

<888> 05/31/15 Sunday 11:25 P.M. I chatted with a relative and a friend. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. With the rain and thunderstorms, the internet has been going on and off for over the last two hours. CIO

<888> 05/31/15 Sunday 5:40 P.M. \$20.51 with free shipping Lysol Toilet Bowl Brush with Plunger and Caddy CIO

End of Scott's Notes week of 05/31/15

<888> 05/31/15 Sunday 5:15 P.M. I chatted with a relative. I went back to bed until 4 P.M.. I did some system's maintenance on the primary work computer. I made my bed again. There seems to have been monsoon rain and thunderstorms this afternoon. I will send out my weekly notes. I will then shower and clean up. CIO

<888> 05/31/15 Sunday 11:45 A.M. I woke up at 10 A.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

<888> 05/31/15 Sunday 2:25 A.M. I have three scoops of Turkey Hill Columbian Coffee ice cream.

!!!!!! North Korean hackers 'could kill', warns key defector

I will now take a nap. CIO

<888> 05/31/15 Sunday 1:00 A.M. I woke up at 4 P.M.. I chatted with a relative. I went back to bed until 6 P.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I showered, and I cleaned up. My CVS toilet plunger broke. I threw out the garbage. I went by CVS at 644 West Putnam Avenue. I bought buy one get one free of CVS Spectravite 365 tablets for \$20.99 both and buy one get one free of CVS 1000 mg. Vitamins C 100 caplets for \$10.49 both for \$31.48 total. CVS on West Putnam Avenue did not have any toilet plungers. I then went by the Stop and Shop, and they did not have any toilet plungers. I then went by the A&P Fresh, and I bought a Lysol toilet plunger and caddy for \$19.19 and \$1.22 tax for \$20.41 total. I then went by www.cvs.com on Greenwich Avenue, and I bought two Nature's Bounty odor-free 2000 mg. garlic pills 120 tablets for \$10.79 each, and two Michum men oxygen odor control deodorant 2.7 ounce for \$2.99 each less 20% off the garlic pills with a CVS mail coupon for \$4.32 off and .38 Connecticut 6.35% sales tax for \$23.62 total. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. The three port-o-potties are no longer at the Greenwich Common, so after www.starbucks.com closes, one has to go the bathroom at one of the local pubs, until they

close. Then one is left behind a tree. There were a number of younger people moving around. As I was waiting to turn left on Mason Street from Havemayer Place, a oncoming car that had a right blinker to turn on Mason Street kept going straight and almost hit me. They had a District of Columbia License Plate. It is good I waited for them to make the first move. I then went by the Putnam www.shell.com at 401 West Putnam Avenue, and I bought \$7 of medium grade gasoline for \$3.279 a gallon for 2.136 gallons at odometer reading of 110225 miles for 25.4 miles driving since Wednesday May 20, 2015 for 11.925 miles per gallon in local traffic. The regular night person is there. I then returned home. I picked up the mail. I put away my purchases. I put the new toilet plunger on the left side of the toilet with its caddy. It is the type that projects down the drain which is better than the flat ones. I will now heat and heat a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/30/15 Saturday 5:55 A.M. I worked with Windows 10 beta for a while. I called up the Shell Station on West Putnam Avenue to let them know about Dutch Royalty coming to our country. I threw out the garbage, and I sat outside for a while. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and then I will go to bed.

<http://www.the-netherlands.org/news/2015/03/roval-visit.html> CIO

<888> 05/30/15 Saturday 3:35 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.cl-p.com/> electricity bill and my www.verizon.net bill. My current Optimum bill was about \$198, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$98 for premium Cable TV. However that includes \$25 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees.

I ordered 10 <http://www.elionshop.com/everything-roll-your-own/zen-light-blue-100-s.html> for \$3.63 each for \$36.30 with free shipping. CIO

<888> 05/30/15 Saturday 2:00 A.M.

<http://uio.easycruit.com/vacancy/1400458/97031?iso=no> Volcano Job, University of Oslo, Norway

I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, Lawry's Seasoned Salt salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, three ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Wish-Bone blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/30/15 Saturday 12:15 A.M. I had a bothersome telemarketing telephone call while asleep. I woke up at 4 P.M.. I chatted with a relative. I picked up the mail. I chatted with the same relative again. I ate breakfast of oatmeal with honey and milk and a

sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I threw out the garbage. I went by the www.chase.com bank ATM machine at Deerfield Place. I then went by the www.greenwichlibrary.org, and I gave the reference librarian a technical briefing. I then went by www.cvs.com on Greenwich Avenue, and I bought four 12 packs of Schweppes Ginger Ale for two for \$7 and \$1.80 can deposit and .89 6.35% Connecticut Sale Tax for \$17.29 total. I then sat out for a while on a slow night at the top of Greenwich Avenue. I then sat out for a while further downtown on Greenwich Avenue. There were not too many people around. I chatted with a www.starbucks.com computer guru. On the way out of town, I chatted with a retired www.columbia.edu physics professor. I then went by the Stop and Shop. I bought buy one six pack get one six pack free of Thomas' English muffins for \$4.39 both, five 16 ounce Marie Callender 16 ounce chicken pot pies for \$2 each, a five quart box of Stop and Shop powdered milk for \$7.29, a 8 ounce www.kraft.com grated parmesan and Romano cheese for \$3.99, a four pack or 20 ounce of tomatoes for \$2.49, and a head of Cello iceberg lettuce for \$1.49 for \$29.65 total. I then returned home, and I used my little folding cart from the back of the Volvo wagon, and I brought up my groceries, and I put them away. I put the little folding cart in the back of the Volvo wagon.

I bought 80 ounces of <http://www.pipesandcigars.com/pipe-tobacco/40011/peter-stokkebye-84-turkish/#p-106299> for \$1.40 an ounce for \$112.00 total with free shipping. CIO

<888> 05/29/15 Friday 5:55 A.M.

http://www.volcano.si.edu/reports_weekly.cfm

I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/29/15 Friday 4:55 A.M. I did some regular internet work. I watched some broadcasts off the internet about Queen Juliana of the Netherlands, Queen Marguerite of Denmark, and Queen Elizabeth II which took a while. I also sent some more notes to Bill Gates Notes about the price of tea in China. Back last fall, when my bedroom closet shelf supporting my clothes collapsed, I repaired it by installing two pairs of speakers on either end to support the heavy weight and securing them with slats and a center two by four. I put a pair of slightly smaller speakers in the hallway from the bedroom far side. However, in doing that I took down the hallway flags. I moved the Honeywell Hepa air purifier from the top of the right hallway bookcase back to above the living room stereo system with it set on low. I moved a family picture to the back rim of the center plant pot on the living room mahogany bureau. I put the left bookcase flags back up starting with the www.airforce.mil flag, then Bermuda flag, then Saudi Arabia, flag, then British Union Jack Flag, then U.S.A. flag, then the Swedish Cross flag. I used three OOK nails, and I hung the three larger flags over the right two book cases from the speakers above. First the large Scottish Cross of St. Andrews flag, then the large Dacron U.S.A. flag, and finally the large British Union Jack Flag. Thus the flags are now back in place. With the open bookcases covered, it makes the hallway look a bit smaller, but I had it like that for a long time. When I leave for

Kennebunkport, Maine, I only fly the two U.S.A. flags in the hallway. Of course the Dutch tricolor flag is still flying over the left living room closet for the duration of the Dutch Royalty visit. However, since I sometimes have to access that closet particularly for better clothes, powdered milk and coffee; after the visit, I will put the Dutch Tricolor flag on top over the left hallway bookcase. I also moved the blue vase from on top of the bookcase above the stereo system to in front of the right living room window. Such is life. CIO

<888> 05/29/15 Friday 12:05 A.M. I heated and ate a 21 ounce Bird's Eye chicken Florentine Style Voila dinner which I put grated parmesan and Romano cheese on, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/28/15 Thursday 10:40 P.M. I chatted with a relative. I made 244 Zen Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 16 and 17 and 18 of "The Reign". CIO

<888> 05/28/15 Thursday 7:05 P.M. I chatted with a friend having cocktails on the waterfront in East Fairfield Beach, Connecticut. The friend is from one of the original Dutch families in the New York area, so he has a large network of Dutch friends in New York State. He also was in the www.army.mil, so his friends know how to defend themselves. Apparently the Canadian military liberated the Netherlands in World War II. I threw out the garbage. I sat outside enjoying the evening. I chatted with neighbors and the building custodian. I picked up the mail. I chatted with a relative. I will now make cigarettes. For any cigar smokers, there is probably no tax on Dutch Master cigars. It says on the Royal Dutch Itinerary of the United States of America, there are 450,000 Dutch Americans in Michigan, the most populous Dutch American state. Since my mother is Dutch American having been born in Holland, Michigan; I know a little bit about the Dutch Americans. There are Dutch Reform churches in Rye, New York and Tarrytown, New York. Since the Dutch were the earliest settlers in this area, they probably have been able to hang onto property somewhere in this area. The Old Dutch deli might still be on East 86th Street in Manhattan. Also the Dutch tavern in Greenwich Village is no longer there. The Orange Society and the New Netherlands Society still exist. Most of the Dutch people I have met in New York City are larger people. The Dutch Royalty at home keep the Dutch Dragoons around whom are equally large people. I think the state of Iowa also has a lot of Dutch Americans. The only Dutch phrase that I know is, "Your Eyes are Bigger than your Stomach." There is Dutch children's shop on Greenwich Avenue that gives children's hair cuts called "Graham's. There use to be Dutch resident working the in Ralph Lauren men's department, but I was told that he went elsewhere. There used to be a Dutch resident working at Marmot. I used to know a Dutch resident that worked at www.citibank.com. The Vanderbilt and Van Munching families have lived here in the past. The Rockefeller family also claim Dutch heritage. Alas we have no windmills here. I think they used to sell windmill cookies here. I know somebody from the Dutch underground that used to live here. I met Queen Beatrice's nephew over 25 years ago, and he was a pilot for www.klm.com, and he told me he had the most tulips plants around his house in Ridgefield, Connecticut. Alas he could be anywhere in the world. The Dutch Royal family once lived in Connecticut in the 1960s for a while. I once saw somebody that looked like Prince Claus of the Netherlands around the Indian Harbor

Yacht Club. I once saw a big Dutch flag flying on the waterfront in Ogunquit, Maine. CIO

<888> 05/28/15 Thursday 4:15 P.M. I chatted with a friend at noon. I woke up at 2:25 P.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I chatted with a friend. I will now shower and clean up. CIO

<888> 05/28/15 Thursday 1:55 A.M. Maybe the big Gouda cheese salesman will be showing up again. I ate the last three scoops of fudge swirl ice cream and a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed.

<http://www.noaanews.noaa.gov/stories2015/20150527-noaa-hurricane-outlook-below-normal-atlantic-hurricane-season-is-likely-this-year.html>

CIO

!!!!!! <888> 05/28/15 Thursday 12:20 A.M. I put the big Dutch flag over the left living room closet door in case there are Dutch arrivals in this area.

See itinerary for Dutch Royals' U.S. visit including stop in Grand Rapids CIO

!!!!!! <888> 05/27/15 Wednesday 11:05 P.M. King Willem-Alexander and Queen Máxima to visit President Obama and Grand Rapids, Michigan near Holland, Michigan www.holland.org . CIO

!!!!!! <888> 05/27/15 Wednesday 10:15 P.M. King Willem-Alexander thanks Canada for Dutch liberation during Ottawa visit CIO

<888> 05/27/15 Wednesday 9:45 P.M. Ronald Reagan Library

**Public event for May 27, 2015
May 27, 2015
Ottawa, Ontario**

Public event for Prime Minister Stephen Harper for Wednesday, May 27th is:

Ottawa

3:30 p.m. – Prime Minister Stephen Harper and Mrs. Laureen Harper will meet with Their Majesties King Willem-Alexander and Queen Máxima of the Netherlands.

CIO

<888> 05/27/15 Wednesday 9:25 P.M. I chatted with a relative. I was told celery salt is just the same as regular salt which I avoid, so I will have to quit using celery salt. CIO

<888> 05/27/15 Wednesday 8:25 P.M. I put away the laundry. I chatted with a new neighbor in the laundry room. Towards the end of May and through June we tend to get a lot of thunderstorms in the evening a couple hours before sunset. I will now eat a fourth of a head of cello iceberg lettuce, and I will rip it up into small pieces in a large soup bowl with one sliced tomato and two slices of diced Bermuda onion. I will season it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, four ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I will put Wish-Bone chunky blue cheese dressing and extra virgin olive oil on it. I will eat it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/27/15 Wednesday 7:10 P.M. There is a Severe Thunderstorm Watch for this area <http://forecast.weather.gov/MapClick.php?CityName=Greenwich&state=CT&site=OKX&lat=41.0613&lon=-73.6368>. I have five minutes to go on the two dry cycles. CIO

<888> 05/27/15 Wednesday 5:55 P.M. I put clean linens on the bed. I showered, and I cleaned up. I threw out the garbage and the old periodical literature. I chatted with a neighbor. I picked up the mail. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I watered the plants. CIO

<888> 05/27/15 Wednesday 3:15 P.M. I woke up while asleep, and I ate a bag of microwave popcorn. I finally woke up at 10 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I went back to bed until 2:30 P.M., when www.gop.com called up asking for money. I explained at the end of the month, I don't have any spare money. I usually contribute \$5 once a year at www.gop.com to keep my name on the list. CIO

<888> 05/26/15 Tuesday 11:35 P.M. I will now shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. CIO

<888> 05/26/15 Tuesday 10:35 P.M. I change my switch setup. The TrendNet Router now turns on with the far right switch on the second down control panel, and it is labeled "Router". I connected up the spare Rosewill six switch power strip to the control panel switch to the left of the router switch, and I have all four net switches connected to the Rosewill power strip with six switches. The front switch is the 8 port Netgear switch which does not need to be turned on for the primary work computer and the Dell beta computer. The second switch from the front powers the TrendNet switch with only the primary work computer connected to it. The fourth switch back powers the Rosewill 8 port switch which powers the Dell beta computer connection. The sixth switch back is for the Netgear Switch with 16 connections, and that powers the connections for most of the computers on the network. Thus I only need to leave one or two switches on for regular work. The Rosewill power strip with six switch to the left of that is still the same connected

to the Dell beta computer and the primary work computer speakers, but the rear sixth switch back turns on the Dynex wireless router, and for that to work the TrendNet router needs to be turned on. That power strip turns on with the top control panel center switch labeled "Center Monitor". Thus I have more direct control over my switches and routers. CIO

