

FORM 13F  
Information Table 03/31/2008

Description	CUSIP	Value (000)	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
3M Company	88579Y101	7,873	99,470	SH	SOLD	NONE	99,470
A T & T Corp.	00206R102	7,010	183,025	SH	SOLD	NONE	183,025
Abbott Labs	002824100	287	5,200	SH	SOLD	NONE	5,200
ADC Telecom	000886101	14	1,169	SH	SOLD	NONE	1,169
Adobe Systems	00724F101	342	9,620	SH	SOLD	NONE	9,620
Air Products &	009158106	24	266	SH	SOLD	NONE	266
Allstate Corp C	020002101	281	5,853	SH	SOLD	NONE	5,853
Ameren Corp	023608102	88	2,000	SH	SOLD	NONE	2,000
American Expres	025816109	82	1,875	SH	SOLD	NONE	1,875
American Intern	026874107	1,121	25,925	SH	SOLD	NONE	25,925
American Tower	029912201	1	6	SH	SOLD	NONE	6
Anheuser Busch	035229103	160	3,380	SH	SOLD	NONE	3,380
Apache Corp	037411105	1,535	12,705	SH	SOLD	NONE	12,705
Apple Computer	037833100	22	152	SH	SOLD	NONE	152
Applied Materia	038222105	167	8,564	SH	SOLD	NONE	8,564
Astrazeneca PLC	046353108	779	20,500	SH	SOLD	NONE	20,500
Automatic Data	053015103	232	5,483	SH	SOLD	NONE	5,483
B M C Software	055921100	1,242	38,200	SH	SOLD	NONE	38,200
Baker Hughes In	057224107	34	500	SH	SOLD	NONE	500
Bank of NY Co I	064057102	59	1,413	SH	SOLD	NONE	1,413
Berkshire Hatha	084670108	133	1	SH	SOLD	NONE	1
Berkshire Hatha	084670207	322	72	SH	SOLD	NONE	72
Biogen IDEC Inc	09062X103	798	12,940	SH	SOLD	NONE	12,940
Boeing Company	097023105	7	100	SH	SOLD	NONE	100
BP Amoco Plc Ad	110889409	7,074	116,634	SH	SOLD	NONE	116,634
Brady Corp Cl A	104674106	67	2,000	SH	SOLD	NONE	2,000
Bristol-Myers S	110122108	89	4,200	SH	SOLD	NONE	4,200
Bruker Corporat	116794108	6	418	SH	SOLD	NONE	418
C V S Corp Del	126650100	41	1,000	SH	SOLD	NONE	1,000
Cabot Oil & Gas	127097103	86	1,700	SH	SOLD	NONE	1,700
California Wate	130788102	3	75	SH	SOLD	NONE	75
Caterpillar Inc	149123101	5	60	SH	SOLD	NONE	60
Cemex Sa Adr Ne	151290889	630	24,125	SH	SOLD	NONE	24,125
Centex Corp.	152312104	4	150	SH	SOLD	NONE	150
Cerner Corp.	156782104	523	14,025	SH	SOLD	NONE	14,025
Check Pt Softwa	M22465104	5,485	244,870	SH	SOLD	NONE	244,870
Chesapeake Ener	165167107	3	55	SH	SOLD	NONE	55
Chevrontexaco C	166764100	329	3,860	SH	SOLD	NONE	3,860
Chicos Fas Inc	168615102	2	250	SH	SOLD	NONE	250
Cigna Corp.	125509109	77	1,908	SH	SOLD	NONE	1,908
Cisco Systems I	17275R102	1,030	42,746	SH	SOLD	NONE	42,746
Citigroup	172967101	662	30,925	SH	SOLD	NONE	30,925
Clorox Co.	189054109	6,869	121,273	SH	SOLD	NONE	121,273
Coca Cola Compa	191216100	243	3,990	SH	SOLD	NONE	3,990

