

FORM 13F  
Information Table 03/31/2009

Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgns	Voting Auth
3Com Corp	885535104	11	3,700	SH	SOLE	NONE	3,700
3M Company	88579Y101	5,104	102,661	SH	SOLE	NONE	102,661
A E S Corp	00130H105	1	200	SH	SOLE	NONE	200
A T & T Corp.	00206R102	8,377	332,401	SH	SOLE	NONE	332,401
Ab Svensk Expor	002546539	24	4,200	SH	SOLE	NONE	4,200
ABB AG ORD CHF	00256X991	2,255	161,735	SH	SOLE	NONE	161,735
Abbott Labs	002824100	471	9,864	SH	SOLE	NONE	9,864
ADC Telecom	000886101	5	1,169	SH	SOLE	NONE	1,169
Adobe Systems	00724F101	6	300	SH	SOLE	NONE	300
Agco Corp	001084102	6	290	SH	SOLE	NONE	290
Agilent Technol	00846U101	2	100	SH	SOLE	NONE	100
Air Products &	009158106	23	410	SH	SOLE	NONE	410
Albemarle Corp	012653101	33	1,500	SH	SOLE	NONE	1,500
Allstate Corp C	020002101	119	6,239	SH	SOLE	NONE	6,239
Ameren Corp (H)	023608102	46	2,000	SH	SOLE	NONE	2,000
American Expres	025816109	95	6,935	SH	SOLE	NONE	6,935
American Intern	026874107	2	2,135	SH	SOLE	NONE	2,135
American Tower	029912201	1	20	SH	SOLE	NONE	20
Ameriprise Fina	031897101	7	322	SH	SOLE	NONE	322
Ameron Internat	030710107	45	850	SH	SOLE	NONE	850
Amgen Inc.	031162100	10	204	SH	SOLE	NONE	204
Anadarko Petrol	032511107	1,172	30,135	SH	SOLE	NONE	30,135
Apache Corp	037411105	1,185	18,485	SH	SOLE	NONE	18,485
Apple Computer	037833100	63	601	SH	SOLE	NONE	601
Applied Materia	038222105	322	29,919	SH	SOLE	NONE	29,919
Ascent Media Co	043632108	1	7	SH	SOLE	NONE	7
Autodesk, Inc.	052769106	709	42,175	SH	SOLE	NONE	42,175
Automatic Data	053015103	200	5,683	SH	SOLE	NONE	5,683
Avery Dennison	053611109	46	2,064	SH	SOLE	NONE	2,064
Avon Products	054303102	38	2,000	SH	SOLE	NONE	2,000
B M C Software	055921100	1,299	39,360	SH	SOLE	NONE	39,360
B P Prudhoe Bay	055630107	13	200	SH	SOLE	NONE	200
Bac Cap Tr III	05518E202	6	500	SH	SOLE	NONE	500
Badger Meter	056525108	1	20	SH	SOLE	NONE	20
Baker Hughes In	057224107	14	500	SH	SOLE	NONE	500
Bank Montreal Q	063671101	10	400	SH	SOLE	NONE	400
Bank Of America	060505583	4	700	SH	SOLE	NONE	700
Bank of America	060505104	26	3,848	SH	SOLE	NONE	3,848
Bank of NY Co I	064057102	48	1,696	SH	SOLE	NONE	1,696
Baxter Intern'l	071813109	12	232	SH	SOLE	NONE	232
Becton Dickinso	075887109	1	3	SH	SOLE	NONE	3
Bemis Co.	081437105	10	500	SH	SOLE	NONE	500
Berkshire Hatha	084670108	87	1	SH	SOLE	NONE	1
Berkshire Hatha	084670207	228	81	SH	SOLE	NONE	81
BHP Billiton Lt	088606108	16	350	SH	SOLE	NONE	350
Biogen IDEC Inc	09062X103	1,580	30,135	SH	SOLE	NONE	30,135

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Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgns	Voting Auth
Blkrck Muniyel	09254F100	22	1,900	SH	SOLE	NONE	1,900
