

FORM 13F
Information Table

6/30/2008

Description	CUSIP	Current Value	Quantity
3M Company	88579Y101	6,920,030	99,440
A T & T Corp.	00206R102	6,149,099	182,520
Abbott Labs	002824100	270,147	5,100
ADC Telecom	000886101	17,266	1,169
Adobe Systems	00724F101	378,932	9,620
AFLAC Inc.	001055102	22,608	360
Air Products & Chemi	009158106	26,297	266
Alberto-Culver Co Cl	013068101	5,911	225
Allstate Corp Com	020002101	241,764	5,303
Ameren Corp	023608102	84,460	2,000
American Express	025816109	64,981	1,725
American Intern'l Gr	026874107	685,976	25,925
American Tower CP Cl	029912201	254	6
Anheuser Busch Cos.	035229103	209,966	3,380
Apache Corp	037411105	5,560	40
Apple Computer	037833100	58,939	352
Applied Materials In	038222105	163,487	8,564
Astrazeneca PLC Spon	046353108	871,865	20,500
Automatic Data Proce	053015103	229,738	5,483
B M C Software Inc	055921100	1,375,200	38,200
Baker Hughes Ind	057224107	43,670	500
Bank of America Corp	060505104	3,551,856	148,800
Bank of NY Co Inc	064057102	53,454	1,413
Berkshire Hathaway C	084670108	134,650	100
Berkshire Hathaway C	084670207	288,864	72
Biogen IDEC Inc	09062X103	1,627,237	29,115
Boeing Company	097023105	6,572	100
BP Amoco Plc Adr	110889409	8,090,434	116,292
Brady Corp Cl A	104674106	69,060	2,000
Bristol-Myers Squibb	110122108	100,597	4,900
Bruker Corporation	116794108	5,371	418
C V S Corp Del	126650100	39,570	1,000
Cabot Oil & Gas Corp	127097103	115,141	1,700
California Water Ser	130788102	2,458	75
Caterpillar Inc.	149123101	4,429	60
Cemex Sa Adr New	151290889	608,855	24,650
Centex Corp.	152312104	2,006	150
Cerner Corp.	156782104	633,650	14,025
Check Pt Software Te	M22465104	5,787,670	244,515
Chevrontexaco Corp	166764100	357,859	3,610
Chicos Fas Inc	168615102	1,343	250
Chubb Corp	171232101	1,372	28

Cigna Corp.	125509109	67,524	1,908
Cisco Systems Inc.	17275R102	997,947	42,904
Citigroup	172967101	518,303	30,925
Clorox Co.	189054109	6,340,891	121,473
Coca Cola Company	191216100	207,400	3,990
Colgate Palmolive	194162103	60,463	875
Compagnie Generale d	204386106	23,605	500
Con Edison Co of NY	209111103	1,759,285	45,006
Conocophillips	20825C104	7,859,006	83,261
Cooper Industries Lt	G24182100	14,220	360
Costco Wholesale	22160K105	21,042	300
Countrywide Financia	222372104	4,250	1,000
Daimlerchrysler A G	D1668R123	23,805	386
Deere & Co.	244199105	36,065	500
Devon Energy Corp Ne	25179M103	99,492	828
Dionex Corp.	254546104	66,370	1,000
Donnelley R R & Sons	257867101	118,760	4,000
Dover Corp	260003108	72,555	1,500
Du Pont De Nemours	263534109	676,032	15,762
Duke Realty Corp	264411505	2,133	95
E M C Corp	268648102	4,040	275
Eastman Kodak	277461109	4,329	300
Eaton Vance Muni Tr	27826U108	19,665	1,500
Eclipsys Corp	278856109	382,439	20,830
Eli Lilly	532457108	100,860	2,185
Emerson Electric	291011104	948,946	19,190
Enron Oil and Gas	26875P101	26,240	200
Ensco Int'l Inc	26874Q100	331,034	4,100
Enterprise Prods Par	293792107	29,540	1,000
Ersol Solar	D2458C102	4,783	30
Exxon Mobil Corporat	30231G102	1,979,400	22,460
Fairpoint Communicat	305560104	5,544	769
FDX Corp	31428X106	31,516	400
Fidelity Natl Finl I	316326107	1,802	143
Fidelity Natl Inform	31620M10	21,149	573
Fifth Third Bancorp	689389104	6,108	600
First American Corp	318522307	7,128	270
First Israel Fund I	32063L100	7,224	400
Fleet Cap Tr VIII 7.	33889X203	21,750	1,000
Flextronics Intl Ltd	Y2573F102	534,343	56,845
Freeport McMoran CP	35671D857	23,438	200
Frontline Ltd Com	G3682E127	20,236	290
Gamesa Cp Tech New O	E54667113	1,921,338	39,060
Gannett Co.	364730101	3,188,632	147,145
Gen Elec Cap	369622527	50,520	2,000
General Electric	369604103	1,582,477	59,291
Genuine Parts	372460105	396,800	10,000
Glaxosmithkline Plc	832378301	35,376	800
Google Inc Class A	38259P508	26,321	50
Gulfmark Offshore In	402629109	58,180	1,000
Hancock John Pat Pre	41013T105	18,942	2,100
Hancock John Pfd Inc	41013X106	15,088	806