<888> 05/26/15 Tuesday 8:50 P.M. I took the New TrendNet Switch, and I hooked up to the fourth LAN port on the TrendNet Router, and I connected it only to the primary work computer. I have the TrendNet Switch connected to the power strip on the right side of the control panels, and it turns off and on with the fifth switch back, so I can easily connect and disconnect the primary work computer from the internet, and still use the beta Windows 10 computer. I still get 93 mbps download on the primary work computer. That is all I can think of. During World War II, they used burst communications which they turn on and off the short wave radios real fast and transmit real fast, before the enemy with their radio signal triangular devices could track down the point of origin. CIO

<888> 05/26/15 Tuesday 8:05 P.M. I don't leave the primary work computer online too much anymore because of hackers. with hackers it could come from next door or half way around the world. I have a theory the government knows about whom the hackers are, but they leave them alone, until they try something big time. 40% of United States workers work for Municipal, State, Federal, or Military organizations, so they probably have the hackers out numbers unless Big G is the hacker. It is definitely not me, since I do not know how to hack. However, a user friendly electric company could turn off the hacker's electricity, if you get my drift. CIO

<888> 05/26/15 Tuesday 7:45 P.M. I chatted with a friend. I have no respect for hackers. A lot of people use the internet for important activity. I picked up my mail. One of my neighbors got their www.safelink.com free telephone. I did not sit out side, because they were using the air tube machine to clear the cut grass off the sidewalks. I submitted scanned documents to www.safelink.com that their web site said I needed to submit. However, they already have a data base for my eligibility. When I got the free Obama cell phone, however the Big G took away the \$15 a month I got on my www.verizon.com telephone, so I now have to pay \$27.95 a month for that instead of \$12.95. I guess both subsidies were from the same government plan. I chatted with a relative. CIO

<888> 05/26/15 Tuesday 4:15 P.M. I chatted with a relative. During World War II, when the Nazis took over France, the French were clever and strung telephone lines through the vineyards, which is where the expression came from, "Working the Grape Vine." I chatted with Optimum. I filed a complaint about my recent hacker experiences with <http://complaint.ir3.gov/>. I called up New Scotland Yard at 011442072301212, and I reported the same information. I also called up www.harvard.edu, and I had them connect me to the Harvard Law School computer department, and I recommended they should teach a course on "Computer Ethics". I also chatted with them about the price of tea in China. CIO

<888> 05/26/15 Tuesday 12:20 P.M. I chatted with a friend. I threw out the garbage. I moved the Volvo wagon to its usual place. I sat out for a while enjoying the day. I walked around the building. I chatted with a neighbor. The building custodian told me that I can not clean the throw rugs in the hallway outside my apartment. I will clean the rugs in the apartment, when I am more rested and have more energy on a daytime schedule. I will just hang out here at home today like "Sitting Bull" waiting for something to happen in the big world around me. CIO

<888> 05/26/15 Tuesday 9:40 A.M. I woke up 8 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/26/15 Tuesday 12:35 A.M. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale.

<http://blog.ctnews.com/realtime/2015/05/25/bear-sightings-reported-in-greenwich/>

<https://christopherfountain.wordpress.com/2009/07/15/private-clubs-in-greenwich/> .

My primary worked computer has been getting hacked so much recently, I have not been doing much work on it after I restore the backup, and I am doing other work on the beta computer. I will now take a nap. CIO

<888> 05/25/15 Monday 10:40 P.M. I woke up at 3:30 P.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I showered and cleaned up. I chatted with a relative. I threw out the garbage. I went by the Stop and Shop. I bought four tomatoes for \$1.49 a pound for \$1.91, a head of cello iceberg lettuce for \$1.49, and bananas for .49 a pound for .79 for \$4.19 total. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, and I won \$2 for a dollar profit. I chatted with a couple walking. I stopped by the www.chase.com ATM machine on the north side of Saks Fifth Avenue. I stopped by www.cvs.com , and I bought a 10 ounce Dinty Moore microwave beef stew dinner for free with \$2 bonus bucks I got from the internet on my CVS card. I used the ATM machine at the Chase Bank at the top of Greenwich Avenue. I found a free book in front of the former Greenwich Health Mart called "The New 8 Week Cholesterol Cure" by Robert E. Kowalski. They have a few other free books there. I sat for a while enjoying the warmer evening. I used the bathroom at www.starbucks.com . I chatted with a new resident that survived his first winter here. I then went by the Stop and Shop again. I bought a 1.75 quart container of Turkey Hill Columbian Coffee ice cream for \$2.50. I then returned back home. CIO

<888> 05/25/15 Monday 5:00 A.M. I did some Windows 10 beta testing. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/25/15 Monday 1:35 A.M. The backup will be finished in a little while. Not much goes on in Greenwich, Connecticut; since half the town is under 16 years old, so it takes the other half of the town to keep the younger generation going. Also according to one expert, half the town drinks alcohol, and the other half does not. That would mean since children under 16 years old are not allowed to drink alcohol, the other half of the older population seems to get away with enjoying alcohol in their free time. There are a lot of liquor stores in the this area. That would be a good indicator that some of the local population probably do drink alcohol. Of course the Greenwich Police are very strict on drinking alcohol and driving, so I guess once the local population decides to have their cocktails, they tend to stay home. In Norway the fine for drinking alcohol and driving a vehicle is 15 years in jail, so I guess the Norwegians prefer to drink alcohol on cruise ships and travel. Also there is a law in Norway, one does not have to eat the salmon more than three times a week. In previous days, the low paid employees were fed salmon all of the time, since it is plentiful in Norway. I have met quite a few Norwegians in my life. Even in Key West at the Atlantic Shores beach club and in www.nantucket.net, they flew the Norwegian flag. The British used to be quite plentiful in the Greenwich, Connecticut area, but as the town got more expensive, they moved further out in the country. I guess the Norwegians with their north sea oil revenues can still afford to live here. The Scottish have to give their North Sea oil revenues to the British, so the Scottish can not afford to live any where. As for Scottish and Norwegian Americans, they are probably left looking for handouts from their distant cousins. The British seem to have some sort of pecking order or informal hierarchy around here. The rest of the international community can be confusing, because some of them might have lived in the United Kingdom before coming here and adopted British ways. Most of the international community seem to be quite private, and I have learned to try to respect their privacy. I am told half of the town of Greenwich, Connecticut is of international origin. In the 1962, when I first moved here, there was a large international population back then too. I suppose a lot of them are professionals in nearby New York City. Of course some of the founders of Pan American Airlines lived here, so we have had a large group of international travelers here since aviation began. My father Louis Dale Scott traveled a million miles on Pan Am by 1952. I used to have a world map to keep track of his travels. Many of the corporations that he was an executive with also had private fleets of jets and airplanes, so I traveled frequently on them as a youth. In the 1950s I flew on McDonald Douglas DC3s and Gulf Stream Turbo props. I even arrived for my interview at Greenwich Country Day from Decatur, Alabama on a DC3 back in 1962. Thus as a youth, I had an interest in aviation. I used to like going out to the airport to watch the planes take off and land on Sundays. There is an observation area at the new Westchester County airport terminal, but it costs too much to park out there anymore. I used to park in the Xerox executive parking spaces just south of the terminal. However, I think one needs a Xerox sticker now. When I first moved back to Greenwich, I lived at 700 Steamboat Road for 4.5 years across the harbor from Peter McCullough the head of Xerox. On my last two trips to Laguna Beach, California back in 1980, I visited with Joel who was the head of Xerox Parc. I suppose I have seen other Xerox people in this area

over the years. They used to have offices over in Stamford, Connecticut on High Ridge Road by the Merritt Parkway. However, I find their laser printers too expensive to buy and way too expensive to maintain compared to the foreign models like Brother that are cheaper to operate. However, if one were in a large busy office, I suppose they have the best products at www.xerox.com. In the 1960s they were a well known blue chip company, and they were quite profitable. CIO

<888> 05/24/15 Sunday 11:35 P.M. The two Lenovo ThinkCentres and the Dell Latitude E6400 laptop will not download the Windows 10 Technical Preview Enterprise Edition Version 10122. The update process on the Windows 10 betas is very fickle, and it sometimes depends on the time of day and the amount of traffic the Microsoft servers are getting. On the Dell Optiplex 740 mini tower with the Windows 10 Technical Preview Enterprise Edition version 10122 installed, I activated it with the same process <http://winsupersite.com/windows-10/product-activation-issues-windows-10-build-10061-enterprise>. I am now doing a Complete PC backup of it to the second hard drive. I will then do a Aomei backup to the second hard drive. I will then do a Complete PC backup of it to the Toshiba 1 TB SATA drive in the Rosewill USB SATA hard drive holder and then an Aomei backup to the same drive. CIO

<888> 05/24/15 Sunday 10:20 P.M. I ate a 26 ounce Marie Callender Comfort Bake chicken alfredo meal with a 12 ounce glass of Schweppes Ginger Ale. I am just finishing installing on the Dell Optiplex 740 mini tower the update for Windows 10 Technical Preview Enterprise Edition Version 10122. I will now install it on the two Lenovo ThinkCentres of both of their identical partitions and the Dell Latitude E6400 laptop second partition. CIO

<888> 05/24/15 Sunday 9:15 P.M. I threw out the garbage. I went downtown to the A&P Fresh. I bought two 6 packs of Thomas' English muffins for \$2.50 each and a four pack of blueberry muffins for \$3.99 for \$8.99 total. I then went downtown. I chatted with a relative on my free wireless Obama cell phone. I chatted with two regular walkers. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with the two other walkers again. I chatted with a Vineyard Vines employee. I toured www.cvs.com. They have www.pepsi.com soda 12 packs on sale for two for \$7 plus can deposit and tax. It was a slow evening without much going on around town. They have three port-o-potties available by the construction site at the Greenwich Common. I do not know if they are left over from the block party yesterday downtown or for the construction project on the new Greenwich Common. It would be nice to have one available for when www.starbucks.com is not opened. Obviously older people have to go to the bathroom more frequently. Maybe they should build a public bathroom on the new Greenwich Common. They are still putting up the new steel work on the new fire house and the building on the east side of lower Greenwich Avenue. I then returned home, and I put away my purchases. CIO

<888> 05/24/15 Sunday 4:25 P.M. I woke up at 1:30 P.M., and I chatted with a relative. On the primary work computer first hard drive, I did a one percent low level format with the Seagate Utilities. I did that in case I had a boot sector virus. I then

restored the good Complete PC backup from May 14, 2015. After that I restored the few changed files. I also set the Fire Fox web browser not to automatically update. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I shut down the primary work computer. I will now shower and clean up. I will then go downtown to Greenwich Avenue for a walk on a warm evening. It is getting to be a real bore having my primary work computer hacked every day. I have to remind any hackers out there on the internet, that one gets out of life what one puts into life. CIO

End of Scott's Notes week of 05/24/15

<888> 05/24/15 Sunday 1:55 A.M. I chatted with the Hyatt in Old Greenwich, and they were in a rush.

I did some regular Windows 10 beta testing.

Email - 2 for 1 opportunity ends soon - Ronald Reagan Presidential Foundation and Library

My current work computer www.firefox.com web browser seems to be getting hacked or malfunctioning even after the most recent update. When I restore the backup, I still have to install the Fire Fox update which might be defective. Internet Explorer 11 is too slow on it, and I guess I could always try Chrome or Safari or Opera. Possibly my older slower work computer can not support the new web browser features such as multiple video advertisements. Still I use the older work computer for its backup features and programs that I have on it. I will now send out my weekly notes. I will then shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and then I will go to bed. CIO

<888> 05/23/15 Saturday 7:50 P.M. I chatted with <http://maui.hyatt.com/> about something that happened 35 years ago, but they said they could not help me out. CIO

<888> 05/23/15 Saturday 7:35 P.M. I took a fourth of a head of Foxy iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced plum tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, a quarter cup of grated parmesan and Romano cheese, four ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/23/15 Saturday 6:30 P.M. I went outside, and I threw out the garbage. I sat outside for a while. I walked around the building. I picked up the mail. I chatted with a friend down south below the Mason Dixon line who knows a bit about life up north in the snow belt, when it is not so warm. I still think it would be a nice idea on some old plantation or manor house or chateau in the world to plant beech trees along the entrance

driveway and let them grow into huge magnificent huge trees along the driveway in a hundred years or so. CIO

<888> 05/23/15 Saturday 4:50 P.M. I put a new #2032 disk battery in the bathroom scale, and I cleaned it. I currently weigh 228 pounds. I chatted with a relative. CIO

<888> 05/23/15 Saturday 3:30 P.M. For any wharf rats along the waterfront, this event is going on at the moment into the evening hours <http://www.greenwichtownparty.org/> . Alas at the end of the month, I save my limited funds for more important necessities. And next weekend <http://www.greenwichconcours.com/> . CIO

<888> 05/23/15 Saturday 3:00 P.M. Azores Volcano Run <http://www.azorestrailrun.com/2015/en/> . CIO

<888> 05/23/15 Saturday 2:30 P.M. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/23/15 Saturday 1:30 P.M. I woke up at 12:30 P.M., when a Greenwich Housing Authority representative arrived at my apartment, but it was the wrong apartment he was looking for. I gave him a quick briefing of my emergency office setup and the reason for it, and I showed him the living room setup. After "911", friends of mine who worked on Disaster Relief in New York City suggested that I setup an emergency backup office. I think on limited funds and a lot of effort, I have done a good job. CIO

<888> 05/23/15 Saturday 12:40 A.M. I will now shut down the primary work computer. I will then eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/23/15 Saturday 12:10 A.M. I read the Hoover Carpet Cleaner Manual, and it seems simple enough to use. I should probably clean the carpets on a warmer dry day. Also I should probably do the kitchen, hallway and bedroom at one time, and then do the living room at another time. I will have a number of small objects to move possibly in the hallway outside the apartment. I should also clean the throw rugs in the hallway outside the apartment, so they lie flat, but I am not sure if that is allowed by the Greenwich Housing Authority, but I could try to do them in place on the carpet. The carpet is old underneath the throw rugs, so I hope it does not deteriorate with washing. CIO