BNY Cap V Tr Pr	09656H209	5	279	SH	SOLE	NONE	279
Boston Scientif	101137107	91	11,500	SH	SOLE	NONE	11,500
BP Amoco Plc Ad	055622104	9,341	232,951	SH	SOLE	NONE	232,951
Bp Plc Ord	G12793108	18	2,624	SH	SOLE	NONE	2,624
Brady Corp Cl A	104674106	35	2,000	SH	SOLE	NONE	2,000
Bristol-Myers S	110122108	114	5,200	SH	SOLE	NONE	5,200
Bruker Corporat	116794108	3	418	SH	SOLE	NONE	418
Burlington Nort	121897102	18	300	SH	SOLE	NONE	300
C B S Corporati	124857202	1	166	SH	SOLE	NONE	166
C V S Corp Del	126650100	29	1,042	SH	SOLE	NONE	1,042
Cabot Oil & Gas	127097103	40	1,700	SH	SOLE	NONE	1,700
California Wate	130788102	3	75	SH	SOLE	NONE	75
Canon Inc Adr J	138006309	22	750	SH	SOLE	NONE	750
Cardinal Health	14149Y108	74	2,335	SH	SOLE	NONE	2,335
Carlisle Cos.	142339100	24	1,200	SH	SOLE	NONE	1,200
Caterpillar Inc	149123101	10	360	SH	SOLE	NONE	360
Cemex Sa Adr Ne	151290889	164	26,316	SH	SOLE	NONE	26,316
Cerner Corp.	156782104	5,956	135,461	SH	SOLE	NONE	135,461
Check Pt Softwa	M22465104	5,311	239,145	SH	SOLE	NONE	239,145
Chevrontexaco C	166764100	438	6,521	SH	SOLE	NONE	6,521
Chipotle Mexica	169656105	10	150	SH	SOLE	NONE	150
Chubb Corp	171232101	36	848	SH	SOLE	NONE	848
Cigna Corp.	125509109	34	1,908	SH	SOLE	NONE	1,908
Cimarex Energy	171798101	1,365	74,261	SH	SOLE	NONE	74,261
Cisco Systems I	17275R102	738	44,009	SH	SOLE	NONE	44,009
Citigroup	172967101	82	32,600	SH	SOLE	NONE	32,600
Clorox Co.	189054109	6,293	122,236	SH	SOLE	NONE	122,236
Coca Cola Compa	191216100	181	4,118	SH	SOLE	NONE	4,118
Colgate Palmoli	194162103	38	644	SH	SOLE	NONE	644
Comcast Corp Ne	20030N101	6	472	SH	SOLE	NONE	472
Compagnie Gener	204386106	6	500	SH	SOLE	NONE	500
Con Edison Co o	209111103	1,890	47,721	SH	SOLE	NONE	47,721
Conocophillips	20825C104	3,369	86,038	SH	SOLE	NONE	86,038
Corning Inc.	219350105	19	1,438	SH	SOLE	NONE	1,438
Covidien Ltd	G2552X108	2	50	SH	SOLE	NONE	50
Cymer Inc	232572107	38	1,700	SH	SOLE	NONE	1,700
Daimlerchrysler	D1668R123	10	386	SH	SOLE	NONE	386
Deere & Co.	244199105	16	500	SH	SOLE	NONE	500
Dell Inc	247025109	24	2,500	SH	SOLE	NONE	2,500
Devon Energy Co	25179M103	41	928	SH	SOLE	NONE	928
Dionex Corp.	254546104	47	1,000	SH	SOLE	NONE	1,000
Discovery Commu	25470F302	1	70	SH	SOLE	NONE	70
Discovery Holdi	2548Y1070	1	70	SH	SOLE	NONE	70
Disney (Walt)	254687106	4	197	SH	SOLE	NONE	197
Dominion Resour	25746U109	10	336	SH	SOLE	NONE	336

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Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
Donnelley R R &	257867101	29	4,000	SH	SOLE	NONE	4,000
Dover Corp	260003108	45	1,700	SH	SOLE	NONE	1,700
Du Pont De Nemo	263534109	341	15,261	SH	SOLE	NONE	15,261
Duke Realty Cor	264411505	1	95	SH	SOLE	NONE	95
