

FORM 13F
Information Table 12/31/08

Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
3Com Corp	885535104	3	1,400	SH	SOLE	NONE	1,400
3M Company	88579Y101	5,793	100,675	SH	SOLE	NONE	100,675
A E S Corp	00130H105	2	200	SH	SOLE	NONE	200
A T & T Corp.	00206R102	8,807	309,005	SH	SOLE	NONE	309,005
Ab Svensk Expor	002546539	25	4,200	SH	SOLE	NONE	4,200
ABB AG ORD CHF	00256X991	36	2,370	SH	SOLE	NONE	2,370
Abbott Labs	002824100	687	12,864	SH	SOLE	NONE	12,864
ADC Telecom	000886101	6	1,169	SH	SOLE	NONE	1,169
AFLAC Inc.	001055102	17	360	SH	SOLE	NONE	360
Agco Corp	001084102	7	290	SH	SOLE	NONE	290
Agilent Technol	00846U101	2	100	SH	SOLE	NONE	100
Air Products &	009158106	21	410	SH	SOLE	NONE	410
Albemarle Corp	012653101	33	1,500	SH	SOLE	NONE	1,500
Alberto-Culver	013068101	6	225	SH	SOLE	NONE	225
Allstate Corp C	020002101	191	5,839	SH	SOLE	NONE	5,839
Alpine Total Dy	021060108	1	180	SH	SOLE	NONE	180
Ameren Corp	023608102	86	2,600	SH	SOLE	NONE	2,600
American Cap St	024937104	1	129	SH	SOLE	NONE	129
American Expres	025816109	62	3,335	SH	SOLE	NONE	3,335
American Intern	026874107	3	2,135	SH	SOLE	NONE	2,135
American Tower	029912201	1	20	SH	SOLE	NONE	20
Ameriprise Fina	031897101	8	322	SH	SOLE	NONE	322
Ameron Internat	30710107	6	100	SH	SOLE	NONE	100
Amgen Inc.	031162100	12	204	SH	SOLE	NONE	204
Anadarko Petrol	032511107	5,910	153,298	SH	SOLE	NONE	153,298
Apache Corp	037411105	1,375	18,445	SH	SOLE	NONE	18,445
Apple Computer	037833100	4	52	SH	SOLE	NONE	52
Applied Materia	038222105	131	12,919	SH	SOLE	NONE	12,919
Aptargroup Inc	038336103	3	90	SH	SOLE	NONE	90
Ascent Media Co	043632108	1	3	SH	SOLE	NONE	3
Autodesk, Inc.	052769106	829	42,175	SH	SOLE	NONE	42,175
Automatic Data	053015103	231	5,883	SH	SOLE	NONE	5,883
Avery Dennison	053611109	14	424	SH	SOLE	NONE	424
B M C Software	055921100	1,059	39,360	SH	SOLE	NONE	39,360
B P Prudhoe Bay	055630107	15	200	SH	SOLE	NONE	200
Bac Cap Tr III	05518E202	9	500	SH	SOLE	NONE	500
Badger Meter	056525108	1	20	SH	SOLE	NONE	20
Baker Hughes In	057224107	16	500	SH	SOLE	NONE	500
Bank of America	060505104	10	727	SH	SOLE	NONE	727
Bank of NY Co I	064057102	48	1,696	SH	SOLE	NONE	1,696
Becton Dickinso	075887109	3	51	SH	SOLE	NONE	51
Berkshire Hatha	084670108	97	1	SH	SOLE	NONE	1
Berkshire Hatha	084670207	231	72	SH	SOLE	NONE	72
BHP Billiton Lt	088606108	15	350	SH	SOLE	NONE	350

Biogen IDEC Inc	09062X103	1,435	30,135 SH	SOLE	NONE	30,135
Blkrck Muniyiel	09254F100	13	1,300 SH	SOLE	NONE	1,300
BP Amoco Plc Ad	055622104	10,438	223,324 SH	SOLE	NONE	223,324
Brady Corp CI A	104674106	48	2,000 SH	SOLE	NONE	2,000