<888> 05/22/15 Friday 11:05 P.M. I assembled the Hoover Rug Cleaner, and I left it sitting on top of its box to the rear side of the oak dining table. I put the manual in its handle. CIO

<888> 05/22/15 Friday 9:55 P.M. [Canadian Tourism Commission | Prime Minister of Canada](#)

[Ocean's hidden world of plankton revealed in 'enormous database'](#)

Prehistoric Danish girl 'probably born in Germany'

DNA study suggests dog evolution 'earlier than thought' CIO

<888> 05/22/15 Friday 9:10 P.M. I chatted with a relative. I ate a 10 ounce Oven Poppers salmon stuffed with spinach and cheese and a baked potato with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale. I cooked a box of Green Giant microwave broccoli, but it had gone bad, so I threw it away. I threw out the garbage. I sat outside for a while, and I chatted with neighbors returning from Newtown, Connecticut. I was told the outbound traffic on I-95 at 5 P.M. was at a complete stand still as the urban masses exited the Great Metropolis. I ate three scoops of Friendly fudge swirl ice cream. CIO

<888> 05/22/15 Friday 7:30 P.M. I made 244 Zen Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 13 and 14 and 15 of "The Reign". CIO

<888> 05/22/15 Friday 3:35 P.M. I threw out the garbage. I sat outside for a while. I chatted with neighbors. I picked up the mail. I will now make cigarettes. CIO

<888> 05/22/15 Friday 2:35 P.M. I chatted with a relative. As it stands now depending on the weather, I will be driving up to Kennebunkport, Maine on Monday June 15, 2105 to visit with relatives until shortly before the Fourth of July Kennebunkport, Maine . I will now shower and clean up. CIO

<888> 05/22/15 Friday 1:55 P.M. When I chatted with the relative visiting another relative in San Ramone, California, I was told that although it does not rain in Seattle, Washington all of the time, it is frequently foggy and misty in Seattle, Washington all of the time. I told the relative from Texas that the Saremento, California www.coke.com bottling plant still uses cane sugar instead of corn syrup, and the relative told me that in Texas they get Mexican Coca Cola which has cane sugar. I chatted with another relative. CIO

<888> 05/22/15 Friday 1:20 P.M. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I chatted with a relative. CIO

<888> 05/22/15 Friday 12:25 A.M. There is a new restaurant opening up on Greenwich Avenue just south of the new Restoration Hardware Store <https://www.restorationhardware.com/> called <http://www.bgood.com/> . I will now shut down the primary work computer. I will then eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/21/15 Thursday 11:20 P.M. Windows 10 upgrades won't be free for everyone: Do you qualify? | ZDNet

Antarctic Peninsula in 'dramatic' ice loss

Does it *really* rain in Seattle '24/7'? Not even close! CIO

<888> 05/21/15 Thursday 10:45 P.M. I ate three scoops of Friendly fudge swirl ice cream. CIO

<888> 05/21/15 Thursday 9:55 P.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with a German citizen leaving town next week. I chatted with the frozen yogurt people on lower Greenwich Avenue selling liquid nitrogen ice cream. I bought an Ace's High scratch card at the Greenwich Cigar store for a dollar, but I lost. I picked up two new Metro North train schedules at the lobby of the Greenwich Train Station. I chatted with the www.apple.com sales clerk from South Africa. I told him Bloomberg News said DeBeers is selling the Kimberly mine which only has three years of diamonds left. I chatted with the Greenwich International Film Festival, and I suggested they invite Sophia Loren. I watched a large crowd of small dog walkers. I noticed 50 five year olds jogging. I toured CVS, and I told them Bloomberg News said CVS is spending \$7 billion to buy a senior citizens pharmaceutical distributor. I chatted with a couple of patrons of the Ginger Man, and I told them we might get visiting relatives of the West Point graduates this weekend. I sat out for a while after my walk. I then bought an Ace's High scratch card at Zen Statonary for a dollar, but I lost. I chatted with somebody from White Birch farm. I then went by the Greenwich Library. I tested my two remote web servers and that New Zealand hacker web site on one of their computers. I chatted with four staff members about the world in general. I returned home, and I picked up the mail. I chatted with a relative. I took a fourth of a head of Foxy iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced plum tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, a quarter cup of grated parmesan and Romano cheese, four ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/21/15 Thursday 3:40 P.M. I put the Hoover carpet cleaner box behind the chair to the right of the FIC server. I do not have time for carpet cleaning right now. On a minor note, my primary work computer has been hacked acting slowly every day since last Friday. I restore the backup every day, when I have breakfast. Historically it happens this time of the year, when the so called young hackers get out of their various schools and return home to this area. It usually goes away, when they go away on vacation to slower internet connections in a few weeks. It also happens at Thanksgiving, Christmas, and Easter time, when they return to this area. I have never been able to do anything about it. I will now shower and clean up. I will then go downtown to see some of my deja vue "Old Guard" friends. CIO

<888> 05/21/15 Thursday 3:05 P.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee

with Splenda sweetener and milk. I made my bed. I chatted with a relative. I made up a fresh batch of punch. The order with tracking or

https://www.fedex.com/apps/fedextrack/?tracknumbers=628258033171&cntry_code=us on the order for Hoover \$69.99 Reconditioned Power Scrub Carpet Cleaner with coupon code "48HOURS" and \$4.44 tax for \$74.43 total arrived. CIO

<888> 05/21/15 Thursday 3:00 A.M. I will now shut down the primary work computer, and then I will go to bed. It is still cold out at night time

http://forecast.weather.gov/MapClick.php?CityName=Greenwich&state=CT&site=OKX&lat=41.0613&lon=-73.6368#.VV2Ap_DlzQA . It does not get hot here until about the first week of June, and then it cools down a bit for a couple of weeks before the heat sets in.

For anyone interested <http://www.usma.edu/> has graduation this Saturday

<http://www.usma.edu/news/Shared%20Documents/Public%20Invite%20to%20Graduation%20Ceremony.pdf> . CIO

<888> 05/21/15 Thursday 2:20 A.M. It is so long ago that I went to www.lfc.edu that I can not remember all of my classmates. I do remember one classmate at www.lfc.edu had a step father that was the Chairman of the Board of www.lipton.com and two of his daughters lived somewhere in China. They made a good pitcher of ice tea in Marblehead, Massachusetts where they lived. I think the Chairman of the Board of Lipton Tea was also a member of the Indian Harbor Yacht Club, so he might have known people in this area. I once was invited on to his sailboat out on www.nantucket.net , and I noticed his Massachusetts nautical number was "MS 7", when most boats had at least five numbers, and he also went to www.harvard.edu . That classmate married a British artist after working at the A&P which also sells tea. Of course back in Jolly Old England, they different tea like Twinings Tea <http://www.twinings.com/> and Red Rose Tea. Of course the <https://en-gb.facebook.com/theagakhan> probably drinks India tea which is hard to find in this area. The Japanese once gave my father some Japanese tea, so one could go to the Japanese grocery store on East Putnam Avenue in Riverside section of Greenwich by Exit 5 off I-95 <http://www.yelp.com/biz/fuji-mart-greenwich> , and buy some Japanese tea or rice there. Of course a lot of different Asian countries produce tea, and like tobacco, some tea merchants blend different varieties of tea. I think they also grow tea down south in America like <http://www.bigelowtea.com/> . CIO

<888> 05/21/15 Thursday 1:40 A.M. I went to the Taft School in Watertown, Connecticut <http://taftschool.org/> with a Chinese student from Brooklyn, New York who might have been part of the http://en.wikipedia.org/wiki/Qing_dynasty . CIO

<888> 05/21/15 Thursday 1:25 A.M. Chinese think about buying Greenwich, Connecticut Chinese visitors tour former Trump, Weinstein estate listings . Maybe we can sell them:

<http://scott-mike.com/2006trip/walkers-point-kennebunkport-july-2006-01.JPG>

<http://scott-mike.com/2006trip/walkers-point-kennebunkport-july-2006-02.JPG>

<http://scott-mike.com/2006trip/walkers-point-kennebunkport-july-2006-03.JPG>

CIO

<888> 05/21/15 Thursday 12:50 A.M. I chatted with the Wilton, Connecticut Police Department, and I reminded them I have not been up that way in a few years <http://www.wiltonpolice.org/>. I think the last time I was there was when I registered the Volvo wagon at the Connecticut Department of Motor Vehicles nearby about two and a half years ago. Of course when I drive the Merritt Parkway back and forth to Kennebunkport, Maine; I drive near there. I have a friend that used to be in real estate business there, so he probably knows about what is going on there. The people are more Nordic looking in Wilton and Ridgefield, Connecticut; but that might have changed with the large waves of new immigrants into this area. Alas I can not afford to move anywhere to be around my own people, so I will have to learn to blend in with new waves of immigrants into this area. By Nordic standards, I am a smaller person. CIO

<888> 05/20/15 Wednesday 11:55 P.M. I once read in our local media that Peggy Rockefeller was raising Swiss Dairy Cows in North Tarrytown. About 25 to 20 years ago, I used to visit a pub in White Plains, New York, and I met a few people from that area. Scott Nelson from Minnesota lived in Irvington, New York above the bakery, and he worked at the Chart House in Dobbs Ferry. There were a lot of dark haired people, but I tend not to network with dark haired people. Also we met an older man from England named David Lloyd who once bought a few of us breakfast at the diner nearby. A lot of the people were from the Westchester County area. I recall that some real estate firm over there came over here and started buying commercial properties. Also the Watson family trust help build a new hospital here in Greenwich, so we don't have to hang out around the White Plains hospital workers at night for better security. There is too much traffic in White Plains, New York, so I rarely drive over there. In my life I have visited North Tarrytown, New York about seven times. About 25 years ago, I gave the church there <http://ucph.org/> \$78 at Christmas Time, and every Christmas I send them a \$10 check. It is one of the oldest Dutch churches in the area. The Rockefeller estate is a former Dutch farm. There might be some other Dutch people in that area, but I don't like driving in lots of traffic. www.klm.com has a big office building in White Plains, New York; so there also might be some Dutch Europeans there too. I ate three scoops of Friendly Fudge Swirl ice cream. CIO

<888> 05/20/15 Wednesday 11:05 P.M. I put away the clean laundry.

[obspsy/obspsy Wiki · GitHub](#)

[Installation via Anaconda · obspsy/obspsy Wiki · GitHub](#)

[Special Collections of American Mineralogist](#)

[Greenwich Reads Together 2015: Chimamanda Ngozi Adichie](#)

Email - Commemorate Memorial Day with a Flag Flown Over the Reagan Library-Special Offer - Ronald Reagan Presidential Foundation and Library

The view from New York's One World Trade Center

El Nino could 'disrupt food markets'

Oldest stone tools pre-date earliest humans

I once saw Happy Rockefeller at www.cvs.com on Greenwich Avenue around Christmas Time about 10 years ago. Since Fred Von Mierers knew Nelson Rockefeller, I learned to know what she looked like. Alas although I covered Manhattan on and off from January 1973 to February 1982, I never recognized Nelson Rockefeller, although I walked by his New York City apartment just north of the Pierre Hotel many times. I would see his 1968 brown and tan Oldsmobile 98 parked in front with New License Plate 1908. I once did see John D. Rockefeller III looking at the Tiffany's windows at Christmas Time on Fifth Avenue. Since they had older children and younger grandchildren, they were not in my pier group. I did go to Greenwich Country Day with some of their distant relatives. Supposedly one member of the Rockefeller family ran a small woman's dress shop on Strait Wharf in www.nantucket.net, when I was there, but that was many moons ago. I have met a number of people over the years that looked like and knew Nelson Rockefeller, so he must have had a large network of look a like friends. CIO

<888> 05/20/15 Wednesday 9:25 P.M. I have 50 minutes to go on two dry cycles. CIO

<888> 05/20/15 Wednesday 9:05 P.M. I put clean linens on the bed. I started two loads of wash and have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. I picked up the mail. The order with tracking of

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790722754669&type=0> on the order with coupon code "EMCASKS32" for [TRENDnet TEG-S81g Unmanaged 8-Port Gigabit GREENnet Switch](#) for \$14.99 with free shipping arrived. CIO

<888> 05/20/15 Wednesday 8:05 P.M. They have a smaller version of Air Force One that can land nearby at Westchester County Airport

<http://www.greenwichtime.com/local/article/Obama-calls-climate-change-a-national-security-6276307.php#photo-8016940> and http://en.wikipedia.org/wiki/Boeing_C-32 . CIO

<888> 05/20/15 Wednesday 7:45 P.M. [Happy' Rockefeller, widow of former vice president, dies](#) CIO

<888> 05/20/15 Wednesday 7:35 P.M. I woke up at 7:30 P.M.. CIO

<888> 05/20/15 Wednesday 4:10 P.M. I ate 8 ounces of heated Perdue chicken breast meat grilled short cuts, a microwaved sweet potato with Smart Balance Spread and extra virgin olive oil and steamed baby carrots with Smart Balance Spread and extra virgin olive oil

and a 12 ounce glass of Schweppes Ginger Ale and a cup of Lipton green tea with Splenda sweetener and America's Choice lemon juice. I will now take a nap. CIO

<888> 05/20/15 Wednesday 2:55 P.M. I threw out the garbage. I went by the A&P Fresh. I bought bananas for .79 a pound for \$1.91, a 16 ounce America's Choice Caesar Salad dressing for \$1 and .90 can return and a \$1 discount coupon for \$1.01 total. I then went by CVS, and I picked up a prescription. I paid fifty cents to park. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at the Senior and the Arts Center. I told the www.greenwichhardware.com about Hoover rug cleaner being available at www.kohls.com in Port Chester. I toured CVS again. After my walk, I sat out for a while. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$11.01 of self service premium V-Power gasoline for \$3.349 a gallon with a dime a gallon off with my Stop and Shop card for 3.287 gallons at odometer reading of 110199 miles for 45.2 miles driven since Saturday May 2, 2015 for 13.752 miles per gallon in mostly local traffic. I then returned home. I chatted with friends of a neighbor. CIO

<888> 05/20/15 Wednesday 10:30 A.M. I will now shower and clean up. I will then go downtown to Greenwich Avenue for a walk. CIO

<888> 05/20/15 Wednesday 10:00 A.M. I woke up at 7:30 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I chatted with a relative.