E M C Corp	268648102	378	33,170	SH	SOLE	NONE	33,170
Earthshell Corp	27032B209	1	141	SH	SOLE	NONE	141
Eastman Kodak	277461109	1	300	SH	SOLE	NONE	300
Eaton Corp	278058102	55	1,500	SH	SOLE	NONE	1,500
Eaton Vance Mun	27826U108	14	1,500	SH	SOLE	NONE	1,500
Ebara Corp	J12600128	2	1,000	SH	SOLE	NONE	1,000
Ebay Inc	278642103	60	4,810	SH	SOLE	NONE	4,810
Eclipsys Corp	278856109	266	26,280	SH	SOLE	NONE	26,280
Eldorado Artesi	28468C208	2	2,000	SH	SOLE	NONE	2,000
Eli Lilly	532457108	73	2,185	SH	SOLE	NONE	2,185
Emerson Electri	291011104	602	21,060	SH	SOLE	NONE	21,060
Encana Corp	292505104	2,298	56,575	SH	SOLE	NONE	56,575
Enron Oil and G	26875P101	25	450	SH	SOLE	NONE	450
Ensco Int'l Inc	26874Q100	109	4,130	SH	SOLE	NONE	4,130
Enterprise Prod	293792107	22	1,000	SH	SOLE	NONE	1,000
Everest Re Cap	29980R202	33	2,000	SH	SOLE	NONE	2,000
Everest Re Grou	G3223R108	7	100	SH	SOLE	NONE	100
Evergreen Solar	30033R108	3	1,400	SH	SOLE	NONE	1,400
Exxon Mobil Cor	30231G102	1,876	27,542	SH	SOLE	NONE	27,542
FDX Corp	31428X106	29	660	SH	SOLE	NONE	660
Fidelity Natl F	316326107	3	143	SH	SOLE	NONE	143
Fidelity Natl I	31620M10	10	573	SH	SOLE	NONE	573
Fifth Third Ban	689389104	2	600	SH	SOLE	NONE	600
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	494	171,050	SH	SOLE	NONE	171,050
Flow Internatio	343468104	5	2,850	SH	SOLE	NONE	2,850
Fmc Technologie	30249U101	9	275	SH	SOLE	NONE	275
Fortune Brands	349631101	4	171	SH	SOLE	NONE	171
FPL Group	302571104	35	696	SH	SOLE	NONE	696
Fresenius Med C	358029106	19	500	SH	SOLE	NONE	500
Frontline Ltd C	G3682E127	5	290	SH	SOLE	NONE	290
Gamesa Cp Tech	E54667113	1,798	140,160	SH	SOLE	NONE	140,160
Gannett Co.	364730101	322	146,138	SH	SOLE	NONE	146,138
General Electri	369604103	762	75,393	SH	SOLE	NONE	75,393
Genuine Parts	372460105	299	10,000	SH	SOLE	NONE	10,000
Genworth Financ	37247D106	1	116	SH	SOLE	NONE	116
Glaxosmithkline	832378301	25	800	SH	SOLE	NONE	800
Goldman Sachs G	38141G104	17	157	SH	SOLE	NONE	157
Google Inc Clas	38259P508	17	50	SH	SOLE	NONE	50
Gorman Rupp Com	383082104	20	1,000	SH	SOLE	NONE	1,000

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Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
Green Mountain	393122106	29	600	SH	SOLE	NONE	600
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	68	4,750	SH	SOLE	NONE	4,750
Hancock John Pa	41013T105	13	2,100	SH	SOLE	NONE	2,100
Hancock John Pf	41013X106	9	806	SH	SOLE	NONE	806
Hansen Medical	411307101	8	2,000	SH	SOLE	NONE	2,000
Harley Davidson	412822108	1	25	SH	SOLE	NONE	25
Harris Corp Del	413875105	29	1,000	SH	SOLE	NONE	1,000
Hawaiian Elec I	419870100	10	700	SH	SOLE	NONE	700
Heinz (H.J.)	423074103	1,837	55,560	SH	SOLE	NONE	55,560