Colgate Palmoli	194162103	14	175 SH	SOLD	NONE	175
Compagnie Gener	204386106	25	500 SH	SOLD	NONE	500
Con Edison Co o	209111103	1,783	44,921 SH	SOLD	NONE	44,921
Conocophillips	20825C104	6,367	83,536 SH	SOLD	NONE	83,536
Costco Wholesal	22160K105	19	300 SH	SOLD	NONE	300
Countrywide Fin	222372104	6	1,000 SH	SOLD	NONE	1,000
Daimlerchrysler	D1668R123	33	386 SH	SOLD	NONE	386
Deere & Co.	244199105	40	500 SH	SOLD	NONE	500
Devon Energy Co	25179M103	86	828 SH	SOLD	NONE	828
Dionex Corp.	254546104	77	1,000 SH	SOLD	NONE	1,000
Donnelley R R &	257867101	121	4,000 SH	SOLD	NONE	4,000
Dover Corp	260003108	63	1,500 SH	SOLD	NONE	1,500
Du Pont De Nemo	263534109	803	17,172 SH	SOLD	NONE	17,172
E M C Corp	268648102	4	275 SH	SOLD	NONE	275
Earthshell Corp	27032B209	1	141 SH	SOLD	NONE	141
Eastman Kodak	277461109	5	300 SH	SOLD	NONE	300
Eaton Vance Mun	27826U108	20	1,500 SH	SOLD	NONE	1,500
Ebara Corp	J12600128	3	1,000 SH	SOLD	NONE	1,000
Ebay Inc	278642103	352	11,800 SH	SOLD	NONE	11,800
Eclipsys Corp	278856109	408	20,830 SH	SOLD	NONE	20,830
Eli Lilly	532457108	113	2,185 SH	SOLD	NONE	2,185
Emerson Electri	291011104	988	19,190 SH	SOLD	NONE	19,190
Enron Oil and G	26875P101	24	200 SH	SOLD	NONE	200
Ensco Int'l Inc	26874Q100	257	4,100 SH	SOLD	NONE	4,100
Enterprise Prod	293792107	30	1,000 SH	SOLD	NONE	1,000
Ersol Solar	D2458C102	2	30 SH	SOLD	NONE	30
Exxon Mobil Cor	30231G102	1,826	21,590 SH	SOLD	NONE	21,590
Fairpoint Commu	305560104	1	22 SH	SOLD	NONE	22
FDX Corp	31428X106	37	400 SH	SOLD	NONE	400
Fidelity Natl F	316326107	3	143 SH	SOLD	NONE	143
Fidelity Natl I	31620M10	22	573 SH	SOLD	NONE	573
Fifth Third Ban	689389104	13	600 SH	SOLD	NONE	600
First Israel Fu	32063L100	9	400 SH	SOLD	NONE	400
Fleet Cap Tr Vi	33889X203	24	1,000 SH	SOLD	NONE	1,000
Flextronics Int	Y2573F102	442	47,083 SH	SOLD	NONE	47,083
Freeport McMora	35671D857	19	200 SH	SOLD	NONE	200
Frontline Ltd C	G3682E127	13	290 SH	SOLD	NONE	290
Gamesa Cp Tech	E54667113	1,791	39,110 SH	SOLD	NONE	39,110
Gannett Co.	364730101	4,280	147,320 SH	SOLD	NONE	147,320
Gen Elec Cap	369622527	51	2,000 SH	SOLD	NONE	2,000
General Electri	369604103	2,114	57,119 SH	SOLD	NONE	57,119
Genuine Parts	372460105	402	10,000 SH	SOLD	NONE	10,000
Google Inc Clas	38259P508	22	50 SH	SOLD	NONE	50
Grant Prideco I	38821G101	25	500 SH	SOLD	NONE	500
Gulfmark Offsho	402629109	55	1,000 SH	SOLD	NONE	1,000
Hain Foods	405217100	1,374	46,575 SH	SOLD	NONE	46,575
Hancock John Pa	41013T105	19	2,100 SH	SOLD	NONE	2,100
Hancock John Pf	41013X106	15	806 SH	SOLD	NONE	806