Happy Rockefeller, Whose Marriage to Governor Scandalized Voters, Dies at 88 CIO

<888> 05/19/15 Tuesday 11:45 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 05/19/15 Tuesday 9:30 P.M. I noticed when I drove over to www.kohls.com in Port Chester, New York on the back road Willett Avenue the restaurant bar <https://plus.google.com/106456898287081534020/about?gl=us&hl=en> Davy Byrnes is nearby. When I used to drive around covering the night time activity in this area into the early morning hours, I noticed the bar is opened until 4 A.M., for anyone whom can still afford to risk drinking alcohol in this area. There are people whom work at night in this area, and get off work at midnight. Before the internet became popular, I used to go to pubs and have one beer or a www.perrier.com , and chat with people. However, frequently the disco or pub music or television was so loud, it was hard to communicate with people. I think possibly young people still have places where they hang out and network with each other. Alas at age 65, I enjoy a cup of green tea with Splenda sweetener and lemon juice. I may be a senior citizen from the younger generations' perspective, but with all that I have been through in my life, I feel lucky to still be active and moving around in the warmer weather at my age. CIO

<888> 05/19/15 Tuesday 9:15 P.M. I chatted with a relative. I took a fourth of a head of cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, a quarter cup of grated parmesan and Romano cheese, and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/19/15 Tuesday 7:45 P.M. soils-2015 | 2015 International Year of Soils

Volcanoe Night 2015 Spain

Microsoft ON DEMAND: Make Technology Your Business Advantage Registration

Whales can be told apart by their voices - study

Study to help ash mapping for flights CIO

<888> 05/19/15 Tuesday 7:20 P.M. I woke up at 6 P.M.. I chatted with a relative. I sat outside, and I chatted with a neighbor. I picked up the mail. I chatted with a relative. CIO

<888> 05/19/15 Tuesday 2:30 P.M. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computer and take a nap. CIO

<888> 05/19/15 Tuesday 1:15 P.M. I went out, and I drove over to www.kolhs.com in Port Chester, New York, and I bought the last <http://www.kohls.com/product/prd-1514709/hover-anti-allergen-plus-2x-cleaning-formula.jsp?skuId=94418748&pfm=rrrecs-pdp-gtab1> for \$24.99 and \$1.84 tax for \$26.83 total. They still have lots of the Hoover Household Rug Pet Cleaner though. I chatted with a retired www.ibm.com employee about the old days of computers. I then returned to the downtown Greenwich Avenue area. I sat outside for a while. I bought an Ace's High scratch card for a dollar at Zen Stationary, but I lost. I walked lower Greenwich Avenue and the train station area. I stopped by the www.apple.com store, and I chatted about the price of tea in China. I used the bathroom at the Senior and the Arts Center. I returned home, and I chatted with a neighbor and a TAG driver. I was \$8.93 off on my accounts to my disadvantage. CIO

<888> 05/19/15 Tuesday 9:20 A.M. I threw out the garbage. I stood outside for a while.

I have one of these on hold at the www.kolhs.com store in Port Chester, New York <http://www.kohls.com/product/prd-1514711/hover-proplus-120-oz-2x-detergent.jsp?gclid=CN-w05LwzcUCFdQRHwod5BsAPQ&gclsrc=aw.ds&dclid=CODy75LwzcUCFQ8EDAod80QAxA>. I can not really afford it now, but I will probably go over there in a day or two and get it. No rush. CIO

<888> 05/19/15 Tuesday 7:15 A.M. Tracking is https://www.fedex.com/apps/fedextrack/?tracknumbers=628258033171&cntry_code=us on the order for Hoover \$69.99 Reconditioned Power Scrub Carpet Cleaner with coupon code "48HOURS" and \$4.44 tax for \$74.43 total.

'Home-brewed morphine' made possible CIO

<888> 05/19/15 Tuesday 5:30 A.M. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/19/15 Tuesday 3:15 A.M. I woke up at 3 A.M.. CIO

<888> 05/18/15 Monday 7:20 P.M. I took a 6.4 ounce package of Banquet maple sausages, and I put the 10 sausages on a two paper towels on a microwave plate, and I put them in the Sharp Microwave oven with microwave lid for two minutes. Before doing that I took four jumbo A&P eggs, and I broke them in a mixing bowl, and I added Italian spices, ground black pepper, celery salt, two tablespoons of grated parmesan and Romano cheese, two tablespoons of extra virgin olive oil, and four tablespoons of milk, and I mixed it all together with a whisk. I then heated a 10 inch stick proof frying pan over medium high electric burner heat with three tablespoons of extra virgin olive oil and a tablespoon of Smart Balance extra virgin olive oil spread. Once the fat was hot, I added the egg mixture and the microwaved sausages. I reduced the heat to medium electric burner heat. I started toasting an English muffin. I stirred the scrambled eggs and sausages frequently, and once they were cooked medium soft, I put the frying pan on a dinner plate to heat it, and then I put the scrambled eggs and sausages mixture on the dinner plate and the toasted English muffin with extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 05/18/15 Monday 6:00 P.M. I chatted with a friend. I threw out the garbage. I sat outside for a while enjoying a cool evening. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tqtclLabels1=9400109699938450205454> on the order for <http://www.ebay.com/itm/Transfer-Cap-Refill-Kit-For-The-Lysol-No-Touch-Kitchen-and-Hand-Soap-Dispenser/281667310827?trksid=p2045573.c100034.m2102&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20131003150253%26meid%3D0dd570766e714e37a1348ec450589614%26pid%3D100034%26rk%3D4%26rkt%3D7%26sd%3D201348983551> for \$5 and \$2 shipping arrived. It says one has to use http://www.amazon.com/DETTOL-First-Aid-Antiseptic-Liquid/dp/B000GCRX6G#mini_olp_section to refill the Lysol soap dispensers, but that might be more expensive than the dollar refills. I chatted with a relative. CIO

<888> 05/18/15 Monday 1:55 P.M. I had a telephone call at 10 A.M. from someone from Brooklyn. They wanted to know where to get air conditioning freon for a 1992 Buick Roadmaster wagon. I told them about www.jcwhitney.com. I finally woke up at noon. I

ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I showered, and I cleaned up. CIO

<888> 05/18/15 Monday 1:50 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 05/18/15 Monday 12:15 A.M. I have a theory about computer hacking and malware in this neck of the woods. Possibly some government foreign or domestic has a super computer that scans personal computers and seeks out content and attacks them based on their information data base or politics. Alas the electric company usually has the last word, when it comes to computers. Since geothermal electricity is very cheap in Iceland, since Norway once owned Iceland and still has a lot of influence there, possibly the Norwegians with the help of the www.ibm.com building in Oslo, Norway which is one of the more formidable structures there, have developed some sort of internet surveillance system which would be very expensive to run in any other part of the world with all of the electricity that super computers consume. Thus they may not be leading edge in computer technology, but they have an abundant resource of natural energy to do things their way from their perspective. I think Iceland like Norway and Canada and Alaska and Russia and Greenland and Sweden and Finland and North Korea also has Polar Bears which might not be user friendly to nature hikers. Scotland also has one in a zoo.

You can go up in the Cloud with Big Blue

<https://www.softlayer.com/promo/freeCloud/dwffreetrial> , but I can not afford another web site, since they don't pay me for Bird Watching in Greenwich, Connecticut. CIO

<888> 05/17/15 Sunday 11:20 P.M. Also this past Friday morning, Bloomberg News had a story about a German web entrepreneur who was a hacker in his younger days, and his file sharing network in New Zealand was raided by 75 New Zealand Special Forces, and he was put out of business. He still maintains the web domain "kimdotcom" which one DOES NOT want to look at, because when I looked at it on Friday, my computer was running fine. However, on Saturday night I went to bed at 7:30 P.M. leaving the primary work computer on probably going into Standby mode, and when I woke up this morning at 4 A.M., the newly restored system was totally messed up and going very slowly, so I had to restore the recent backup again. Thus Bloomberg by mentioning the news story might have messed up a lot of financial computers. If not that, it might be that somebody hacked me through my new wireless router that I have my LAN cables connected to, but Optimum claims, one can not do that. I was told a lot of local Greenwich, Connecticut people are going to <http://www.computersupercenter.com/> with virus and hacker problems. I have learned to keep multiple good backups of all of my systems, so if I get hacked or other problems, I just restore the backup. The first thing they teach in computers is "Backup, Backup, Backup!" and then "GIGO" which stands for Garbage In, Garbage Out. CIO

Earlier I took a fourth of a head of cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced tomatoes. I seasoned it with garlic powder, ground

black pepper, Italian spices, celery salt, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/17/15 Sunday 10:45 P.M. If one reads other news stories, we all know former President Clinton has a house near Indian Point Nuclear Power Plant, but the most recent news stories are that he is now living out in Arkansas, and his wife is always on the road in politics, so they might know something, they are not telling us. The local mafia observer on our waterfront here in Greenwich, Connecticut for the last ten years or more was a Bill Clinton neighbor near Indian Point Nuclear Power Plant, before he moved here and became high tech, and when I last talked to him over a year ago, he told me he was moving to Texarkana, where ever that is. Of course all of these are older people, who are maybe retiring. I chatted with another retired physicist in our area this evening, and he told me, when he worked at the Indian Point Nuclear Power Plants, they did not even have the original blue prints for trouble shooting. Also the company that owns it, wants to recertify it until the year 2033 or 2035. It would be interesting to know if any of the Rockefellers are still living in that area, but they are a very private family anymore, so not much is known about their movements in this neck of the woods. When I toured Hyde Park about 25 years ago, I recall driving by the Indian Point Nuclear Power Plant, and I recall seeing a small www.navy.mil emergency depot on the road nearby it. CIO

<888> 05/17/15 Sunday 9:55 P.M.

Indian Point Nuclear Power Plant Survey:

<http://www.lohud.com/story/opinion/2015/05/13/question-week-indian-point-worries/27250157/> CIO

<888> 05/17/15 Sunday 7:10 P.M. I chatted with a relative. I went outside, and I threw out the garbage. I sat outside enjoying the warmer evening. I chatted with a neighbor. Like all of my neighbors, they do not like chatting with me, since they do not consider me part of the local community. I guess, when one grows up in back country going to private schools, one has a different network of friends, than the locals downtown on Greenwich Avenue, whom seem to think they know everyone in town. Of course some of my old neighbors in town became quite famous in town and even worldwide, while I managed to stay private watching it all come an go from my local perspective. I know there is an airport nearby, so anyone or anything can show up in our neck of the woods. Alas growing up around well known people did very little to accelerate my upward mobility. I guess having lived on remote islands, I think Greenwich, Connecticut is a small island surround by a big ocean. The people whom come up here to work in the summer from down south are probably looking for their local patrons to give them some sort of employment in this area. When I was 17 years old and very skinny, and I had first learned to drive an automobile, I worked one summer framing a house on Baldwin Farm South just off Round Hill Road as a non union carpenter, and I was able to carry two 8 foot by 4 foot by .75 inch sheets of plywood to the roof with a claw hammer. I guess that is why I was in better shape on the golf course at the Greenwich Country Club than some of the other younger

golfers. Alas, although I was once a professional photographer up at www.polaroid.com in Dr. Land's research laboratory on Osborne Street next to www.mit.edu and near www.harvard.edu, I spent so many years reading books and recently for the last 25 years on personal computers, I am not as good of an observer as I once was, when I was younger. Also having been on a night schedule since 1965, I have better night vision and instincts than daytime vision and instincts. Frequently at night, one uses their hearing, and my hearing is still very good, since I quit going to loud places many years ago. CIO

End of Scott's Notes week of 05/17/15

<888> 05/17/15 Sunday 5:35 P.M. I will now send out my weekly notes. CIO

<888> 05/17/15 Sunday 5:30 P.M. I contacted the <https://www.whitehouse.gov/contact/submit-questions-and-comments> about the Greenwich Housing Authority about making residents quit smoking in Greenwich Housing Authority buildings. I know smoking cigarettes is not healthy, but frequently when I quit smoking cigarettes, I end up walking around with a lot of British people and somebody that looks like Prince Charles, and then I am left homeless on the beach on some remote island with no means of support. Part of my karma is smoking cigarettes and trying to think calmly instead of doing things on impulse. Even around United States Government officials and foreign visitors which I see all of the time here in Greenwich, Connecticut; many of them still smoke tobacco. Even at the www.un.org headquarters in Manhattan, people are allowed to smoke tobacco the last I heard. CIO

<888> 05/17/15 Sunday 3:50 P.M. I called up <http://barnstablepolice.com/contacts.html> about an incident that happened at Tod's Point 15 year ago, if you have not forgotten. My theory is that there is somebody out there that looks like me somewhere in the world that somebody in the world does not like.

I ate a 13.6 ounce Marie Callender steak and roasted potatoes dinner with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/17/15 Sunday 2:25 P.M. I chatted with a friend. \$109.99 with free shipping Haier HWF05XCL-L 5,000 Cooling Capacity (BTU) Window Air Conditioner

Microsoft Windows 7 Home Premium Operating System Software - 64-Bit, DVD-GFC-02733 \$69.99 with coupon code "EXN156757", today only.

I ordered Hoover \$69.99 Reconditioned Power Scrub Carpet Cleaner with coupon code "48HOURS" and \$4.44 tax for \$74.43 total. CIO

<888> 05/17/15 Sunday 12:40 P.M.. From a Scottish, English, Dutch perspective driving around Greenwich Avenue in a Swedish Volvo Wagon on Norwegian Constitutional Day might be risky. The Scottish and the Swedes historically have had a bit of conflict with the Norwegian Viking raiders. However, when I was in Lazarote in the Canary Islands back in February 1972, Rhone Dietrin and his mother offered me hospitality at their small

bungalow at the end of the runway. Also I went to Greenwich Country Day with a prominent Norwegian that travels a bit. I chatted with a friend. Ronald Reagan's ambassador to Norway was also from Lake Forest, Illinois where www.lfc.edu is located. I might have known W. Bush's ambassador to Norway at one time, since I once visited the Whitney home in Minnesota with a Whitney cousin. The most famous Norwegian American is probably http://en.wikipedia.org/wiki/Eliot_Ness . CIO

<888> 05/17/15 Sunday 12:05 P.M.. I chatted with a relative. I put a new Lysol Citrus refill in the Lysol Automatic soap dispenser in the bathroom.

