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 or JAMISON DOUGL	2. Issuer Name an HARRIS & HAR			· ·		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
111 WEST 57TH ST	(First) FREET, SUITH	11100	3. Date of Earliest T 03/19/2008	ransaction ((Mon	th/Day/Y	ear)	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 2. Transaction (Instr. 3) Date (Month/Day/Year		Execution Date, if any	(Instr. 8)	tion	(A) or Disposed of (D)			Owned Following Reported Transaction(s)	Ownership of In Form: Bene	Beneficial		
			(Month/Day/Year)	Code	V	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly												

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Persons who respond to the collection of information SEC 1474 (9-02) 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

	(e.g., puts, calls, warrants, options, convertible securities)														
1. Title of		3. Transaction											9. Number of		11. Nature
	Conversion or Exercise	(Month/Day/Year)	Execution Date, if any	Code			-				Derivative Security		Ownership Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8		Securities Acquired						· · · · · ·			Ownership
	Derivative Security					(A) or Disposed (D)	A) or Disposed of D) Instr. 3, 4,		(Instr. 3 and 4)			Following Reported Transaction(s)	Direct (D) or Indirect	(Instr. 4)	
				Code	v	(A)		Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right to Buy)	\$ 6.18	03/19/2008		А		72,550		<u>(1)</u>	12/27/2017	Common Stock	72,550	\$ 0	72,550	D	

Reporting Owners

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

Signatures

03/19/2008 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) 18,138 options vest on 3/19/09; 18,138 options vest on 3/19/10; 18,137 options vest on 3/19/11; and 18,137 options vest on 3/19/12.

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, Sandra M. Forman or Jennifer McGovern 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 8th day of January, 2008.

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