Hansen Medical	411307101	28	2,000 SH	SOLD	NONE	2,000
Harris Corp Del	413875105	49	1,000 SH	SOLD	NONE	1,000
Hawaiian Elec I	419870100	17	700 SH	SOLD	NONE	700
Helmerich & Pay	423452101	9	200 SH	SOLD	NONE	200

Home Depot	437076102	3	100 SH	SOLD	NONE	100
Honda Motor Co	438128308	1,444	50,120 SH	SOLD	NONE	50,120
Hospira	441060100	80	1,875 SH	SOLD	NONE	1,875
HSBC Holdings P	404280406	41	500 SH	SOLD	NONE	500
Hubbell Inc. Cl	443510201	681	15,580 SH	SOLD	NONE	15,580
Hydrogenics Cor	448882100	11	20,115 SH	SOLD	NONE	20,115
Id Systems Inc	449489103	1	150 SH	SOLD	NONE	150
Idacorp Inc	451107106	1,419	44,200 SH	SOLD	NONE	44,200
Illinois Tool W	452308109	54	1,120 SH	SOLD	NONE	1,120
Immersion Corp	452521107	4	500 SH	SOLD	NONE	500
Immunogen Inc.	45253H101	4	1,000 SH	SOLD	NONE	1,000
Ims Health Inc	449934108	57	2,720 SH	SOLD	NONE	2,720
Indiana Energy	454707100	4	40 SH	SOLD	NONE	40
Ingersoll-Rand	G4776G101	3	60 SH	SOLD	NONE	60
Intel Corp.	458140100	8	400 SH	SOLD	NONE	400
Inter'l Flavors	459506101	26	600 SH	SOLD	NONE	600
International B	459200101	6,218	54,008 SH	SOLD	NONE	54,008
Intuit Inc.	461202103	515	19,050 SH	SOLD	NONE	19,050
Isis Pharmaceut	464330109	3	200 SH	SOLD	NONE	200
ITT Hartford Gr	45068H106	46	604 SH	SOLD	NONE	604
Ivanhoe Energy	465790103	5	2,500 SH	SOLD	NONE	2,500
Jetblue Airways	477143101	189	32,500 SH	SOLD	NONE	32,500
Johnson & Johns	478160104	7,128	109,877 SH	SOLD	NONE	109,877
Kimberly-Clark	494368103	4,874	75,510 SH	SOLD	NONE	75,510
L-3 Communicati	502424104	44	400 SH	SOLD	NONE	400
Lionbridge Tech	536252109	3	1,000 SH	SOLD	NONE	1,000
Lowe's Cos.	548661107	39	1,720 SH	SOLD	NONE	1,720
McDonald's Corp	580135101	11	200 SH	SOLD	NONE	200
McGraw-Hill	580645109	111	3,000 SH	SOLD	NONE	3,000
Medtronic Inc.	585055106	1,918	39,660 SH	SOLD	NONE	39,660
Merchant's Banc	588448100	124	5,402 SH	SOLD	NONE	5,402
Merck & Co.	589331107	33	875 SH	SOLD	NONE	875
Meridian Resour	58977Q109	3	2,000 SH	SOLD	NONE	2,000
Metlife Inc	59156R108	60	1,000 SH	SOLD	NONE	1,000
Microsoft Corp.	594918104	2,168	76,378 SH	SOLD	NONE	76,378
Millennium Phar	599902103	46	3,000 SH	SOLD	NONE	3,000
NACCO Ind	629579103	32	400 SH	SOLD	NONE	400
Nalco Chemical	629853102	1	30 SH	SOLD	NONE	30
Natural Gas Ser	63886Q109	22	1,000 SH	SOLD	NONE	1,000
NCR Corp	62886E108	4,207	184,294 SH	SOLD	NONE	184,294
New York Times	650111107	600	31,787 SH	SOLD	NONE	31,787
Newmont Mining	651639106	63	1,400 SH	SOLD	NONE	1,400
Newpark Resourc	651718504	10	2,000 SH	SOLD	NONE	2,000
NICOR Inc.	654086107	3	75 SH	SOLD	NONE	75