Bristol-Myers S	110122108	119	5,100 SH	SOLE	NONE	5,100
Bruker Corporat	116794108	2	418 SH	SOLE	NONE	418
Burlington Nort	121897102	23	300 SH	SOLE	NONE	300
C B S Corporati	124857202	1	166 SH	SOLE	NONE	166
C V S Corp Del	126650100	30	1,042 SH	SOLE	NONE	1,042
Cabot Oil & Gas	127097103	44	1,700 SH	SOLE	NONE	1,700
California Wate	130788102	3	75 SH	SOLE	NONE	75
Canon Inc Adr J	138006309	24	750 SH	SOLE	NONE	750
Cardinal Health	14149Y108	23	675 SH	SOLE	NONE	675
Caterpillar Inc	149123101	16	360 SH	SOLE	NONE	360
Cemex Sa Adr Ne	151290889	241	26,315 SH	SOLE	NONE	26,315
Cerner Corp.	156782104	3,964	103,090 SH	SOLE	NONE	103,090
Check Pt Softwa	M22465104	4,580	241,185 SH	SOLE	NONE	241,185
Chevrontexaco C	166764100	351	4,749 SH	SOLE	NONE	4,749
Chipotle Mexica	169656105	9	150 SH	SOLE	NONE	150
Chubb Corp	171232101	43	848 SH	SOLE	NONE	848
Cigna Corp.	125509109	32	1,908 SH	SOLE	NONE	1,908
Cimarex Energy	171798101	1,995	74,505 SH	SOLE	NONE	74,505
Cisco Systems I	17275R102	706	43,321 SH	SOLE	NONE	43,321
Citigroup	172967101	206	30,705 SH	SOLE	NONE	30,705
Clorox Co.	189054109	6,755	121,588 SH	SOLE	NONE	121,588
Coca Cola Compa	191216100	170	3,748 SH	SOLE	NONE	3,748
Colgate Palmoli	194162103	67	982 SH	SOLE	NONE	982
Comcast Corp Ne	20030N101	8	472 SH	SOLE	NONE	472
Compagnie Gener	204386106	7	500 SH	SOLE	NONE	500
Con Edison Co o	209111103	1,784	45,821 SH	SOLE	NONE	45,821
Conocophillips	20825C104	4,458	86,053 SH	SOLE	NONE	86,053
Cooper Industri	G24182100	11	360 SH	SOLE	NONE	360
Corning Inc.	219350105	12	1,238 SH	SOLE	NONE	1,238
Costco Wholesal	22160K105	16	300 SH	SOLE	NONE	300
Covidien Ltd	G2552X108	2	50 SH	SOLE	NONE	50
Daimlerchrysler	D1668R123	15	386 SH	SOLE	NONE	386
Deere & Co.	244199105	19	500 SH	SOLE	NONE	500
Dell Inc	247025109	3	300 SH	SOLE	NONE	300
Devon Energy Co	25179M103	61	928 SH	SOLE	NONE	928
Dionex Corp.	254546104	45	1,000 SH	SOLE	NONE	1,000
Discovery Commu	25470F302	1	30 SH	SOLE	NONE	30
Discovery Holdi	2548Y1070	1	30 SH	SOLE	NONE	30
Disney (Walt)	254687106	4	197 SH	SOLE	NONE	197
Donnelley R R &	257867101	54	4,000 SH	SOLE	NONE	4,000
Dover Corp	260003108	49	1,500 SH	SOLE	NONE	1,500
Du Pont De Nemo	263534109	382	15,102 SH	SOLE	NONE	15,102
Duke Realty Cor	264411505	1	95 SH	SOLE	NONE	95
E M C Corp	268648102	34	3,270 SH	SOLE	NONE	3,270
Earthshell Corp	27032B209	1	141 SH	SOLE	NONE	141
Eastman Kodak	277461109	2	300 SH	SOLE	NONE	300
Eaton Vance Mun	27826U108	12	1,500 SH	SOLE	NONE	1,500
Eaton Vance Tax	27829C105	2	194 SH	SOLE	NONE	194

Ebara Corp	J12600128	2	1,000 SH	SOLE	NONE	1,000
