FORM	4
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(D)

Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address o JAMISON DOUGL	2. Issuer Name ar HARRIS & HAI					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
111 WEST 57TH S	3. Date of Earliest Transaction (Month/Day/Year) 01/03/2007						X Officer (give title below) Other (specify below) President				
NEW YORK, NY 1	4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)		Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	(Instr. 8)	tion	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership	Beneficial Ownership
<u> </u>		01/02/2005		Code	V	Amount	. /	Price	4.200	(Instr. 4)	
Common Stock		01/03/2007		М		1,700	A	\$ 10.11	4,300	D	
Common Stock		01/03/2007		S <mark>(1)</mark>		1,700	D	\$ 12.0844 (2)	2,600	D	
Common Stock		01/03/2007		M 48 A \$10.11		\$ 10.11	2,648	D			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

mation SEC 1474 (9-02)

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

	(<i>e.g.</i> , puts, calls, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.		5. N	5. Number 6. Date Exercisable and 7		7. Title and 8. Price of		8. Price of	9. Number of	10.	11. Nature	
Derivative	Conversion		Execution Date, if	Transact	tion	of Expiration Date A		Amount of D		Derivative	Derivative	Ownership			
Security		(Month/Day/Year)		Code				(Month/Day/	Year)	Underlying Security			Securities		Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8))		irities						Beneficially		Ownership
	Derivative						uired			(Instr. 3 and 4)					(Instr. 4)
	Security					(A)	or oosed							Direct (D) or Indirect	
						of (1		d					Transaction(s)		
							tr. 3, 4,							(Instr. 4)	
						and						(
											Amount				
								Date	Expiration		or				
								Exercisable	Date	Title	Number				
				G 1	* *			Literensuore	Duit		of				
				Code	V	(A)	(D)				Shares				
Employee															
Stock										Common					
Option	\$ 10.11	01/03/2007		М			1,700	12/26/2006		Stock	1,700	\$ 0	136,368	D	
(Right to										Stoon					
Buy)															
• /						_									
Employee															
Stock										Common				_	
Option	\$ 10.11	01/03/2007		М			48	12/26/2006	06/26/2016	Stock	48	\$ 0	87,016	D	
(Right to										Stock					
Buy)															

Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
JAMISON DOUGLAS W 111 WEST 57TH STREET SUITE 1100 NEW YORK, NY 10019			President					

Signatures

/s/ Carmen DeForest, by Power of Attorney	01/05/2007
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The sale reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on December 22, 2006.
- (2) Shares were sold for an average price of \$12.0844 in 10 transactions with share prices ranging from \$12.00 to \$12.20.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

POWER OF ATTORNEY

The undersigned, being a person required to file a statement under Section 16(a) of the Securities Exchange Act of 1934 (the "1934 Act") with respect to Harris & Harris Group, Inc., a New York corporation, hereby authorizes, designates and appoints Jackie Matthews, Carmen DeForest, Charles E. Harris, or Sandra M. Forman to act as attorney-in-fact to execute and file statements on Form 3, Form 4 and Form 5 (including Form ID) and any successor forms adopted by the Securities Exchange Commission, as required by the 1934 Act and the Investment Company Act of 1940 and the rules thereunder, and to take such other actions as such attorney-in-fact may deem necessary or appropriate in connection with such statements, hereby confirming and ratifying all actions that such attorney-in-fact has taken or may take in reliance hereon. This power of attorney shall continue in effect until the undersigned no longer has an obligation to file statements under the section cited above, or until specifically terminated in writing by the undersigned.

IN WITNESS WHEREOF, the undersigned has duly executed this power of attorney on the 16th day of May, 2005.

By: /s/ Douglas W. Jamison Douglas W. Jamison