Hansen Medical Inc	411307101	33,440	2,000
Harris Corp Del	413875105	50,490	1,000
Hawaiian Elec Indust	419870100	17,311	700
Heinz (H.J.)	423074103	12,920	270
Home Depot	437076102	2,342	100
Honda Motor Co Ltd A	438128308	1,600,941	47,045
Hospira	441060100	75,206	1,875
HSBC Holdings PLC Ne	404280406	130,390	1,700
Hubbell Inc. Cl. B	443510201	621,175	15,580
Hydrogenics Corp	448882100	51,867	28,815
Id Systems Inc	449489103	966	150
Idacorp Inc	451107106	1,292,105	44,725
Illinois Tool Works	452308109	53,211	1,120
Immersion Corp	452521107	3,405	500
Immunogen Inc.	45253H101	3,060	1,000
Ims Health Inc	449934108	63,376	2,720
Indiana Energy	454707100	4,270	40
Ingersoll-Rand	G4776G101	2,246	60
Intel Corp.	458140100	8,592	400
Inter'l Flavors & Fr	459506101	23,436	600
International Busine	459200101	6,393,271	53,938
Intuit Inc.	461202103	540,372	19,600
Isis Pharmaceuticals	464330109	2,726	200
ITT Hartford Group I	45068H106	39,000	604
Ivanhoe Energy Inc	465790103	8,900	2,500
J.P. Morgan Chase &	46625H100	3,911	114
Jetblue Airways Corp	477143101	121,225	32,500
Johnson & Johnson	478160104	7,141,869	111,002
Kimberly-Clark	494368103	4,517,276	75,565
L-3 Communications H	502424104	45,435	500
Lionbridge Tech Inc	536252109	2,580	1,000
Lowe's Cos.	548661107	35,690	1,720
McDonald's Corp.	580135101	11,244	200
McGraw-Hill	580645109	120,360	3,000
Medtronic Inc.	585055106	2,074,140	40,080
Merchant's Bancshare	588448100	121,329	5,402
Merck & Co.	589331107	32,979	875
Meridian Resource Co	58977Q109	5,900	2,000
Metlife Inc	59156R108	52,770	1,000
Microsoft Corp.	594918104	2,122,892	77,168
NACCO Ind	629579103	29,740	400
Nalco Chemical	629853102	635	30
Natural Gas Service	63886Q109	30,480	1,000
NCR Corp	62886E108	1,068,581	42,404
New York Times Cl A	650111107	479,968	31,187
Newmont Mining Corp.	651639106	36,512	700
Newpark Resources In	651718504	15,720	2,000
NICOR Inc.	654086107	3,194	75
Nokia	654902204	970,421	39,609
Nortel Networks	656568102	575	70
Northwest Natural Ga	667655104	4,626	100
Novacare Inc.	669930109	19,873	224