Hewlett-Packard	428236103	2	68	SH	SOLE	NONE	68
Hologic Inc	436440101	13	1,000	SH	SOLE	NONE	1,000
Home Depot	437076102	18	758	SH	SOLE	NONE	758
Honeywell Inc.	438506107	7	257	SH	SOLE	NONE	257
Hospira	441060100	434	14,075	SH	SOLE	NONE	14,075
HSBC Holdings P	404280406	28	1,000	SH	SOLE	NONE	1,000
Hsn Inc	404303109	1	3	SH	SOLE	NONE	3
Hubbell Inc. Cl	443510102	18	700	SH	SOLE	NONE	700
Hubbell Inc. Cl	443510201	514	19,080	SH	SOLE	NONE	19,080
Hugoton Royalty	444717102	8	800	SH	SOLE	NONE	800
Hydrogenics Cor	448882100	8	19,265	SH	SOLE	NONE	19,265
IAC/Interactive	44919P300	1	6	SH	SOLE	NONE	6
Id Systems Inc	449489103	1	150	SH	SOLE	NONE	150
Idacorp Inc	451107106	978	41,850	SH	SOLE	NONE	41,850
Illinois Tool W	452308109	87	2,820	SH	SOLE	NONE	2,820
Immersion Corp	452521107	1	500	SH	SOLE	NONE	500
Immunogen Inc.	45253H101	7	1,000	SH	SOLE	NONE	1,000
Ims Health Inc	449934108	21	1,720	SH	SOLE	NONE	1,720
Ingersoll-Rand	G4776G101	1	60	SH	SOLE	NONE	60
Integrys Energy	45822P105	13	517	SH	SOLE	NONE	517
Intel Corp.	458140100	27	1,783	SH	SOLE	NONE	1,783
Inter'l Flavors	459506101	94	3,100	SH	SOLE	NONE	3,100
International B	459200101	3,204	33,070	SH	SOLE	NONE	33,070
Interval Leisur	46113M108	1	2	SH	SOLE	NONE	2
Intuitive Surgi	46120E602	2	25	SH	SOLE	NONE	25
Ishares Tr Russ	464287614	26	750	SH	SOLE	NONE	750
Ishares Tr S&P	464287390	3	100	SH	SOLE	NONE	100
Isis Pharmaceut	464330109	3	200	SH	SOLE	NONE	200
Itron Inc New	465741106	3,013	63,635	SH	SOLE	NONE	63,635
ITT Corporation	450912100	6	150	SH	SOLE	NONE	150
ITT Hartford Gr	45068H106	7	845	SH	SOLE	NONE	845
Ivanhoe Energy	465790103	3	2,500	SH	SOLE	NONE	2,500
J.P. Morgan Cha	46625H100	11	400	SH	SOLE	NONE	400
Jetblue Airways	477143101	119	32,500	SH	SOLE	NONE	32,500
John Bean Techs	477839104	1	59	SH	SOLE	NONE	59

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Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
Johnson & Johns	478160104	5,560	105,706	SH	SOLE	NONE	105,706
Johnson Control	478366107	7	620	SH	SOLE	NONE	620
Kimberly-Clark	494368103	37	800	SH	SOLE	NONE	800
Kinder Morgan E	494550106	28	600	SH	SOLE	NONE	600
Kyocera Ltd Adr	501556203	10,995	164,200	SH	SOLE	NONE	164,200
Lab Cp Of Amer	50540R409	53	900	SH	SOLE	NONE	900
Leggett & Platt	524660107	6	435	SH	SOLE	NONE	435
Lender Processi	52602E102	9	286	SH	SOLE	NONE	286
Liberty Global	530555309	1	70	SH	SOLE	NONE	70
Liberty Global	530555101	1	70	SH	SOLE	NONE	70
Liberty Media C	53071M500	2	120	SH	SOLE	NONE	120
Liberty Propert	531172104	5	250	SH	SOLE	NONE	250
Lionbridge Tech	536252109	1	1,000	SH	SOLE	NONE	1,000
Lowe's Cos.	548661107	37	2,020	SH	SOLE	NONE	2,020
M B N A Capital	55270B201	9	750	SH	SOLE	NONE	750