Ebay Inc	278642103	17	1,210 SH	SOLE	NONE	1,210
Eclipsys Corp	278856109	323	22,740 SH	SOLE	NONE	22,740
Eldorado Artesi	28468C208	3	2,000 SH	SOLE	NONE	2,000
Eli Lilly	532457108	88	2,185 SH	SOLE	NONE	2,185
Emerson Electri	291011104	723	19,740 SH	SOLE	NONE	19,740
Encana Corp	292505104	2,996	64,455 SH	SOLE	NONE	64,455
Enron Oil and G	26875P101	30	450 SH	SOLE	NONE	450
Ensco Int'l Inc	26874Q100	116	4,100 SH	SOLE	NONE	4,100
Enterprise Prod	293792107	21	1,000 SH	SOLE	NONE	1,000
Everest Re Cap	29980R202	33	2,000 SH	SOLE	NONE	2,000
Everest Re Grou	G3223R108	8	100 SH	SOLE	NONE	100
Evergreen Solar	30033R108	4	1,400 SH	SOLE	NONE	1,400
Exxon Mobil Cor	30231G102	1,895	23,742 SH	SOLE	NONE	23,742
Fairpoint Commu	305560104	3	797 SH	SOLE	NONE	797
FDX Corp	31428X106	42	660 SH	SOLE	NONE	660
Fidelity Natl F	316326107	3	143 SH	SOLE	NONE	143
Fidelity Natl I	31620M10	9	573 SH	SOLE	NONE	573
Fifth Third Ban	689389104	5	600 SH	SOLE	NONE	600
First American	318522307	8	270 SH	SOLE	NONE	270
First Israel Fu	32063L100	3	400 SH	SOLE	NONE	400
First Solar Inc	336433107	8	60 SH	SOLE	NONE	60
Fiserv Inc.	337738108	7	200 SH	SOLE	NONE	200
Flextronics Int	Y2573F102	406	158,450 SH	SOLE	NONE	158,450
Flow Internatio	343468104	5	2,000 SH	SOLE	NONE	2,000
Fmc Technologie	30249U101	7	275 SH	SOLE	NONE	275
Fortune Brands	349631101	7	171 SH	SOLE	NONE	171
FPL Group	302571104	38	758 SH	SOLE	NONE	758
Freeport McMora	35671D857	24	1,000 SH	SOLE	NONE	1,000
Fresenius Med C	358029106	24	500 SH	SOLE	NONE	500
Frontline Ltd C	G3682E127	9	290 SH	SOLE	NONE	290
Gamesa Cp Tech	E54667113	2,488	140,520 SH	SOLE	NONE	140,520
Gannett Co.	364730101	1,171	146,345 SH	SOLE	NONE	146,345
General Electri	369604103	1,137	70,165 SH	SOLE	NONE	70,165
Genuine Parts	372460105	379	10,000 SH	SOLE	NONE	10,000
Genworth Financ	37247D106	1	116 SH	SOLE	NONE	116
Glaxosmithkline	832378301	30	800 SH	SOLE	NONE	800
Goldman Sachs G	38141G104	13	157 SH	SOLE	NONE	157
Google Inc Clas	38259P508	1	5 SH	SOLE	NONE	5
Google Inc Clas	38259P508	15	50 SH	SOLE	NONE	50
Gulfmark Offsho	402629109	24	1,000 SH	SOLE	NONE	1,000
H&Q Life Scienc	404053100	4	500 SH	SOLE	NONE	500
Hain Foods	405217100	11	550 SH	SOLE	NONE	550
Hancock John Pa	41013T105	15	2,100 SH	SOLE	NONE	2,100
Hancock John Pf	41013X106	11	806 SH	SOLE	NONE	806
Hansen Medical	411307101	14	2,000 SH	SOLE	NONE	2,000
Harley Davidson	412822108	1	25 SH	SOLE	NONE	25
Harris Corp Del	413875105	38	1,000 SH	SOLE	NONE	1,000
Hawaiian Elec I	419870100	15	700 SH	SOLE	NONE	700
Heinz (H.J.)	423074103	10	270 SH	SOLE	NONE	270
Henry Jack & As	426281101	3	173 SH	SOLE	NONE	173