On a minor note the Choate Rosemary Hall alumni reunion is this weekend. A large number of the former Rosemary Hall alumni are going to be bussed down from Wallingford, Connecticut for a chapel service at the old St. Bee's Chapel on the former Rosemary Hall Campus on Lake Avenue just south of the Field Club. There will be a prominent group of old guard women, so the town of Greenwich and Greenwich Avenue should be on extra special good behavior for the prominent group of old guard women. Some of them are probably movers and shakers today. The former St. Bee's Chapel now the Jewish School campus is being put up for sale, if anyone wants to buy it. It has the names of a lot of former Rosemary Hall alumni in it. CIO

<888> 05/17/15 Sunday 10:45 A.M.. The primary work computer was acting buggy, so I restored the recent backup. Possibly it was that New Zealand file sharing web site that Bloomberg News talked about yesterday. The German fellow there is supposed to be a professional hacker, so possibly he has some malware on his server. I chatted with Cablevision about the problem. I thought possibly somebody might be hacking my wireless. They said not. They told me about a Black Ice program that freezes the operating system from changes, but I can not find it. They also told me about a web site I can not remember to build one's own Apple computer out of cheaper Intel parts. It was Joe Something or Other. I chatted with a relative. I will now shower and clean up. CIO

<888> 05/17/15 Sunday 8:30 A.M.. I went back to bed after breakfast. I woke up at 7:15 A.M.. I chatted with a friend. I made my bed. CIO

<888> 05/17/15 Sunday 4:55 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. CIO

<888> 05/17/15 Sunday 4:00 A.M.. Today is Norwegian Independence Day http://en.wikipedia.org/wiki/Norwegian_Constitution_Day . CIO

<888> 05/17/15 Sunday 3:15 A.M.. I woke up at 3 A.M.. CIO

<888> 05/16/15 Saturday 7:30 P.M.. I ate a 16 ounce Marie Callender chicken pot pie and a 12 ounce glass of Schweppes ginger ale. I chatted with two relatives. I will now take a nap. CIO

<888> 05/16/15 Saturday 6:15 P.M.. I made 245 Zen Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 10 and 11 and 12 of "The Reign". CIO

<888> 05/16/15 Saturday 2:15 P.M.. I threw out the garbage. I sat outside talking with neighbors who are not really interested in computers and the internet. I picked up the mail. The order with tracking of https://www.fedex.com/apps/fedextrack/?action=track&ascend_header=1&clienttype=dotcom&cntry_code=us&language=english&tracknumbers=61292700911720596961 on the order for in XXL two three packs of <http://www.meritline.com/hanes-mens-boxer-shorts-underwear---p-134279.aspx> for \$20.99 with free shipping arrived. They are in various Scottish plaids. I will now make cigarettes. CIO

<888> 05/16/15 Saturday 12:40 P.M.. I have a New Zealand Maury Tiki in my apartment that a relative gave to me, after visiting New Zealand. In February 1983, after I finished building the garage apartment in Plandome Manor, Long Island for about 10 months at less than \$2 an hour, I received \$8,500 in Barclay's travelers checks. I bought the new tenant a Scottish umbrella at Brooks Brothers for \$50 and a Braun coffee grinder at McNulty's on Christopher Street for about \$40 knowing the new tenant liked coffee. I went to Brooks Brothers in Manhattan near Grand Central Station in Manhattan, and I bought a brown leather New Zealand Bomber's jacket for half price for \$250. I also bought my father a Brook's Brothers replica World War II bomber jacket for \$250. Shortly after that I visited Washington D.C., and they thought I looked like a thug in a brown leather bomber's jacket, so I sent it to a friend in Malibu Colony to model, but it was returned to a relative in the Philadelphia area. Shortly later, I bought myself another New Zealand size 40 brown leather bomber's jacket at the same Brooks Brothers store near Grand Central Station, and I wore that frequently until I got too fat to wear it around 1984. I still have it though in case I ever lose weight. Back in those days, there was a group of New Yorkers that liked wearing leather jackets in the Chelsea area of Manhattan, but I did not know any of them, since they were a lot older than I was. CIO

<888> 05/16/15 Saturday 12:25 P.M.. I woke up at 10 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/16/15 Saturday 2:10 A.M.. I made a telephone call to an out of town security agency about an old matter from 15 years ago. I ate a blueberry muffin. I will now shut down the primary work computer, and I will go to bed. With arthritis, I don't go out on damp cool days or nights. CIO

<888> 05/16/15 Saturday 1:35 A.M.. I chatted with Coast Guard Academy Security at 1-860-444-8597 <http://www.cga.edu/about2.aspx?id=44> about my experiences on the waterfront in this area and elsewhere. I noticed www.whitehouse.gov is suppose to show up there today for graduation <http://www.cga.edu/Commencement/>. I feel cold in my

apartment with the air conditioner going. It is currently 58 degrees Fahrenheit
<http://forecast.weather.gov/MapClick.php?CityName=Greenwich&state=CT&site=OKX&lat=41.0613&lon=-73.6368#.VVbVlvDlzQA> with light rain and a chance of thunder storms today. CIO

<888> 05/15/15 Friday 10:55 P.M.. Tracking is
[http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790722754669](http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790722754669&type=0)
 &type=0 on the order with coupon code "EMCASKS32" for TRENDnet TEG-S81g
Unmanaged 8-Port Gigabit GREENnet Switch for \$14.99 with free shipping. CIO

<888> 05/15/15 Friday 10:25 P.M.. I took a fourth of a head of cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced tomatoes. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/15/15 Friday 9:25 P.M.. I chatted with a relative. The relative told me Holland, Michigan also had an A&P food store. Also back around 1974 and 1975, when I drove out to Oyster Bay, Long Island with Fred Von Mierers and Helen Kress Williams to move her to Locust Valley, Long Island, we stopped by a large 24 hour A&P food store in Glencoe, Long Island, where they would buy a large Purdue chicken to eat. Fred knew how to cook a Purdue chicken basting it with butter and white wine. I do not recall whether he used herbs and spices. When ever Helen Williams saw the A&P, she would say 1859, when it was founded. Also she saved her A&P tea bags in her Manhattan apartment for her garden on Long Island. One relative says, one can use coffee ground in the garden, but I am not sure what the old tea bags do in a garden. CIO

<888> 05/15/15 Friday 8:45 P.M.. On the <http://ap.apsupermarket.com/>, I have had a long time love hate relationship with the A&P stores. When my family lived in Decatur, Alabama from 1956 to 1962, we shopped at the A&P Grocery store there along with the local Kroger grocery store. When we moved into the Greenwich, Connecticut area in June 1962, we shopped at the old A&P Grocery store on Greenwich Avenue, along with Finest where Whole Foods is now, and across the street, I think was another grocery store, and the old Grand Union where the Stop and Shop is now. When we moved back to Greenwich is June 1973, the A&P was moved to its present location across the street from the Stop and Shop. When I used Fred Von Mierers apartment near Beekman Place from October 1973 to February 1975, there was an A&P at 52nd Street and Second Avenue. When my family lived in New Canaan in 1967 and when I house sat in New Canaan in 1980, I used the A&P in New Canaan, Connecticut. When I stayed at a friend's father's house in Port Washington, Long Island on and off from 1979 to 1980, there was an A&P around the corner. I can not recall if we shopped at an A&P in Wellesley and Weston, Massachussetts. When I lived in the Chelsea section of Manhattan for three months in 1974, there was an A&P at Eighth Avenue and 19th Street that I shopped at. When I was homeless in Key West during the winters of 1977 and 1978, there was an A&P in Key West, and the A&P stores also had warehouses in Key West. When I was out at

www.nantucket.net during the summers of 1975, 1976, 1977, 1978, 1979, and 1983, there was an A&P down by the waterfront in Nantucket. Huntington Hartford who was one of the A&P heirs knew my father, and once sent his yacht out to the Indian Harbor Yacht Club to take my parents for a cruise. When I used Fred Von Mierer's apartment Huntington Hartford had a triplex pent house on Beekman Place. When I visited Paradise Island in February 1978, and I was around a lot of British VIPs, I knew Huntington Hartford had developed Paradise Island in the Bahamas from the old Hogg Island. Alas since our local A&P is so expensive, I do not shop there too much. Old Fashioned oatmeal costs a dollar more than the Stop and Shop. Also iceberg lettuce costs \$1.50 more, but the A&P Foxy lettuce heads are larger. However, I like the blueberry muffins better at the A&P. They are light and fluffy like the might have yeast in them. Also the A&P has a better seafood department, if one can afford seafood. Still the Stop and Shop frequently has more sale items for the products that I regularly eat. CIO

<888> 05/15/15 Friday 7:35 P.M.. I chatted with a relative while napping. I woke up at 7:15 P.M., and I chatted with a friend. CIO

<888> 05/15/15 Friday 5:35 P.M.. I will now take a nap. CIO

<888> 05/15/15 Friday 5:10 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400111899223424492581 on the order for http://www.ebay.com/itm/Lysol-No-Touch-Hand-Soap-Dispenser-Kitchen-Bathroom-/311111069993?pt=LH_DefaultDomain_0&hash=item486faa3129 for \$9.59 with free shipping arrived. I put a Lysol Citrus refill in it, and I set it up on the left rear back side of the kitchen sink. CIO

<888> 05/15/15 Friday 4:25 P.M.. I ate a deli sliced turkey and deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. I got a wrong number telephone call from Rizzo electric. I am trying to stay away from Greenwich Avenue, so I don't interfere with the local business community trying to make lots of money off our new visitors. We always get visitors here, but some are more territorial than others. Nobody ever communicates with me outside my family network and a couple of friends, since having lived on the low end of the economic ladder for many years, I am not worth bothering. I could probably give out Windows Computers tips, but those are all available on the internet. CIO

<888> 05/15/15 Friday 3:15 P.M.. I went out, and I went by CVS at 644 West Putnam Avenue. I bought three 12.5 ounce Alberto VO5 Kiwi and Lime conditioners for .77 each, two 12.5 ounce Alberto VO5 herbal tea shampoo for .77 each, and one Alberto VO5 12.5 Kiwi and Lime shampoo for .77 and .29 tax for \$4.91 total. I then went by the A&P Fresh. I bought a 42 ounce Quaker Old Fashioned oatmeal for \$5.99, a 8 ounce America's Choice Romano and Parmesan cheese for \$4.69, a 16 ounce Ken's chunky blue cheese dressing for \$3, a 1.86 ounce McCormick's whole black peppercorns for \$4.69, two 8.5 ounce Lay's Mesquite barbecue potato chips for \$3 each, a four pack of blueberry muffins

\$3.99, bananas for .79 a pound for \$2.06, a head of Foxy lettuce for \$2.99 for \$31.41 total. Some unknown white male about my size and age behind me who was buying three tiny bottles of Borden's lemon juice and small jars of honey and other items tried to pay forward my purchase, but I declined. As it was later explained at my next appointment, it was one of those odd California things they do on the west coast. Possibly it was an Aglophile person, since I think some people in England use lemon and honey in their tea. After my appointment, I returned home, and I chatted with neighbors, and I put away my groceries. CIO

<888> 05/15/15 Friday 11:50 A.M.. I bought with coupon code "EMCASKS32" TRENDnet TEG-S81g Unmanaged 8-Port Gigabit GREENnet Switch for \$14.99 with free shipping. I will now shut down the primary work computer, and I will go downtown. CIO

<888> 05/15/15 Friday 10:50 A.M.. I chatted with a relative. I threw out the garbage. I chatted with neighbors. I walked around the building. I noticed more jets coming into nearby <http://www4.passur.com/hpn.html> , so I guess the summer people from down south are returning up north to forage in the warmer months. CIO

<888> 05/15/15 Friday 8:55 A.M.. I woke up at 7:30 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/14/15 Thursday 10:20 P.M.. I have a 1:30 P.M. appointment tomorrow. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 05/14/15 Thursday 9:55 P.M.. I took a fourth of a head of cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced tomatoes. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/14/15 Thursday 9:10 P.M.. I put a new 6 ounce Air Wick scent refill in the Glade Scent device in the living room.

Biltmore

Brazil VI Volcanism and Associated Environments Symposium

Nicaragua Congreso Geologico 2015

Email - Great Prices on Great Watches-Perfect Gift for Dad or Grad! - Ronald Reagan Presidential Foundation and Library

Contact the Prime Minister - Great Britain and Northern Ireland

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699938450205454> on the order for <http://www.ebay.com/itm/Transfer-Cap-Refill-Kit-For-The-Lysol-No-Touch-Kitchen-and-Hand-Soap-Dispenser/281667310827?trksid=p2045573.c100034.m2102&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20131003150253%26meid%3D0dd570766e714e37a1348ec450589614%26pid%3D100034%26rk%3D4%26rkt%3D7%26sd%3D201348983551> for \$5 and \$2 shipping.