Manpower Inc	56418H100	57	1,800	SH	SOLE	NONE	1,800
McDonald's Corp	580135101	12	227	SH	SOLE	NONE	227
McGraw-Hill	580645109	102	4,450	SH	SOLE	NONE	4,450
McKesson Corp.	581556107	374	10,675	SH	SOLE	NONE	10,675
Medco Health	58405U102	7	160	SH	SOLE	NONE	160
Medtronic Inc.	585055106	5,350	181,540	SH	SOLE	NONE	181,540
Merchant's Banc	588448100	2	100	SH	SOLE	NONE	100
Merck & Co.	589331107	55	2,052	SH	SOLE	NONE	2,052
Meridian Resour	58977Q109	1	2,000	SH	SOLE	NONE	2,000
Metavante Techn	591407101	5	226	SH	SOLE	NONE	226
Metlife Inc	59156R108	23	1,000	SH	SOLE	NONE	1,000
Met-Pro Corp	590876306	12	1,483	SH	SOLE	NONE	1,483
Microsoft Corp.	594918104	3,202	174,301	SH	SOLE	NONE	174,301
Morgan Stanley	617446109	1	7	SH	SOLE	NONE	7
Morgan Stnly Ca	617462205	7	500	SH	SOLE	NONE	500
NACCO Ind	629579103	19	700	SH	SOLE	NONE	700
Nalco Chemical	629853102	1	55	SH	SOLE	NONE	55
National Oilwel	669930109	6	224	SH	SOLE	NONE	224
Natural Gas Ser	63886Q109	9	1,000	SH	SOLE	NONE	1,000
NCR Corp	62886E108	578	72,694	SH	SOLE	NONE	72,694
New York Cmnty	649445103	18	1,600	SH	SOLE	NONE	1,600
New York Times	650111107	134	29,730	SH	SOLE	NONE	29,730
Newmont Mining	651639106	36	800	SH	SOLE	NONE	800
Newpark Resourc	651718504	5	2,000	SH	SOLE	NONE	2,000
NICOR Inc.	654086107	2	75	SH	SOLE	NONE	75
Nokia	654902204	4,030	345,353	SH	SOLE	NONE	345,353
Nortel Networks	656568102	1	70	SH	SOLE	NONE	70
Northern Spring	665725107	83	1,800	SH	SOLE	NONE	1,800
Northwest Natur	667655104	4	100	SH	SOLE	NONE	100
Novartis A G Sp	66987V109	5,821	153,860	SH	SOLE	NONE	153,860
Novo Nordisk A/	670100205	705	14,685	SH	SOLE	NONE	14,685

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Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
Nstar	67019E107	10	315 SH	SOLE	NONE		315
Nuveen Insd Div	67071L106	18	1,500 SH	SOLE	NONE		1,500
Nuveen NY Div A	67070A101	53	4,700 SH	SOLE	NONE		4,700
Nvidia Corp	67066G104	243	24,660 SH	SOLE	NONE		24,660
Omnicom Group	681919106	9	400 SH	SOLE	NONE		400
Oneok Inc.	682678107	23	1,000 SH	SOLE	NONE		1,000
Opentv Corp Cla	G67543101	1	72 SH	SOLE	NONE		72
Oracle Systems	68389X105	578	31,995 SH	SOLE	NONE		31,995
Orthovita Inc	68750U102	1	300 SH	SOLE	NONE		300
Oshkosh Truck C	688239201	1	100 SH	SOLE	NONE		100
Owens & Minor I	690730106	75	2,250 SH	SOLE	NONE		2,250
Paychex Inc	704326107	13	500 SH	SOLE	NONE		500
Pepco Holdings	737679100	4	305 SH	SOLE	NONE		305
Pepsico Inc.	713448108	216	4,201 SH	SOLE	NONE		4,201
Perkinelmer Inc	714046109	42	3,298 SH	SOLE	NONE		3,298
Petro Canada Va	71644E102	8	300 SH	SOLE	NONE		300
Petroleo Brasil	71654V408	46	1,500 SH	SOLE	NONE		1,500
Pfizer Inc.	717081103	137	10,090 SH	SOLE	NONE		10,090
Piedmont Natura	720186105	21	800 SH	SOLE	NONE		800