Hewlett-Packard	428236103	2	68 SH	SOLE	NONE	68

Hologic Inc	436440101	13	1,000 SH	SOLE	NONE	1,000
Home Depot	437076102	17	758 SH	SOLE	NONE	758
Honda Motor Co	438128308	1,004	47,045 SH	SOLE	NONE	47,045
Honeywell Inc.	438506107	8	257 SH	SOLE	NONE	257
Hospira	441060100	50	1,875 SH	SOLE	NONE	1,875
HSBC Holdings P	404280406	83	1,700 SH	SOLE	NONE	1,700
Hsn Inc	404303109	1	3 SH	SOLE	NONE	3
Hubbell Inc. Cl	443510201	555	16,980 SH	SOLE	NONE	16,980
Hugoton Royalty	444717102	5	300 SH	SOLE	NONE	300
Hydrogenics Cor	448882100	8	19,425 SH	SOLE	NONE	19,425
IAC/Interactive	44919P300	1	6 SH	SOLE	NONE	6
Id Systems Inc	449489103	1	150 SH	SOLE	NONE	150
Idacorp Inc	451107106	1,232	41,850 SH	SOLE	NONE	41,850
Illinois Tool W	452308109	39	1,120 SH	SOLE	NONE	1,120
Immersion Corp	452521107	3	500 SH	SOLE	NONE	500
Immunogen Inc.	45253H101	4	1,000 SH	SOLE	NONE	1,000
Ims Health Inc	449934108	26	1,720 SH	SOLE	NONE	1,720
Ingersoll-Rand	G4776G101	1	60 SH	SOLE	NONE	60
Intel Corp.	458140100	26	1,783 SH	SOLE	NONE	1,783
Inter'l Flavors	459506101	18	600 SH	SOLE	NONE	600
International B	459200101	9,251	109,920 SH	SOLE	NONE	109,920
Interval Leisur	46113M108	1	2 SH	SOLE	NONE	2
Intuitive Surgi	46120E602	3	25 SH	SOLE	NONE	25
Ishares Tr Lehm	464288661	5	40 SH	SOLE	NONE	40
Ishares Tr Russ	464287614	28	750 SH	SOLE	NONE	750
Isis Pharmaceut	464330109	3	200 SH	SOLE	NONE	200
Itron Inc New	465741106	3,695	57,975 SH	SOLE	NONE	57,975
ITT Corporation	450912100	7	150 SH	SOLE	NONE	150
ITT Hartford Gr	45068H106	14	845 SH	SOLE	NONE	845
Ivanhoe Energy	465790103	1	2,500 SH	SOLE	NONE	2,500
Jetblue Airways	477143101	231	32,500 SH	SOLE	NONE	32,500
John Bean Techs	477839104	1	59 SH	SOLE	NONE	59
Johnson & Johns	478160104	5,704	95,331 SH	SOLE	NONE	95,331
Johnson Control	478366107	11	620 SH	SOLE	NONE	620
Kinder Morgan E	494550106	27	600 SH	SOLE	NONE	600
Kyocera Ltd Adr	501556203	11,300	156,145 SH	SOLE	NONE	156,145
L-3 Communicati	502424104	37	500 SH	SOLE	NONE	500
Lab Cp Of Amer	50540R409	58	900 SH	SOLE	NONE	900
Leggett & Platt	524660107	7	435 SH	SOLE	NONE	435
Lender Processi	52602E102	8	286 SH	SOLE	NONE	286
Liberty Global	530555309	1	30 SH	SOLE	NONE	30
Liberty Global	530555101	1	30 SH	SOLE	NONE	30
Liberty Media C	53071M500	2	120 SH	SOLE	NONE	120
Lionbridge Tech	536252109	1	1,000 SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	43	2,020 SH	SOLE	NONE	2,020
M B N A Capital	55270B201	14	750 SH	SOLE	NONE	750
McDonald's Corp	580135101	14	227 SH	SOLE	NONE	227
McGraw-Hill	580645109	48	2,050 SH	SOLE	NONE	2,050
Medco Health	58405U102	6	132 SH	SOLE	NONE	132