Prince Charles urged badger cull - BBC News

Galaxies die by slow 'strangulation' - BBC News CIO

<888> 05/14/15 Thursday 8:05 P.M.. I ate a bag of microwave popcorn. I chatted with a relative. CIO

<888> 05/14/15 Thursday 7:00 P.M.. I drank a cup of Columbian coffee with Splenda sweetener and milk. I sat outside for a while, and I chatted with neighbors. I walked over to CVS with a neighbor who bought cat food. I chatted with the neighbor a bit. I picked up the mail. I got the letter from the Greenwich Housing Authority saying that all tenants in Greenwich Public Housing have to quit smoking on the premises as of January 1, 2016. Thus I have a while to quit smoking cigarettes. From a legal point of view, I don't think that is legal, but the government does a lot of illegal activity all of the time. CIO

<888> 05/14/15 Thursday 4:35 P.M.. I finished the backup. I heated and ate a 21 ounce Bird's Eye chicken Buffalo Style Voila dinner which I put grated parmesan and Romano cheese on, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. I took a nap from 1:30 P.M. to 4:15 P.M.. CIO

<888> 05/14/15 Thursday 12:45 P.M.. I woke up at 7 A.M.. I did a Complete PC backup of the primary work computer to the third internal hard drive. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I showered, and I cleaned up. I threw out the garbage. I chatted with a neighbor. I walked around the building. I opened up a 33 ounce bag of Eight O'clock Columbian Peaks coffee beans, and I filled one of the Braun coffee grinders, so freshly ground coffee is now available in the kitchen. I did an Aomei backup of the primary computer to the Rosewill SATA 1 TB USB external hard drive. I sat outside for a while. I chatted with a relative. I will now do a Complete PC backup of the primary work computer to the Toshiba SATA 1 TB drive in the Rosewill USB external drive holder. CIO

<888> 05/14/15 Thursday 1:15 A.M.. After the last note, I called up Optimum about the correct MTU, and they recommended 1500. They also suggested that I reinstall Internet Explorer 11. I uninstalled it, but when I went to try to reinstall it, it would not install. After trying a number of times, I restored my Complete PC backup from March

17, 2015. I showered, and I cleaned up. I threw out the garbage. I sat outside, and I chatted with a neighbor. I picked up the mail. I chatted with a relative. After the restore, I had to reinstall the Windows Updates and the changed files and the tweak below and a few other items. While doing that I put clean linens on my bed. I did two loads of laundry. I threw out the garbage and the old periodical literature. I watered the plants. I ate a deli sliced turkey and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. The primary work computer is now running a little bit better. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/13/15 Wednesday 11:05 A.M.. On my primary work computer with Windows 7, Internet Explorer 8, 9, 10, and 11 have been buggy for a long time, no matter what I tried. I have been using Firefox for a web browser. I finally figured out the problem with Internet Explorer, and it is not software. I tried www.speakeasy.net speed test with Internet Explorer 11, and I was only getting 4 mbps download where as with FireFox I get 108 mbps. I remembered an old tweak from years ago, and I went to SpeedGuide.net :: [TCP Optimizer / Downloads](http://SpeedGuide.net) , and I downloaded TCP Optimizer, and I ran it as an administrator. I then set it for "Optimized" with 100 mbps speed and 1500 MTU, and I saved the setting, and I rebooted. Now on the speed test with Internet Explorer 11, I get about 25 mbps. CIO

<888> 05/13/15 Wednesday 11:05 A.M.. <http://www.telegraph.co.uk/news/uknews/prince-harry/11601468/Prince-Harry-learns-Maori-haka.html> . CIO

<888> 05/13/15 Wednesday 10:40 A.M.. I woke up at 8:45 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I noticed two days ago, when I visited www.cvs.com on Greenwich Avenue that in their center right front aisle, they have a large display of www.coke.com products and paraphernalia. CIO

<888> 05/13/15 Wednesday 1:15 A.M.. Dick Tracy watches were in the comic strips in the 1940s <http://www.thedailybeast.com/articles/2015/03/10/how-dick-tracy-invented-the-apple-watch.html> , but I am not sure how good they were at solving crimes. One of my actor friends from www.cbs.com in my days in Manhattan knew Peter Falk from the "Colombo" detective series. I will now shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. CIO

!!!!!! <888> 05/12/15 Tuesday 11:35 P.M.. [Bourbon Feels the Burn of a Barrel Shortage](#) . Back in 1979, when I returned from Daytona, Florida in the spring, a relative had gotten remarried and moved away from this area. I used the apartment across the street from where I am living now with a friend for two months. I had a bit of free time, so I went to the old lumber yard by where the Griffin Ford used car lot used to be, and I bought a 8 foot by 1 inch by 12 inch plank of white oak for \$50. It took me at least a month, and I made a wedding chest out of it. However, I stained it dark cherry, and I polyurethaned

it. However, being white oak, it was quite heavy. It was my version of a Bombay Chinese tea chest. I think it is still in the relative's house in Florida. CIO

<888> 05/12/15 Tuesday 11:00 P.M.. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400111899223424492581> on the order for http://www.ebay.com/itm/Lysol-No-Touch-Hand-Soap-Dispenser-Kitchen-Bathroom-/311111069993?pt=LH_DefaultDomain_0&hash=item486faa3129 for \$9.59 with free shipping.

Toll Free 800 Number Directory

For Air Conditioners in this area try www.pcrichard.com .

<http://www.zdnet.com/article/microsoft-opens-skype-translator-preview-to-all-windows-8-1-10-users/?tag=nl.e539&scid=e539&ttag=e539&ftag=TRE17cfd61>

Tracking is https://www.fedex.com/apps/fedextrack/?action=track&ascendheader=1&clienttype=dotcom&cntry_code=us&language=english&tracknumbers=61292700911720596961 on the order for in XXL two three packs of <http://www.meritline.com/hanes-mens-boxer-shorts-underwear---p-134279.aspx> for \$20.99 with free shipping. CIO

<888> 05/12/15 Tuesday 9:45 P.M.. I ate a 13.6 ounce Marie Callender steak and roasted potatoes dinner with a 12 ounce glass of Schweppes Ginger Ale. When I met Roger Schultz over 27 years ago, he told me was a software engineer for <http://www.schweppes.com/> . He once visited my apartment, and sat in the Queen Anne chair that I once had. Thus although he appeared to be one of the larger men in this area, he could fit into a Queen Anne chair and my old www.ford.com Escort. He used to telecommunicate with an associate in Vermont somewhere. I guess knowing computers really well, he manages to stay invisible on the internet. I know where he lived 27 years ago. He told me he went to <http://christchurchgreenwich.org/> in Greenwich and was a friend of Nancy Carnegie Rockefeller, but I don't think she fed him. Roger if he is still alive is probably close to 80 years old, so more than likely if he is still alive, he has retired and probably lost weight. I once drove him over to the Egghead Software Clearance Center in Nanuet, New York across the Tappan Zee River bridge over the Hudson River, so that old bridge could support his weight and the Ford Escort, but I think he broke the shock absorbers getting into the car. For some odd reason, I am always running into big people. However, out in the Midwest of America where they produce food there are plenty of giant people that make the big people back east look just average. CIO

<888> 05/12/15 Tuesday 8:50 P.M.. refurbished \$139.99 free shipping LG 6000 BTU Window Air conditioner, Remote, 1.8 Dehumidification- LW6014ER

I chatted with a relative.

I ordered http://www.ebay.com/itm/Transfer-Cap-Refill-Kit-For-The-Lysol-No-Touch-Kitchen-and-Hand-Soap-Dispenser/281667310827?_trksid=p2045573.c100034.m2102&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20131003150253%26meid%3D0dd570766e714e37a1348ec450589614%26pid%3D100034%26rk%3D4%26rkt%3D7%26sd%3D201348983551 for \$5 and \$2 shipping. CIO

<888> 05/12/15 Tuesday 7:15 P.M.. I sat outside for a while. I drank a cup of coffee with Splenda sweetener and milk. CIO

<888> 05/12/15 Tuesday 6:25 P.M.. I woke up at 5:30 P.M.. I cleaned the kitchen stove fan and filter, and I lubricated the fan motor with oil. CIO

<888> 05/12/15 Tuesday 2:15 P.M.. I will now take a nap. In some parts of southern Europe and France, they take a nap in the afternoon during the heat of the day. CIO

<888> 05/12/15 Tuesday 1:45 P.M.. I chatted with someone from the Ukraine and the Crimea yesterday that was going into Manhattan. I tried to chat with someone from California, but they were too busy chatting on their cell phone. It seems we might have a few visitors in the area, but with New York City nearby, we always have visitors. I took a fourth of a head of Foxy iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.

Still time to rent for the summer with the British Royals
<http://www.balmoralcastle.com/cottages.htm> .

I guess Scottish Rules apply in Greenwich, Connecticut, since we have so many golf courses.

[Golf & Country Club - GreenwichCC](#)

[Welcome - Round Hill Club](#)

[Public Home. | The Stanwich Club](#)

[Burning Tree Country Club - Home](#)

[Home - Milbrook Club](#)

[Welcome - Innis Arden Golf Club](#)

[Tamarack Country Club Home Page](#)

Public Home - Fairview Country Club**Griffith E. Harris Golf Course - Town of Greenwich, Connecticut**

The private sporting clubs in Greenwich are closed on Mondays after long busy weekends, so frequently some of their members sneak downtown on Mondays. We also have yacht clubs and beach clubs and a tennis club, but I don't know as much about those.

<http://www.indianharboryc.com/>

<http://www.bellehavenclub.com/>

<http://www.riversidevc.org/>

<http://ogvc.org/>

<http://www.greenwichshore.com/products/68-grass-island-park-greenwich-boat-and-yacht-club-public-marina-mooring-anchoring.aspx>

<http://www.fcofgreenwich.com/> The Barclay's Teenage Formal Dinner Dance Club in the Old Days in Greenwich in the 1960s used to throw dinner parties for the teenagers at the Field Club with big slabs of prime rib of roast beef to eat. CIO

<888> 05/12/15 Tuesday 12:50 P.M.. I chatted with a friend. CIO

<888> 05/12/15 Tuesday 12:15 P.M.. For the kitchen, I ordered

http://www.ebay.com/itm/Lysol-No-Touch-Hand-Soap-Dispenser-Kitchen-Bathroom-/311111069993?pt=LH_DefaultDomain_0&hash=item486faa3129 for \$9.59 with free shipping. CIO

<888> 05/12/15 Tuesday 11:50 A.M.. I threw out the Lysol hand soap shipping boxes. I chatted with a neighbor. I sat outside for a while at the rear of the building. CIO

<888> 05/12/15 Tuesday 11:10 A.M.. The order with tracking of

http://wwwapps.ups.com/etracking/tracking.cgi?tracknums_displayed=1&TypeOfInquiryNumber=T&InquiryNumber1=1ZW69R180310764439 for 15

http://www.officesupplyking.com/Products/Hand-Soap-Refill--85oz--Fresh-Citrus-Squeeze_RAC00379.aspx?adpos=1o2&creative=55834512205&device=c&matchtype=&network=g&gclid=CM3JIPjFucUCFZEXHwodySMA5Q for 96 cents each and \$8.99 shipping for \$23.39 total was outside my apartment door. That was fast, I only ordered it yesterday morning. I put the spare Lysol hand soap in the bathroom underneath the little dark oak table and a few on the lower bookcase shelf. I will now throw out the shipping boxes. CIO

<888> 05/12/15 Tuesday 10:55 A.M.. I chatted with a relative. I hooked up the

www.weatherdirect.com sending unit to the Dynex Optimum router which stays on all of

the time, so the WeatherDirect base unit on the inside of the front door is constantly updated. CIO

<888> 05/12/15 Tuesday 9:20 A.M.. For the not so high tech group in Greenwich, Connecticut; I happened to notice recently in the north side lobby of the Greenwich Train Station on the east side, there happens to be a private carrier pay telephone. It is four quarters for one dollar charge to call anywhere in the world for four minutes. A local telephone call is 50 cents or two quarters. They also have about a dozen special numbers to call, but I am not sure if there is a charge or not. CIO

<888> 05/12/15 Tuesday 9:00 A.M.. Jeb Bush dismisses dip in polls, defends immigration stance CIO

<888> 05/12/15 Tuesday 8:55 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/12/15 Tuesday 7:45 A.M.. I woke up at 7 A.M.. I paid my last two payments for June and July 2015 at www.geico.com for my automobile insurance policy that runs until October 2015. Paying bills ahead of time is like saving money. CIO

<888> 05/12/15 Tuesday 2:25 A.M.. I will now shut down the primary work computer. I will then go to bed. CIO

<888> 05/12/15 Tuesday 1:55 A.M.. When they need new sod for the Greenwich Common, www.princeton.edu happens to have a large sod farm in Princeton, New Jersey they use for maintaining their campus. Not that I happen to know anyone with Princeton connections. Maybe we could exchange a few rounds of golf for some new sod. CIO

<888> 05/12/15 Tuesday 1:55 A.M.. I ate 9 Triscuit balsamic vinegar and basil crackers with 1.5 inch by 2 inch by .25 inch slices of Norwegian Jarlsberg cheese on them.

<http://translate.google.com/translate?js=n&prev=t&hl=en&ie=UTF-8&layout=2&eotf=1&sl=sv&tl=en&u=www.svenskakyrkan.se/newyork> . CIO

<888> 05/12/15 Tuesday 1:10 A.M.. Back in 1973, I found a large studio apartment on East 70th Street two doors east of the <https://explorers.org/> for \$350 a month. A friend Sandy Carlson last known in Paris rented it. In between the Explorer's Club and the half story up front apartment with a large studio living room and small Pullman kitchen and bath was a French restaurant that was the favorite of the Duke of Windsor and Wallace. It was near the <http://www.frick.org/> and in the same neighborhood the Mellon town house recently sold for \$41 million <http://www.sothebyshomes.com/nyc/sales/0018793> . Alas, possibly if some of my friends lived to old age, they might have made money, so they lost track of me decades ago. CIO

!!!!!! <888> 05/12/15 Tuesday 12:15 A.M.. \$119.99 free shipping refurbished Dell Optiplex 580, AMD Athlon II X2 B26 3.2Ghz, 4GB DDR3 RAM, 250GB Hard Drive, DVD, Windows 7 CIO

<888> 05/11/15 Monday 11:10 P.M.. Osservatorio Vesuviano - Istituto Nazionale di Geofisica e Vulcanologia

Antartica Registration

http://www.smithsonianmag.com/smart-news/ancient-pit-home-uneearthed-salt-lake-city-suburb-180955198/?utm_source=smithsoniantopic&no-ist

http://www.nytimes.com/2015/05/10/upshot/harry-trumans-home-improvement.html?emc=edit_th_20150510&nl=todaysheadlines&nid=46729&r=0

Picasso's Women of Algiers smashes auction record

Funds sought for tiny £6 computer CIO

<888> 05/11/15 Monday 9:55 P.M.. The CFCF coffee shop across the street from CVS on Greenwich Avenue changed their name to Coffee Cafe Roasters <https://plus.google.com/104612999053839676001/about?gl=us&hl=en> . I chatted with a couple outside their shop having a cup of coffee in white China cups and saucers today, and they told me it was the best coffee shop in Greenwich. I think they also sell www.perrier.com there too. I told them when I visited Paris, France during the Albertville, France Olympics in February 1992, I noticed there was a very nice deluxe coffee shop across the street to the northeast side of the <http://www.louvre.fr/> . However, in Europe they allowed to serve liquor in coffee shops, so the locals frequently have a pick me up in their free time. I drank a cup of coffee with Splenda sweetener and milk. Of course, my friend Tony from Sao Paulo, Brazil that knew the Aga Khan claimed his grandfather owned a million acres of coffee plantation in Brazil. Alas his email does not work anymore, so I hope we don't run out of coffee here soon. The last I heard from Tony was he was with the Brazilian Tourist Authority, and he had just bought a new www.ford.com Escort. There are supposed to be fifty thousand Brazilians living in Danbury, Connecticut; so he might still have some friends around here. Brazilian constructions companies are suppose to be doing a lot of the new construction down in Florida. CIO