Nokia	654902204	1,261	39,609 SH	SOLD	NONE	39,609
Northwest Natur	667655104	4	100 SH	SOLD	NONE	100
Novartis A G Sp	66987V109	2,136	41,690 SH	SOLD	NONE	41,690
Nuveen Insd Div	67071L106	20	1,500 SH	SOLD	NONE	1,500
Nuveen Muni Adv	67062H106	17	1,300 SH	SOLD	NONE	1,300
Nuveen NY Div A	67070A101	61	4,700 SH	SOLD	NONE	4,700
Nuveen Performa	67062P108	20	1,500 SH	SOLD	NONE	1,500
Oneok Inc.	682678107	45	1,000 SH	SOLD	NONE	1,000

Opentv Corp Cla	G67543101	1	72 SH	SOLD	NONE	72
Oracle Systems	68389X105	592	30,265 SH	SOLD	NONE	30,265
Orthovita Inc	68750U102	1	300 SH	SOLD	NONE	300
Oshkosh Truck C	688239201	4	100 SH	SOLD	NONE	100
Owens & Minor I	690730106	89	2,250 SH	SOLD	NONE	2,250
Paychex Inc	704326107	17	500 SH	SOLD	NONE	500
Pepco Holdings	737679100	8	305 SH	SOLD	NONE	305
Pepsico Inc.	713448108	217	3,007 SH	SOLD	NONE	3,007
Perkinelmer Inc	714046109	80	3,298 SH	SOLD	NONE	3,298
Petro Canada Va	71644E102	13	300 SH	SOLD	NONE	300
Petroleo Brasil	71654V408	10	100 SH	SOLD	NONE	100
Pfizer Inc.	717081103	12	585 SH	SOLD	NONE	585
Piedmont Natura	720186105	21	800 SH	SOLD	NONE	800
Pimco Muni Inco	72200W106	7	500 SH	SOLD	NONE	500
Pioneer Natural	723787107	4	86 SH	SOLD	NONE	86
Plains Expl & P	726505100	3	55 SH	SOLD	NONE	55
Plug Power Inc	72919P103	1	66 SH	SOLD	NONE	66
Plum Creek Timb	729237107	13	312 SH	SOLD	NONE	312
PNC Financial S	693475105	20	300 SH	SOLD	NONE	300
Polycom Inc	73172K104	3	137 SH	SOLD	NONE	137
Popular Inc	733174106	15	1,250 SH	SOLD	NONE	1,250
PPG Industries	693506107	18	300 SH	SOLD	NONE	300
Pride Intl Inc	74153Q102	35	1,000 SH	SOLD	NONE	1,000
Procera Network	74269U104	4	2,900 SH	SOLD	NONE	2,900
Procter & Gambl	742718109	4,967	70,880 SH	SOLD	NONE	70,880
Progress Energy	743263105	42	1,000 SH	SOLD	NONE	1,000
Prudential Fina	744320102	8	100 SH	SOLD	NONE	100
Quest Diagnosti	74834L100	625	13,810 SH	SOLD	NONE	13,810
Roche Hldg Ag O	H69293217	1,845	9,762 SH	SOLD	NONE	9,762
Roper Industrie	776696106	12	200 SH	SOLD	NONE	200
Roth & Rau Ag O	D66040102	885	4,235 SH	SOLD	NONE	4,235
Rowan Co.	779382100	6	150 SH	SOLD	NONE	150
Royal Dutch She	780259206	294	4,261 SH	SOLD	NONE	4,261
Ryl Bk Scotland	780097879	6	250 SH	SOLD	NONE	250
S S E Telecom I	784652109	1	1,000 SH	SOLD	NONE	1,000
San Juan Basin	798241105	2	43 SH	SOLD	NONE	43
Sanyo Electric	J68897107	1,213	575,000 SH	SOLD	NONE	575,000
Sara Lee Corp.	803111103	11	800 SH	SOLD	NONE	800
Schering-Plough	806605101	55	3,800 SH	SOLD	NONE	3,800
Schlumberger Lt	806857108	112	1,282 SH	SOLD	NONE	1,282
