54	1,000	SH	SOLE	NONE	1,000
Prudential Fina	744320102	9	100	SH	SOLE	NONE	100
Roche Hldg Ag O	H69293217	1,687	9,762	SH	SOLE	NONE	9,762
Rowan Co.	779382100	6	150	SH	SOLE	NONE	150
Royal Bk Of Sco	G76891111	367	41,500	SH	SOLE	NONE	41,500
Royal Dutch She	780259206	359	4,261	SH	SOLE	NONE	4,261
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	43	SH	SOLE	NONE	43
Sanyo Electric	J68897107	793	575,000	SH	SOLE	NONE	575,000
Sara Lee Corp.	803111103	13	800	SH	SOLE	NONE	800
Schering-Plough	806605101	101	3,800	SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	126	1,282	SH	SOLE	NONE	1,282

FORM 13F

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Description	CUSIP	Value (000)	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
Schneider Elec	F86921107	1,745	12,875	SH	SOLE	NONE	12,875
Smuckers, J.M.	832696207	711	13,815	SH	SOLE	NONE	13,815
Solucorp Indust	83437C102	9	16,217	SH	SOLE	NONE	16,217
Sonoco Products	835495102	38	1,155	SH	SOLE	NONE	1,155
Spectra Energy	847560109	26	994	SH	SOLE	NONE	994
St Jude Medical	790849103	41	1,000	SH	SOLE	NONE	1,000
Staples Inc	855030102	12	500	SH	SOLE	NONE	500
Starwood Htls &	85590A401	20	465	SH	SOLE	NONE	465
Stryker Corp	863667101	7	100	SH	SOLE	NONE	100
Sysco Corp	871829107	41	1,300	SH	SOLE	NONE	1,300
Telefonica SA	879382208	28	286	SH	SOLE	NONE	286
Teradata Corp	88076W103	364	13,294	SH	SOLE	NONE	13,294
Teva Pharm Inds	881624209	87	1,876	SH	SOLE	NONE	1,876
Texas Instrumen	882508104	4	125	SH	SOLE	NONE	125
Time Warner In	887315109	6	360	SH	SOLE	NONE	360
Torchmark Corp.	891027102	12	200	SH	SOLE	NONE	200
Toronto Dominio	891160509	27	382	SH	SOLE	NONE	382
Travelers Group	894190107	8	151	SH	SOLE	NONE	151
Trizetto Group	896882107	405	23,300	SH	SOLE	NONE	23,300
TrustCo Bank Co	898349105	4	354	SH	SOLE	NONE	354
U S Bancorp De	902973304	7	233	SH	SOLE	NONE	233
Unilever N.V.	904784501	22	600	SH	SOLE	NONE	600
Unilever Plc Ad	904767704	1,347	35,990	SH	SOLE	NONE	35,990
Union Pacific	907818108	176	1,400	SH	SOLE	NONE	1,400
United Natural	911163103	1,714	54,048	SH	SOLE	NONE	54,048
United Parcel S	911312106	64	900	SH	SOLE	NONE	900
Verizon Communi	92343V104	136	3,115	SH	SOLE	NONE	3,115
Vermont Pure Ho	924237100	1	600	SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	97	900	SH	SOLE	NONE	900
Visicu, Inc.	92831L204	8	700	SH	SOLE	NONE	700
Volvo AB ADR Cl	928856400	10	625	SH	SOLE	NONE	625
Wachovia Corp.	929903102	134	3,515	SH	SOLE	NONE	3,515
Walgreen Co.	931422109	841	22,075	SH	SOLE	NONE	22,075
Wal-Mart Stores	931142103	3	66	SH	SOLE	NONE	66
Warren Resource	93564A100	14	1,000	SH	SOLE	NONE	1,000
Watts Inds Inc	942749102	1,039	34,862	SH	SOLE	NONE	34,862
Weatherford Int	947074100	34	500	SH	SOLE	NONE	500
Wells Fargo Cap	94976Y207	23	1,000	SH	SOLE	NONE	1,000
WGL Holdings	92924F106	15	450	SH	SOLE	NONE	450
Williams Compan	969457100	72	2,000	SH	SOLE	NONE	2,000
Wilmington Trus	971807102	101	2,880	SH	SOLE	NONE	2,880
Wm Wrigley Jr	982526105	42	725	SH	SOLE	NONE	725
Wyeth	983024100	706	15,984	SH	SOLE	NONE	15,984
Xerox Corp.	984121103	44	2,725	SH	SOLE	NONE	2,725
YRC Worldwide	984249102	276	16,155	SH	SOLE	NONE	16,155
Zhone Technolog	98950P108	1	219	SH	SOLE	NONE	219

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Zimmer Holdings	98956P102	734	11,103	SH	SOLE	NONE	11,103
Zurich Llc Ern	98878WAA0	1	108	SH	SOLE	NONE	108