<888> 05/11/15 Monday 8:20 P.M.. I woke up at 7 P.M.. I threw out some garbage. I sat outside for a while. I picked up the mail. I chatted with two relatives. CIO

<888> 05/11/15 Monday 2:40 P.M.. I took a fourth of a head of Foxy iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put www.kraft.com Zesty Italian dressing on it and Ken's blue cheese dressing. I ate it with a deli sliced turkey and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's

olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 05/11/15 Monday 1:20 P.M.. I chatted with neighbors. I gave a neighbor a ride to the Greenwich Hospital. I went by www.cvs.com on Greenwich Avenue, and I picked up a prescription. I bought four 7 ounce CVS sensitive skin shaving gel for \$2.99 each less \$4 off with a CVS coupon machine coupon and .51 tax for \$8.47 total. I paid 25 cents to park. I then drove further downtown. I used the bathroom at the Senior and the Arts building. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar Store, and I won another free scratch card that I lost on. I stopped by the www.apple.com store on Greenwich Avenue, and I chatted with a sales associate. I chatted with another early morning person. I stopped by the <https://www.greenwichhardware.com/index.php> to cool off a bit. I stopped by the www.chase.com bank on the north side of Saks Fifth Avenue, and I got \$2 in parking meter quarters. I told them about the bad lighting on the night time lights on the ATM machine keypad at the Deerfield Road branch. My favorite painting in the art show on Greenwich Avenue is in the right window of Brooks Brothers, and it is of Tod's Point. It is \$2,400. I stopped by and told them that. I chatted with a customer outside the Greenwich Avenue <http://www.casablancapolo.com/america/home/> store where sales items are up to 80% off. I stopped by and toured CVS again. They have road construction at the top of Greenwich Avenue. I was told the new Greenwich Common is going to be done in three weeks, and they are going to put sod in, so we don't have to wait for the grass to grow. I sat out for a while. I then returned home. CIO

<888> 05/11/15 Monday 9:20 A.M.. I will now go downtown to Greenwich Avenue and see if the head Indian Chief is giving away any wooden nickels. CIO

<888> 05/11/15 Monday 9:00 A.M.. I threw out the garbage. I chatted with a neighbor. I chatted with Mars Electric. Back in the 1970s, the Scottish actually ran the electric company down in Key West, Florida. The Duke of Edinburgh better known as Prince Phillip happens to be an electrician by trade. As I have said many times before in the period when I was out in www.nantucket.net, they installed a fourth generator which was a new ship's turbine generator made in England. Alas the company in England was sold to the Germans, so the simple island people of Nantucket now have to go to Germany to get their generators replaced and maintained. It is basically a ship's turbine engine like they use to power large ships. For years I have wanted to take some of the old nuclear powered submarines in New London and hook up their electricity to Greenwich so we have more and cheaper electricity. The Country of France is 80 percent nuclear power. However, they were cautious and built all of their nuclear reactors on the German border away from the large population groups. Well in the old days in Nantucket, they used blue whale oil to light the lamps, but the more modern people do not know how to whale hunt. Also the vintage sidewalk clock on Greenwich Avenue in front of the Christian Science Center is not working, and it stuck at around 9:30. There is an individual in Hartford, Connecticut that know how to fix it. I think in the old days, they used the valuable oil from a gland on a blue whale for lubrications of watch and clock mechanisms. CIO

<888> 05/11/15 Monday 7:55 A.M.. I ordered 15

http://www.officesupplyking.com/Products/Hand-Soap-Refill--85oz--Fresh-Citrus-Squeeze_RAC00379.aspx?adpos=1o2&creative=55834512205&device=c&matchtype=&network=g&gclid=CM3JIPjFucUCFZEXHwodySMA5Q for 96 cents each and \$8.99 shipping for \$23.39 total.

One can order the Lysol soap dispenser here

http://www.officesupplyking.com/Products/No-Touch-Hand-Soap-System--85oz--Stainless-Look--Plastic_RAC85299.aspx . One of my medical experts in the area says there is a high degree of infection in the New York City area. I recommend using the automatic soap dispense to wash one's hands every time after one goes to the bathroom. It does work, and it does not clog up. CIO

<888> 05/11/15 Monday 6:35 A.M.. I woke up at 4:45 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/10/15 Sunday 8:20 P.M.. I chatted with a relative. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and then I will go to bed. CIO

<888> 05/10/15 Sunday 7:30 P.M.. \$99 with free shipping Dell Optiplex 580 Desktop PC - AMD Athlon II X2 B22 2.8Ghz - 4GB DDR3 RAM - 250GB Hard Drive - DVD - Windows 7 64 Bit

Used Apples

http://arrowdirect.com/search?q=apple#/?_r=1&filter.memory.low=4000&filter.memory.high=16500&page=1&sort.price=asc . CIO

!!!!!! <888> 05/10/15 Sunday 6:30 P.M.. Transformer failure causes fire at N.Y. nuclear power plant CIO

<888> 05/10/15 Sunday 6:10 P.M.. I ate a bag of microwave popcorn. I ordered in XXL two three packs of <http://www.meritline.com/hanes-mens-boxer-shorts-underwear---p-134279.aspx> for \$20.99 with free shipping. CIO

<888> 05/10/15 Sunday 5:10 P.M.. I woke up at 4:30 P.M.. Midway through my nap, I did a telephone survey from Nebraska. I chatted with a relative. I sat outside for a brief spell. CIO

<888> 05/10/15 Sunday 2:30 P.M.. I heated and ate a 21 ounce Bird's Eye chicken Buffalo Style Voila dinner which I put grated parmesan and Romano cheese on, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 05/10/15 Sunday 1:35 P.M.. I chatted with a friend and a relative. I made 290 Zen Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 6 and 7 and 8 and 9 of "The Reign". CIO

<888> 05/10/15 Sunday 7:55 A.M.. I threw out the garbage. I sat out for a while enjoying a foggy morning. I will now make cigarettes. CIO

<888> 05/10/15 Sunday 6:30 A.M.. I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up.

<http://www.ibtimes.co.uk/ve-day-70th-anniversary-queen-elizabeth-attends-westminster-abbey-service-1500567>

VE Day anniversary: Party leaders join in Cenotaph ceremony CIO

End of Scott's Notes week of 05/09/15

<888> 05/09/15 Saturday 9:25 P.M.. <http://www.foxnews.com/politics/2015/05/09/in-2016-republicans-move-to-newest-in-social-media-to-attract-more-voters-win/?intcmp=latestnews>

I chatted with one relative twice and another relative twice. I will now send out my weekly notes. I will then eat a blueberry muffin and go to bed. CIO

<888> 05/09/15 Saturday 5:30 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. CIO

<888> 05/09/15 Saturday 4:10 P.M.. [‘Hermit of the Jungle’ Guards a Brazilian Ghost City Rich in History - NYTimes.com](#)

http://www.zdnet.com/article/heres-what-microsoft-will-add-to-and-delete-from-its-windows-10-edge-browser/?tag=nl.e539&s_cid=e539&ttag=e539&ftag=TRE17cfd61

8 of America's Best Beach Towns

Russia stages massive WW2 parade despite Western boycott

Microsoft to stop producing Windows versions CIO

<888> 05/09/15 Saturday 3:00 P.M.. I woke up at 2:45 P.M.. CIO

<888> 05/09/15 Saturday 11:30 A.M.. The Greenwich Avenue <http://www.casablancapolo.com/america/home/> store just south of www.cvs.com has a sale going on with up to 80% off for any equestrian types. CIO

<888> 05/09/15 Saturday 11:20 A.M.. I chatted with a relative. I ate 8 ounces of heated Perdue chicken breast meat grilled short cuts, a microwaved sweet potato with Smart Balance Spread and extra virgin olive oil and steamed baby carrots with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of Lipton green tea with Splenda sweetener and America's Choice lemon juice. I will now take a nap. CIO

<888> 05/09/15 Saturday 9:40 A.M.. I chatted with two relatives. Besides being the 70th Anniversary of Victory Day in Russia, today is my 65th birthday; so I had most of Greenwich Avenue to myself during the early morning walk viewing the art in some of the shop windows. I liked the picture of Tod's Point which is in the window just south of Hoaglands across from St. Mary's. CIO

<888> 05/09/15 Saturday 9:05 A.M.. I threw out the garbage. I went by the ATM machine at the Deerfield Road www.chase.com branch. The keys on the front ATM machine at the Chase Bank on Deerfield Drive are not fully lighted up at night. The enter key is in the upper right corner. I also saw in the front coffee room, the like using Joy dish washing detergent. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at www.starbucks.com . After I finished my walk, I sat out for a while enjoying the tulips in full bloom. I then walked over to Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I then drove over to CVS on Greenwich Avenue, and I bought two 1 liter bottles of Listerine Total Care Zero mouth wash for \$7.49 each less 30% off with a CVS mail coupon for \$4.50 off and .67 tax for \$11.15 total. I then bought a 16 double roll bundle of Charmin extra strong toilet paper for \$9.99 less \$5 off with a Bonus Bucks coupon from the previous purchase and .32 tax for \$5.31 total. I then sat out for a while in the little vest pocket park across the street from CVS. I then went by the Stop and Shop. I bought a chunk of Norwegian Jarlsberg cheese for \$6.99 a pound for \$10.69, two 13 ounce Marie Callender steak bits and roasted potatoes for \$2 each, two 8 ounce Perdue grilled chicken breast strips for \$3 each, bananas for .49 a pound for \$1.60, and a head of Cello iceberg lettuce for \$1.49 for \$23.78 total. I then bought two 9 ounce Nabisco Triscuits balsamic vinegar and basil for \$1.99 each for \$3.98 total. I then returned back home. I chatted with a neighbor. I carried up my groceries and other purchases, and I put them away. CIO

<888> 05/09/15 Saturday 3:10 A.M.. I woke up at 1:15 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown to do an errand. CIO

<888> 05/08/15 Friday 3:15 P.M.. I chatted with a relative. I sat outside, and I chatted with neighbors. I picked up the mail. I will now shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. CIO

<888> 05/08/15 Friday 1:45 P.M.. <https://www.gov.uk/government/news/election-2015-prime-minister-and-ministerial-appointments> . CIO

<888> 05/08/15 Friday 1:30 P.M.. When I was just outside a little while ago, I saw a large all black <http://www.maine-coon-cat-nation.com/black-maine-coon-cat.html> cross our parking lot. It was large enough that it startled the neighbors. CIO

<888> 05/08/15 Friday 12:55 P.M.. I chatted with a friend. In another month when the local youth get out of the local schools, the whole town changes for the summer, while the younger people pursue their summer routines. Of course a lot of families go away for the summer, and we have the added benefit of getting quite a few tourists coming our way to explore our over advertised high end real estate area. Alas most people just buy a cup of coffee at www.starbucks.com on Greenwich Avenue and keep traveling up the highway to points further north. They sell Green Mountain coffee in Kennebunkport, Maine <http://scott-mike.com/137.htm> . However, it is only 50 degrees Fahrenheit at the beach in Kennebunk, Maine at the moment <http://www.kennebunkportbeachwebcam.com/> ; so possibly only the locals are around at the moment. <http://www.franciscanguesthouse.com/franciscan-maine-monastery.html> is about the cheapest place to stay near the beach. Also one does not need beach parking permits this time of year, and one can walk their dogs on the beach. Of course for New England hermits, there is always <http://nantucket.net/> . Alas they no longer have a commercial fishing ice house there anymore, so one does not get the great adventure of shucking sea scallops. CIO

<888> 05/08/15 Friday 12:15 P.M.. I woke up at 11:30 A.M.. I went outside, and I chatted with neighbors. I walked around the building. CIO

<888> 05/08/15 Friday 9:45 A.M.. I did some routine computer work. I went outside, and I chatted with the building custodian, and I sat outside for a while. I chatted with a neighbor. I called the Greenwich Housing Authority at 1-203-869-1138, and they are going to send me a copy of the no smoking letter. I took a fourth of a head of Foxy iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced plum tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put www.kraft.com Zesty Italian dressing on it and extra virgin olive oil and Monari balsamic vinegar. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 05/08/15 Friday 5:55 A.M.. I chatted with neighbors. I sat outside for a while. I threw out the garbage. Two of my neighbors told me they received notices from the Greenwich Housing Authority as of January 1, 2016; no one can smoke in the building. I did not receive such a notice, so I will call them up at 1-203-869-1138 later today to see if they can send me such a notice. Since I am getting older turning 65 years old on May 9, 2015; I had planned to quit smoking cigarettes anyway. It can be costly to buy the nicotine patches though, so I will have to adjust my budget. I will probably try to quit smoking after I get back from Kennebunkport, Maine in September 2015. However, one of my

psychiatrists claims that smoking reduces stress, so when ever I quit smoking, I will have to try to lead a stress free life by staying away from busy areas like downtown Greenwich Avenue which can be very stressful at times. Unfortunately from past experiences in the past, when I have tried to quit smoking cigarettes, other disasters have occurred in the area. I was even trying to quit smoking on "911". CIO

<888> 05/08/15 Friday 3:55 A.M.. Before going to bed, I was called up by a veterans group from Bloomfield Hills, Michigan. I chatted with them a bit. I then went downstairs, and I helped a neighbor move some plants into his apartment. I sat outside briefly. I went to bed about 3:30 P.M.. I woke up at 8:30 P.M., and I picked up the mail. I chatted with a relative. I went back to bed, and I woke up at 2:15 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 05/07/15 Thursday 2:05 P.M.. I sat outside chatting with neighbors. I moved the Volvo wagon to its usual place. I will now shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. CIO

<888> 05/07/15 Thursday 12:25 P.M.. http://www.zdnet.com/article/windows-10-what-you-need-to-run-it/?tag=nl.e539&s_cid=e539&ttag=e539&ftag=TRE17cfd61

Scientific Research Programmes (SRPs)

<http://www.nochedevolcanes.es/>

European Researchers' Night (NIGHT) - European Commission

Firenze 2015

Email - The timing is perfect! - Ronald Reagan Presidential Foundation and Library