Medtronic Inc.	585055106	5,505	175,200 SH	SOLE	NONE	175,200
Merchant's Banc	588448100	102	5,402 SH	SOLE	NONE	5,402
Merck & Co.	589331107	62	2,052 SH	SOLE	NONE	2,052

Meridian Resour	58977Q109	1	2,000 SH	SOLE	NONE	2,000
Merrill Lynch	590188108	1	25 SH	SOLE	NONE	25
Metavante Techn	591407101	4	226 SH	SOLE	NONE	226
Metlife Inc	59156R108	35	1,000 SH	SOLE	NONE	1,000
Met-Pro Corp	590876306	20	1,483 SH	SOLE	NONE	1,483
Microsoft Corp.	594918104	3,347	172,191 SH	SOLE	NONE	172,191
Morgan Stanley	617446109	1	7 SH	SOLE	NONE	7
Morgan Stnly Ca	617462205	7	500 SH	SOLE	NONE	500
NACCO Ind	629579103	26	700 SH	SOLE	NONE	700
Nalco Chemical	629853102	1	55 SH	SOLE	NONE	55
National Oilwel	669930109	5	224 SH	SOLE	NONE	224
Natural Gas Ser	63886Q109	10	1,000 SH	SOLE	NONE	1,000
NCR Corp	62886E108	652	46,119 SH	SOLE	NONE	46,119
New York Cmnty	649445103	19	1,600 SH	SOLE	NONE	1,600
New York Times	650111107	216	29,430 SH	SOLE	NONE	29,430
Newmont Mining	651639106	33	800 SH	SOLE	NONE	800
Newpark Resourc	651718504	7	2,000 SH	SOLE	NONE	2,000
Nfj Dividend In	65337H109	2	140 SH	SOLE	NONE	140
NICOR Inc.	654086107	3	75 SH	SOLE	NONE	75
Nokia	654902204	4,966	318,318 SH	SOLE	NONE	318,318
Nortel Networks	656568102	1	70 SH	SOLE	NONE	70
Northern Spring	665725107	74	1,800 SH	SOLE	NONE	1,800
Northwest Natur	667655104	4	100 SH	SOLE	NONE	100
Novartis A G Sp	66987V109	7,135	143,395 SH	SOLE	NONE	143,395
Novo Nordisk A/	670100205	703	13,670 SH	SOLE	NONE	13,670
Nstar	67019E107	11	315 SH	SOLE	NONE	315
Nuveen Insd Div	67071L106	17	1,500 SH	SOLE	NONE	1,500
Nuveen Mun Valu	670928100	13	1,500 SH	SOLE	NONE	1,500
Nuveen NY Div A	67070A101	45	4,700 SH	SOLE	NONE	4,700
Nvidia Corp	67066G104	390	48,305 SH	SOLE	NONE	48,305
Oneok Inc.	682678107	29	1,000 SH	SOLE	NONE	1,000
Opentv Corp Cla	G67543101	1	72 SH	SOLE	NONE	72
Oracle Systems	68389X105	581	32,795 SH	SOLE	NONE	32,795
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE	300
Oshkosh Truck C	688239201	1	100 SH	SOLE	NONE	100
Owens & Minor I	690730106	88	2,335 SH	SOLE	NONE	2,335
Paychex Inc	704326107	16	621 SH	SOLE	NONE	621
Pepco Holdings	737679100	5	305 SH	SOLE	NONE	305
Pepsico Inc.	713448108	230	4,201 SH	SOLE	NONE	4,201
Perkinelmer Inc	714046109	46	3,298 SH	SOLE	NONE	3,298
Petro Canada Va	71644E102	7	300 SH	SOLE	NONE	300
Petroleo Brasil	71654V408	73	3,000 SH	SOLE	NONE	3,000
Pfizer Inc.	717081103	53	2,990 SH	SOLE	NONE	2,990
Piedmont Natura	720186105	25	800 SH	SOLE	NONE	800
Pimco Muni Inco	72200W106	3	500 SH	SOLE	NONE	500
Pioneer Natural	723787107	1	86 SH	SOLE	NONE	86
Pitney Bowes	724479100	9	350 SH	SOLE	NONE	350