Schneider Elec	F86921107	1,909	14,700 SH	SOLD	NONE	14,700
Smuckers, J.M.	832696207	699	13,814 SH	SOLD	NONE	13,814
Solucorp Indust	83437C102	8	16,217 SH	SOLD	NONE	16,217
Sonoco Products	835495102	33	1,155 SH	SOLD	NONE	1,155
Spectra Energy	847560109	23	994 SH	SOLD	NONE	994
St Jude Medical	790849103	43	1,000 SH	SOLD	NONE	1,000
Staples Inc	855030102	11	500 SH	SOLD	NONE	500
Starwood Htls &	85590A401	24	465 SH	SOLD	NONE	465
Stericycle Inc	858912108	31	600 SH	SOLD	NONE	600
Stryker Corp	863667101	52	800 SH	SOLD	NONE	800
Sysco Corp	871829107	38	1,300 SH	SOLD	NONE	1,300
Telefonica SA	879382208	25	286 SH	SOLD	NONE	286

Teva Pharm Inds	881624209	711	15,392 SH	SOLD	NONE	15,392
Texas Instrumen	882508104	32	1,125 SH	SOLD	NONE	1,125
Thermo Fisher S	883556102	40	700 SH	SOLD	NONE	700
Time Warner In	887315109	5	360 SH	SOLD	NONE	360
Torchmark Corp.	891027102	12	200 SH	SOLD	NONE	200
Toronto Dominio	891160509	23	382 SH	SOLD	NONE	382
Travelers Group	894190107	7	151 SH	SOLD	NONE	151
Trizetto Group	896882107	389	23,300 SH	SOLD	NONE	23,300
TrustCo Bank Co	898349105	3	354 SH	SOLD	NONE	354
U S Bancorp De	902973304	8	233 SH	SOLD	NONE	233
Unilever N.V.	904784501	20	600 SH	SOLD	NONE	600
Unilever Plc Ad	904767704	1,713	50,815 SH	SOLD	NONE	50,815
Union Pacific	907818108	176	1,400 SH	SOLD	NONE	1,400
United Parcel S	911312106	66	900 SH	SOLD	NONE	900
Verizon Communi	92343V104	1,515	41,560 SH	SOLD	NONE	41,560
Vermont Pure Ho	924237100	1	600 SH	SOLD	NONE	600
Vestas Wind Sys	K9773J128	99	900 SH	SOLD	NONE	900
Volvo AB ADR Cl	928856400	9	625 SH	SOLD	NONE	625
Wachovia Corp.	929903102	95	3,515 SH	SOLD	NONE	3,515
Walgreen Co.	931422109	841	22,075 SH	SOLD	NONE	22,075
Warren Resource	93564A100	12	1,000 SH	SOLD	NONE	1,000
Waters Corp	941848103	625	11,215 SH	SOLD	NONE	11,215
Watts Inds Inc	942749102	927	33,076 SH	SOLD	NONE	33,076
Weatherford Int	947074100	36	500 SH	SOLD	NONE	500
Wells Fargo & C	949746101	29	1,000 SH	SOLD	NONE	1,000
Wells Fargo Cap	94976Y207	24	1,000 SH	SOLD	NONE	1,000
WGL Holdings	92924F106	14	450 SH	SOLD	NONE	450
Williams Compan	969457100	66	2,000 SH	SOLD	NONE	2,000
Wilmington Trus	971807102	31	1,000 SH	SOLD	NONE	1,000
Wm Wrigley Jr	982526105	46	725 SH	SOLD	NONE	725
Wyeth	983024100	667	15,984 SH	SOLD	NONE	15,984
Xerox Corp.	984121103	41	2,725 SH	SOLD	NONE	2,725
YRC Worldwide	984249102	212	16,155 SH	SOLD	NONE	16,155
Zhone Technolog	98950P108	1	219 SH	SOLD	NONE	219
Zurich Llc Ern	98878WAA0	1	108 SH	SOLD	NONE	108

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