Pimco Muni Inco	72200W106	4	500 SH	SOLE	NONE		500
Pioneer Natural	723787107	1	86 SH	SOLE	NONE		86
Pitney Bowes	724479100	42	1,800 SH	SOLE	NONE		1,800
Plains Expl & P	726505100	1	55 SH	SOLE	NONE		55
Plug Power Inc	72919P103	1	66 SH	SOLE	NONE		66
Plum Creek Timb	729237107	9	312 SH	SOLE	NONE		312
PNC Financial S	693475105	9	300 SH	SOLE	NONE		300
Polycom Inc	73172K104	2	137 SH	SOLE	NONE		137
Popular Inc	733174106	3	1,250 SH	SOLE	NONE		1,250
Powershs DB Mul	73936B507	2	100 SH	SOLE	NONE		100
Powershs Global	73936T615	4	340 SH	SOLE	NONE		340
PPG Industries	693506107	41	1,100 SH	SOLE	NONE		1,100
Praxair Inc.	74005P104	21	319 SH	SOLE	NONE		319
Pride Intl Inc	74153Q102	18	1,000 SH	SOLE	NONE		1,000
Procera Network	74269U104	2	2,900 SH	SOLE	NONE		2,900
Procter & Gambl	742718109	2,629	55,820 SH	SOLE	NONE		55,820
Progress Energy	743263105	36	1,000 SH	SOLE	NONE		1,000
Prologis	743410102	3	432 SH	SOLE	NONE		432
Q-Cells AG	D623R103	6	285 SH	SOLE	NONE		285
Quest Diagnosti	74834L100	830	17,475 SH	SOLE	NONE		17,475
Renaissancere	G7498P309	15	1,000 SH	SOLE	NONE		1,000
Roper Industrie	776696106	8	200 SH	SOLE	NONE		200
Roth & Rau Ag O	D66040102	494	26,000 SH	SOLE	NONE		26,000
Rowan Co.	779382100	2	150 SH	SOLE	NONE		150
Royal Bk Cda Mo	780087102	20	700 SH	SOLE	NONE		700
Royal Dutch She	780259206	189	4,261 SH	SOLE	NONE		4,261
S S E Telecom I	784652109	1	1,000 SH	SOLE	NONE		1,000

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Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgrs	Voting Auth
San Juan Basin	798241105	1	43	SH	SOLE	NONE	43
Sanyo Electric	J68897107	1	10	SH	SOLE	NONE	10
Sara Lee Corp.	803111103	6	800	SH	SOLE	NONE	800
Schering-Plough	806605101	89	3,800	SH	SOLE	NONE	3,800
Schlumberger Lt	806857108	46	1,125	SH	SOLE	NONE	1,125
Schneider Elec	F86921107	1,435	21,570	SH	SOLE	NONE	21,570
Smuckers, J.M.	832696207	246	6,612	SH	SOLE	NONE	6,612
Solarworld	D7045Y103	8	425	SH	SOLE	NONE	425
Solucorp Indust	83437C102	2	16,217	SH	SOLE	NONE	16,217
Southern Compan	842587107	11	369	SH	SOLE	NONE	369
Spectra Energy	847560109	14	994	SH	SOLE	NONE	994
Sprint Nextel	852061506	1	273	SH	SOLE	NONE	273
St Jude Medical	790849103	36	1,000	SH	SOLE	NONE	1,000
Staples Inc	855030102	9	500	SH	SOLE	NONE	500
Starwood Htls &	85590A401	6	465	SH	SOLE	NONE	465
State Street Co	857477103	3	84	SH	SOLE	NONE	84
Stericycle Inc	858912108	29	600	SH	SOLE	NONE	600
Stewart Enterpr	860370105	1	400	SH	SOLE	NONE	400
Stryker Corp	863667101	470	13,810	SH	SOLE	NONE	13,810
Sunopta Inc	8676EP108	13	7,500	SH	SOLE	NONE	7,500
Sunpower Corp C	867652109	4	180	SH	SOLE	NONE	180
Suntech Power H	86800C104	4	300	SH	SOLE	NONE	300
Sysco Corp	871829107	48	2,100	SH	SOLE	NONE	2,100