Plains Expl & P	726505100	1	55 SH	SOLE	NONE	55
Plug Power Inc	72919P103	1	66 SH	SOLE	NONE	66
Plum Creek Timb	729237107	11	312 SH	SOLE	NONE	312
PNC Financial S	693475105	15	300 SH	SOLE	NONE	300
Polycom Inc	73172K104	2	137 SH	SOLE	NONE	137

Popular Inc	733174106	6	1,250 SH	SOLE	NONE	1,250
PPG Industries	693506107	13	300 SH	SOLE	NONE	300
Praxair Inc.	74005P104	19	319 SH	SOLE	NONE	319
Pride Intl Inc	74153Q102	16	1,000 SH	SOLE	NONE	1,000
Procera Network	74269U104	3	2,900 SH	SOLE	NONE	2,900
Procter & Gambl	742718109	3,292	53,256 SH	SOLE	NONE	53,256
Progress Energy	743263105	40	1,000 SH	SOLE	NONE	1,000
Prologis	743410102	6	432 SH	SOLE	NONE	432
Q-Cells AG	D623R103	8	285 SH	SOLE	NONE	285
Quest Diagnosti	74834L100	756	14,555 SH	SOLE	NONE	14,555
Renaissancere	G7498P309	16	1,000 SH	SOLE	NONE	1,000
Roper Industrie	776696106	9	200 SH	SOLE	NONE	200
Roth & Rau Ag O	D66040102	548	26,000 SH	SOLE	NONE	26,000
Rowan Co.	779382100	2	150 SH	SOLE	NONE	150
Royal Dutch She	780259206	226	4,261 SH	SOLE	NONE	4,261
RPM Internation	749685103	9	650 SH	SOLE	NONE	650
Ryl Bk Scotland	780097879	3	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
Sandisk Corp	80004C101	19	2,000 SH	SOLE	NONE	2,000
Sanyo Electric	J68897107	1,053	575,000 SH	SOLE	NONE	575,000
Sara Lee Corp.	803111103	8	800 SH	SOLE	NONE	800
Schering-Plough	806605101	65	3,800 SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	48	1,125 SH	SOLE	NONE	1,125
Schneider Elec	F86921107	1,107	15,020 SH	SOLE	NONE	15,020
Smuckers, J.M.	832696207	288	6,638 SH	SOLE	NONE	6,638
Solarworld	D7045Y103	6	425 SH	SOLE	NONE	425
Solucorp Indust	83437C102	1	16,217 SH	SOLE	NONE	16,217
Southern Compan	842587107	14	369 SH	SOLE	NONE	369
Spectra Energy	847560109	16	994 SH	SOLE	NONE	994
Sprint Nextel	852061506	1	273 SH	SOLE	NONE	273
St Jude Medical	790849103	33	1,000 SH	SOLE	NONE	1,000
Staples Inc	855030102	9	500 SH	SOLE	NONE	500
Starwood Htls &	85590A401	8	465 SH	SOLE	NONE	465
State Street Co	857477103	6	143 SH	SOLE	NONE	143
Stericycle Inc	858912108	31	600 SH	SOLE	NONE	600
Stewart Enterpr	860370105	1	400 SH	SOLE	NONE	400
Stryker Corp	863667101	38	950 SH	SOLE	NONE	950
Sunopta Inc	8676EP108	9	5,600 SH	SOLE	NONE	5,600
Sunpower Corp C	867652109	7	180 SH	SOLE	NONE	180
Suntech Power H	86800C104	4	300 SH	SOLE	NONE	300
Sysco Corp	871829107	30	1,300 SH	SOLE	NONE	1,300
T J X Cos Inc	872540109	12	600 SH	SOLE	NONE	600
Target Corp	87612E106	37	1,067 SH	SOLE	NONE	1,067
Teleflex Inc	879369106	24	475 SH	SOLE	NONE	475
Telefonica SA	879382208	161	2,386 SH	SOLE	NONE	2,386