Novartis A G Spon Ad	66987V109	2,313,882	42,040
Novo Nordisk A/S ADR	670100205	863,940	13,090
Nuveen Insd Div Adva	67071L106	19,410	1,500
Nuveen Muni Advtg Fu	67062H106	17,004	1,300
Nuveen NY Div Adv Mu	67070A101	59,878	4,700
Nuveen Performance P	67062P108	19,500	1,500
Nvidia Corp	67066G104	837,439	44,735
Oneok Inc.	682678107	48,830	1,000
Opentv Corp Class A	G67543101	94	72
Oracle Systems Corp.	68389X105	635,565	30,265
Orthovita Inc	68750U102	615	300
Oshkosh Truck Corp C	688239201	2,069	100
Owens & Minor Inc.	690730106	102,803	2,250
Paychex Inc	704326107	15,640	500
Pepco Holdings Inc	737679100	7,823	305
Pepsico Inc.	713448108	191,215	3,007
Perkinelmer Inc	714046109	91,849	3,298
Petro Canada Var Vtg	71644E102	16,725	300
Petroleo Brasileiro	71654V408	14,166	200
Pfizer Inc.	717081103	10,220	585
Piedmont Natural Gas	720186105	20,928	800
Pimco Muni Income Fd	72200W106	6,700	500
Pioneer Natural Reso	723787107	6,732	86
Pitney Bowes	724479100	11,935	350
Plains Expl & Prdtn	726505100	4,013	55
Plug Power Inc	72919P103	155	66
Plum Creek Timber L.	729237107	13,326	312
PNC Financial Servic	693475105	17,130	300
Polycom Inc	73172K104	3,337	137
Popular Inc	733174106	8,238	1,250
PPG Industries	693506107	17,211	300
Pride Intl Inc Del	74153Q102	47,290	1,000
Procera Networks Inc	74269U104	3,886	2,900
Procter & Gamble	742718109	4,335,145	71,290
Progress Energy CVO	CPLVZ	990	3,000
Progress Energy Inc	743263105	41,830	1,000
Proshares UltraShort	74347R883	33,335	500
Prudential Financial	744320102	5,974	100
Quest Diagnostics In	74834L100	669,371	13,810
Roper Industries Inc	776696106	13,176	200
Roth & Rau Ag Ord	D66040102	1,378,500	6,340
Rowan Co.	779382100	7,013	150
Royal Dutch Shell A	780259206	348,166	4,261
RPM International In	749685103	13,390	650
Ryl Bk Scotland	780097879	5,038	250
S S E Telecom Inc	784652109	16	1,000
San Juan Basin Royal	798241105	1,989	43
Sandisk Corp	80004C101	804,942	43,045
Sanyo Electric Ltd O	J68897107	1,339,808	575,000
Sara Lee Corp.	803111103	9,800	800
Schering-Plough	806605101	74,822	3,800
Schlumberger Ltd.	806857108	75,201	700

Schneider Elec Sa Or	F86921107	1,589,070	14,700
Smuckers, J.M.	832696207	546,567	13,449
Solucorp Industries	83437C102	6,487	16,217
Sonoco Products	835495102	35,747	1,155
Spectra Energy Corp	847560109	28,568	994
St Jude Medical Co	790849103	40,880	1,000
Staples Inc	855030102	11,875	500
Starwood Htls & Reso	85590A401	18,633	465
Stericycle Inc	858912108	31,020	600
Stryker Corp	863667101	50,304	800
Sturm Ruger	864159108	2,673,841	378,731
Sysco Corp	871829107	35,763	1,300
Telefonica SA	879382208	110,298	1,386
Teva Pharm Inds Ltd	881624209	81,158	1,772
Texas Instruments	882508104	860,710	30,565
Thermo Fisher Scient	883556102	39,011	700
Time Warner Inc.	887315109	5,328	360
Torchmark Corp.	891027102	11,730	200
Toronto Dominion Ban	891160509	23,787	382
Travelers Group Inc	894190107	6,553	151
Trizetto Group Inc	896882107	498,154	23,300
TrustCo Bank Corp	898349105	2,627	354
U S Bancorp Del New	902973304	6,498	233
Unilever N.V.	904784501	17,040	600
Unilever Plc Adr New	904767704	1,443,654	50,815
Union Pacific	907818108	211,400	2,800
United Parcel Servic	911312106	55,323	900
Verizon Communicatio	92343V104	1,478,304	41,760
Vermont Pure Holdngs	924237100	816	600
Vestas Wind Systems	K9773J128	117,884	900
Volvo AB ADR Class B	928856400	7,689	625
Wachovia Corp.	929903102	952,455	61,330
Walgreen Co.	931422109	717,658	22,075
Warren Resources Inc	93564A100	14,680	1,000
Waters Corp	941848103	723,368	11,215
Watson Pharmaceutica	94263103	1,044,687	38,450
Weatherford Intl Inc	947074100	49,590	1,000
Wells Fargo & Co.	949746101	23,750	1,000
Wells Fargo Cap Tr	94976Y207	23,940	1,000
WGL Holdings	92924F106	15,633	450
Williams Companies	969457100	80,620	2,000
Wilmington Trust Cor	971807102	26,440	1,000
Wm Wrigley Jr	982526105	56,391	725
Wyeth	983024100	766,593	15,984
Xerox Corp.	984121103	36,951	2,725
YRC Worldwide	984249102	240,225	16,155
Zhone Technologies I	98950P108	171	219