T J X Cos Inc	872540109	15	600	SH	SOLE	NONE	600
Target Corp	87612E106	37	1,067	SH	SOLE	NONE	1,067
Teleflex Inc	879369106	19	475	SH	SOLE	NONE	475
Telefonica SA	879382208	41	686	SH	SOLE	NONE	686
Teva Pharm Inds	881624209	80	1,772	SH	SOLE	NONE	1,772
Texas Instrumen	882508104	20	1,235	SH	SOLE	NONE	1,235
Thermo Fisher S	883556102	25	700	SH	SOLE	NONE	700
Ticketmaster En	88633P302	1	3	SH	SOLE	NONE	3
Toronto Dominio	891160509	31	882	SH	SOLE	NONE	882
Toyota Corp	892331307	6	90	SH	SOLE	NONE	90
Tractor Supply	892356106	6	175	SH	SOLE	NONE	175
Transmedia Asia	89376P103	1	140	SH	SOLE	NONE	140
Travelers Group	894190107	7	163	SH	SOLE	NONE	163
TrustCo Bank Co	898349105	2	354	SH	SOLE	NONE	354
Tyco Electronic	G9144P105	5	475	SH	SOLE	NONE	475
Tyco Internatio	G9143X208	9	475	SH	SOLE	NONE	475
U S Bancorp De	902973304	6	400	SH	SOLE	NONE	400
Ultralife Batte	903899102	5	700	SH	SOLE	NONE	700
Unilever N.V.	904784501	24	1,200	SH	SOLE	NONE	1,200
Unilever Plc Ad	904767704	3,583	189,300	SH	SOLE	NONE	189,300
Union Pacific	907818108	129	3,130	SH	SOLE	NONE	3,130
United Parcel S	911312106	47	958	SH	SOLE	NONE	958
United Technolo	913017109	83	1,939	SH	SOLE	NONE	1,939

## FORM 13F

Information Table 03/31/2009

Description	CUSIP	Current Value	Quantity	Type	Invest Discret	Other Mgns	Voting Auth
Usana Health Sc	90328M107	4	200 SH	SOLE	NONE		200
Usb Capital Xii	903305209	18	1,000 SH	SOLE	NONE		1,000
Van Kampen Dyna	921166104	2	300 SH	SOLE	NONE		300
Verizon Communi	92343V104	1,403	46,461 SH	SOLE	NONE		46,461
Vermont Pure Ho	924237100	1	600 SH	SOLE	NONE		600
Vestas Wind Sys	K9773J128	49	1,115 SH	SOLE	NONE		1,115
Walgreen Co.	931422109	1,019	39,245 SH	SOLE	NONE		39,245
Wal-Mart Stores	931142103	2	38 SH	SOLE	NONE		38
Warren Resource	93564A100	1	1,000 SH	SOLE	NONE		1,000
Washington Mutu	939322103	1	120 SH	SOLE	NONE		120
Watson Pharmace	94263103	1,347	43,295 SH	SOLE	NONE		43,295
Weatherford Int	947074100	11	1,000 SH	SOLE	NONE		1,000
Wells Fargo & C	949746101	22	1,548 SH	SOLE	NONE		1,548
WGL Holdings	92924F106	15	450 SH	SOLE	NONE		450
Whole Foods Mar	966837106	10	580 SH	SOLE	NONE		580
Williams Compan	969457100	23	2,000 SH	SOLE	NONE		2,000
Wilmington Trus	971807102	10	1,000 SH	SOLE	NONE		1,000
Windstream Corp	974280109	12	1,447 SH	SOLE	NONE		1,447
Xcel Energy Inc	98389B100	1	35 SH	SOLE	NONE		35
Xerox Corp.	984121103	12	2,725 SH	SOLE	NONE		2,725
XTO Energy Inc	98385X106	1,132	36,972 SH	SOLE	NONE		36,972
Yahoo Inc	984332106	3	200 SH	SOLE	NONE		200
YRC Worldwide	984249102	73	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
Zoll Medical Co	989922109	490	34,120 SH	SOLE	NONE		34,120
Zurich Llc Ern	98878WAA0	1	108 SH	SOLE	NONE		108