Teva Pharm Inds	881624209	75	1,772 SH	SOLE	NONE	1,772
Texas Instrumen	882508104	501	32,305 SH	SOLE	NONE	32,305
Thermo Fisher S	883556102	24	700 SH	SOLE	NONE	700
Ticketmaster En	88633P302	1	3 SH	SOLE	NONE	3
Time Warner In	887315109	4	360 SH	SOLE	NONE	360
Torchmark Corp.	891027102	9	200 SH	SOLE	NONE	200

Toronto Dominio	891160509	14	382 SH	SOLE	NONE	382
Transmedia Asia	89376P103	1	140 SH	SOLE	NONE	140
Travelers Group	894190107	7	163 SH	SOLE	NONE	163
TrustCo Bank Co	898349105	3	354 SH	SOLE	NONE	354
Tyco Electronic	G9144P105	1	50 SH	SOLE	NONE	50
Tyco Internatio	902120104	1	50 SH	SOLE	NONE	50
U S Bancorp De	902973304	3	100 SH	SOLE	NONE	100
Ultralife Batte	903899102	9	700 SH	SOLE	NONE	700
Unilever N.V.	904784501	29	1,200 SH	SOLE	NONE	1,200
Unilever Plc Ad	904767704	4,311	187,290 SH	SOLE	NONE	187,290
Union Pacific	907818108	134	2,800 SH	SOLE	NONE	2,800
United Parcel S	911312106	53	958 SH	SOLE	NONE	958
United Technolo	913017109	107	1,999 SH	SOLE	NONE	1,999
Usana Health Sc	90328M107	7	200 SH	SOLE	NONE	200
Usb Capital Xii	903305209	23	1,000 SH	SOLE	NONE	1,000
Van Kampen Dyna	921166104	2	300 SH	SOLE	NONE	300
Verizon Communi	92343V104	1,431	42,201 SH	SOLE	NONE	42,201
Vermont Pure Ho	924237100	1	600 SH	SOLE	NONE	600
Vestas Wind Sys	K9773J128	63	1,115 SH	SOLE	NONE	1,115
Volvo AB ADR Cl	928856400	3	625 SH	SOLE	NONE	625
Wachovia Corp.	929903102	7	1,255 SH	SOLE	NONE	1,255
Walgreen Co.	931422109	542	21,975 SH	SOLE	NONE	21,975
Wal-Mart Stores	931142103	6	105 SH	SOLE	NONE	105
Warren Resource	93564A100	2	1,000 SH	SOLE	NONE	1,000
Washington Mutu	939322103	1	120 SH	SOLE	NONE	120
Watson Pharmace	94263103	1,052	39,610 SH	SOLE	NONE	39,610
Weatherford Int	947074100	11	1,000 SH	SOLE	NONE	1,000
Wells Fargo & C	949746101	5	157 SH	SOLE	NONE	157
WGL Holdings	92924F106	15	450 SH	SOLE	NONE	450
Whole Foods Mar	966837106	1,869	198,025 SH	SOLE	NONE	198,025
Williams Compan	969457100	29	2,000 SH	SOLE	NONE	2,000
Wilmington Trus	971807102	22	1,000 SH	SOLE	NONE	1,000
Winn-Dixie Stor	974280109	13	1,447 SH	SOLE	NONE	1,447
Wyeth	983024100	675	17,990 SH	SOLE	NONE	17,990
Xcel Energy Inc	98389B100	1	35 SH	SOLE	NONE	35
Xerox Corp.	984121103	22	2,725 SH	SOLE	NONE	2,725
XTO Energy Inc	98385X106	1,653	46,867 SH	SOLE	NONE	46,867
Yahoo Inc	984332106	2	200 SH	SOLE	NONE	200
YRC Worldwide	984249102	46	16,155 SH	SOLE	NONE	16,155
YUM Brands Inc.	895953107	2	72 SH	SOLE	NONE	72
Zhone Technolog	98950P108	1	219 SH	SOLE	NONE	219
Zimmer Holdings	98956P102	1	20 SH	SOLE	NONE	20
Zurich Llc Ern	98878WAA0	1	108 SH	SOLE	NONE	108

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