<http://www.cnn.com/interactive/2015/05/world/everest-friendship/>

<https://lakeforest.edu/live/news/5790-holography-expert-professor-emeritus-tj-jeong-dies>

Newly found microbe is close relative of complex life

Pirate Capt Kidd's 'treasure' found in Madagascar CIO

<888> 05/07/15 Thursday 11:20 A.M.. I heated and ate a 21 ounce Bird's Eye chicken Buffalo Style Voila dinner which I put grated parmesan and Romano cheese on, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. I put a Air Wick Tropical Scent 6 ounce refill can in the Glade scent device in the bathroom. CIO

!!!!!! <888> 05/07/15 Thursday 10:20 A.M.. There is an important event this evening at the Greenwich Senior and Arts Center at 5 P.M. <http://www.greenwichartscouncil.org/> . Also during the first week of June 2015, there is also the <http://www.greenwichfilm.org/> . CIO

<888> 05/07/15 Thursday 9:55 A.M.. I threw out the garbage. I drove over to www.walgreens.com in Old Greenwich. I bought a 16 roll bundle of Scott toilet paper for \$4.99, four 5 packs of Bic Lighters for \$3.50 each five pack, six 8 ounce Nice! blue toilet tank cleaners for \$2.99 each and \$2.35 tax for \$39.28 total. I then drove back to the central downtown Greenwich Avenue area. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. The tulips downtown are in full bloom, but there are not as many as there once were. I used the bathroom at Starbucks. I stopped by www.cvs.com , and I bought a four pack of CVS 9 volt alkaline batteries for \$11.99 less a \$3 off with a CVS coupon machine coupon and .57 tax for \$9.56 total. I then bought a 34.5 ounce Folgers Country Blend ground coffee for \$5.99. I then finished my walk, and I sat out a bit. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I then returned back to CVS, and I bought four 12 packs of 12 ounce cans of Schweppes Ginger Ale for \$3.50 each 12 pack and \$2.40 can deposit for \$16.40 total. I then went by the A&P Fresh. I bought a 1.75 quart container of Friendly Fudge Swirl ice cream for \$2.50, a 26 ounce Marie Callender Bakes beef meal for \$4.99, two 21 ounce Bird's Eye Chicken Voila meals for \$3.99, two packages of reduced plum tomatoes for \$1.08 and .92 and 60 cents can return for \$20.86 total. I noticed a customer advertising Scottish National Champions, so there might be other Scottish in the area. I then returned home. I used my little folding cart to bring up the Ginger Ale. I then put the cart back in the rear of the Volvo Wagon. I then brought up my other groceries and purchases. I then put them all away. CIO

<888> 05/07/15 Thursday 4:10 A.M.. I woke up at 1:30 A.M.. From what I can tell, the electricity here was off from about 4 P.M. to 7:30 P.M.. I reset some clocks. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown to check out the local turf. CIO

<888> 05/06/15 Wednesday 3:40 P.M.. I chatted with two friends. I ate 10 ounces of pizza rolls with a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 05/06/15 Wednesday 2:25 P.M.. I sat outside for a while enjoying an overcast day. I chatted with neighbors. I picked up the mail. CIO

<888> 05/06/15 Wednesday 1:25 P.M.. I setup the Roku device in the kitchen with the new wireless network. I chatted with a relative. I ate a bag of microwave popcorn. People from the Midwest eat a lot popcorn, since it is very plentiful out in that neck of the corn belt. Alas the under privileged people back east whom have not experienced the vastness of the American Midwest with all of its remote security and peaceful atmosphere compared to the busyness of the coastal areas of America. In many places in the Midwest, it looks like

time has stood still for decades and they are more traditional. They still have the old fashioned American outlook and values that the fast moving people back east seem to have forgotten. Since the media people tend to be located on both coasts, they frequently forget the Heartland of America as if it were another planet in some other universe. Alas there are taxpayers in the middle of the country that frequently like exercising their viewpoint compared the media oligarchs of the coastal areas of America. CIO

<888> 05/06/15 Wednesday 12:15 P.M.. I setup the new wireless on the Roku device in the living room. For some reason the JBL headset microphone does not work on the Windows 8.1 GoPhone, so I disconnected it. I went out, and I said "Good Morning" to the building custodian. I sat outside for a while. I walked around the building. I checked out the big boulders in the back yard, but they do not show any archeological remains that I can tell. We have a nice view of the Byram River and the nearby village of Port Chester. A lot of the movers and shakers in the town of Greenwich can be seen shopping in Port Chester at places like www.costco.com and www.homedepot.com . For the more economically affluent people they probably have expensive houses to maintain. Beside my own wireless network, my wireless devices show two Optimum Hotspots, so possibly it is because in the setup, one splits the signal into 2.8 GHz and 5.6 GHz. Alas none of my deja vue acquaintances downtown do not seem interested in seeing me, so I guess fat people are not welcome downtown. Of course to the tiny people downtown, I have to remind you that fat individuals or large individuals might know other people of the same size, but they do not shop at women's stores on Greenwich Avenue. CIO

<888> 05/06/15 Wednesday 10:30 A.M.. I woke up at 10:15 A.M.. CIO

<888> 05/06/15 Wednesday 6:55 A.M.. I took a fourth of a head of Foxy iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced plum tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put www.kraft.com Zesty Italian dressing on it and extra virgin olive oil and Monari balsamic vinegar. I ate it with a deli sliced turkey and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 05/06/15 Wednesday 5:45 A.M.. I put away the clean laundry. CIO

<888> 05/06/15 Wednesday 5:15 A.M.. Tour of Norwegian Arctic science ship Lance CIO

<888> 05/06/15 Wednesday 4:35 A.M.. I have 45 minutes to go on two dry cycles. I sat outside briefly. I noticed a neighbor walking a small dog. I received a notice yesterday that over the next two or three days, the Greenwich Housing Authority is going to be inspecting the smoke detectors in each apartment in my building at 71 Vinci Drive. I heard on the BBC news this morning that they are now going to start running ferry service from South Florida to Cuba and back, for anyone whom wants to go there and grow tomatoes. CIO

<888> 05/06/15 Wednesday 3:55 A.M.. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry that I have 10 minutes to go on. I threw out the garbage and the old periodical literature. I watered the plants. CIO

<888> 05/06/15 Wednesday 2:25 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. CIO

<888> 05/06/15 Wednesday 1:10 A.M.. I ate two slices of deli sliced Swiss cheese and two slices of deli sliced ham. I woke up at 12:30 A.M.. CIO

<888> 05/05/15 Tuesday 6:35 P.M.. I threw out the shipping box. I chatted with a couple of neighbors. I picked up the mail. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 05/05/15 Tuesday 5:10 P.M.. I connected up the primary work computer and the Dell Optiplex 740 mini tower to the LAN ports on the Dynex Wireless Router. Thus I get 108 mbps download and 40 mbps upload. I also moved the Dynex Wireless Router to the back top of the FIC server placed behind the Brother laser printer, so the Dynex Wireless Router has a clear view of the living room windows in case I am providing an Optimum Wireless Hot Spot. CIO

<888> 05/05/15 Tuesday 4:40 P.M.. I hooked up the TrendNet Router and the three switches to the power cable from the Net Switch on the primary work computer control panel. I will leave the Optimum Dynex Router going all of the time, since I think besides providing WiFi, it also provides an Optimum WiFi Hot Spot. However, I have it in the extreme southwest corner of the living room on the speaker stack above the Minolta PagePro laser printer, so I am not sure what its range is. My Netgear WiFi with Netgear WiFi extender is near the living room windows, but I don't leave that on all of the time. CIO

<888> 05/05/15 Tuesday 4:05 P.M.. I can not fall asleep. I have been cat napping through out the day. I chatted with a relative and two friends. I ate two ounces of mixed nut, two slices of deli ham with two slices of deli Swiss cheese, and a blueberry muffin and cold filtered. It is plenty cool in the apartment about 70 degrees Fahrenheit with the sun shining on my four large west facing windows. About 2:30 P.M., the order with tracking of https://www.fedex.com/apps/fedextrack/?action=track&ascend_header=1&cntry_code=us&language=english&mps=y&action=track&tracknumbers=597210973155817 was delivered the free Dynex wireless router from Optimum. I set it up as the first router with the TrendNet router with print server as the second router and the three switches connected to the TrendNet Router, so I can use the TrendNet USB Printer Server. Both routers turn on with the Router switch on the primary work computer control panel. The Dynex Router has a USB port, but I have not read its detailed instructions yet to know what it is for. The Hindu from Jupiter, Florida called me up a few times trying to fix my

computer. I finally told him I did not own a computer, and when he called back again, I would only speak French, which got rid of the nuisance. CIO

<888> 05/05/15 Tuesday 7:30 A.M.. I sat outside for a while enjoying the morning. I chatted with a neighbor. I walked around the building. I chatted with the two electricians from Mars Electric. I will now shut down the primary work computer. I will then go to bed. CIO

<888> 05/05/15 Tuesday 5:55 A.M.. Email - Live Webcast with Congressman Kevin McCarthy - Ronald Reagan Presidential Foundation and Library

Big whales have stretchy nerves to help them gulp CIO

<888> 05/05/15 Tuesday 5:15 A.M.. I heated and ate a 21 ounce Bird's Eye chicken Florentine Voila dinner which I put grated parmesan and Romano cheese on, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/05/15 Tuesday 4:25 A.M.. My <https://www.eversource.com/> bill for April 2015 was \$151.79 for 697 kWh for 21.78 kWh per day over 32 days with an average temperature of 51 degrees Fahrenheit. For April 2014, it was \$130.97 for 727 kWh for 23.45 kWh per day over 31 days with an average temperature of 49.5 degrees Fahrenheit. With the air conditioners going, the living room has gone down from 80 degrees Fahrenheit to 74 degrees Fahrenheit, and I will cool it down even more, because when the westerly afternoon sun hits my windows, it can warm up the apartment quite a bit. CIO

<888> 05/05/15 Tuesday 3:30 A.M.. I installed the air conditioners in the bedroom and the living room along with the various fans I keep going to blow the cool air around in the warmer time of the year. Thus that major chore is all done. It will take a while to cool down the living room. I do not use the living room lights in the warmer time of year, since they put out quite a bit of heat. I just use low light. I also cleaned the air conditioner filters. I also put in new alkaline batteries in the two weather station sensors outside the living room window. I will now shower and clean up, after I put my little folding cart back in the rear of the Volvo wagon. I used it to move the bedroom air conditioner around the apartment. CIO

<888> 05/04/15 Monday 11:15 P.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed.

<https://www.gov.uk/government/people/david-cameron>

<http://www.gettyimages.com/detail/news-photo/king-willem-alexander-of-the-netherlands-and-queen-maxima-news-photo/472158112>

Royal princess named Charlotte Elizabeth Diana CIO

<888> 05/04/15 Monday 10:05 P.M.. I ate two ounces of mixed nuts. I woke up at 10:30 A.M.. I chatted with a friend. I sat outside chatting with neighbors. I went back to bed at 12:30 P.M.. I woke up at 8:30 P.M.. I chatted with a relative and a friend. CIO

<888> 05/04/15 Monday 6:35 A.M.. I sat out briefly enjoying the morning birds. I will now shut down the primary work computer. I will then go to bed. CIO

<888> 05/04/15 Monday 6:15 A.M.. 40 Busy Years Later, a Microsoft Founder Considers His Creation - NYTimes.com

Cunard's 175th anniversary: Liners gather in Southampton

Climate drives 'new era' in Arctic Ocean CIO

<888> 05/04/15 Monday 5:50 A.M.. I heated and ate a 21 ounce Bird's Eye three cheese chicken Voila dinner which I put grated parmesan and Romano cheese on, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/04/15 Monday 4:50 A.M.. I connected up the Lexmark E238 laser printer to the primary work computer using the TrendNet Router USB print server. CIO

<888> 05/04/15 Monday 4:30 A.M.. I chatted some more with www.cablevision.com twice at 1-203-348-9211. Since I am paying for Optimum 100, I thought I should be getting higher internet speeds. They had me plug my primary internet computer directly into the Cable Modem and at www.speakeasy.net, I got 104 mbps download and 35 mbps upload. I chatted with them about Windows 10. I then removed the Dynex router from my internet setup as the first router, and I plugged its cables into the TrendNet TW100-BRF114U router with USB print server. I then connected the removed cables from the TrendNet router to a new Rosewill 8 port 10/100 switch which turns on with the router switch on the control panels of the primary work computer setup. The cables from the Rosewill switch go into the 16 port and 8 port Netgear switches. I now get 94.75 mbps download and 41 mbps second upload on both the primary computer plugged into the TrendNet Router and the Dell Optiplex 740 mini tower plugged into the 16 port Netgear Switch. Thus all devices on my network should be going at those speeds now. CIO

<888> 05/04/15 Monday 1:50 A.M.. I chatted with www.cablevision.com twice at 1-203-348-9211, and they told me in my current package I have Optimum 101, but my current setup only supports 50 mbps. They are going to send me their free wireless router that supports 100 mbps, so I can set it up as the first router in my network and have higher speed wireless and a few devices working faster. I could buy another faster wireless net switch or router to hook up to it, but I am not sure which computers support 100 mbps, and also my older TrendNet TW 100-BRF114U router in the setup is necessary since it has a print server connected to the Lexmark E238 laser printer. What is strange about the internet is that nobody communicates except for people trying to sell something else in high tech. CIO

<888> 05/03/15 Sunday 11:55 P.M.. I have had five no person telephone calls today. I turned off both apartment thermostats. It is still too cool out to put in the two air conditioners. The bedroom air conditioner is quite a complicated process, since I have to move a lot of items around. I have not met any strong individuals to help me out with that chore whom are willing to help out for free. It usually takes me three hours to install them, but I think it is still to cool out. After the long cold winter, I am enjoying the warmer apartment.

Connecticut Fishing Licenses

http://www.ct.gov/deep/cwp/view.asp?a=2696&q=322716&deepNav_GID=1630 . I chatted with <http://www.thedelamar.com/> to see what was going on down by the waterfront. CIO

<888> 05/03/15 Sunday 11:25 P.M.. I threw out the garbage. It is the third night in the row of a full moon. The full moon is suppose to be a good time for fishing, so maybe there are some diehard fisherman down by the waterfront fishing on Steamboat Road, or where ever they try their luck. I am not sure if the striped bass are running this early. Since it was a colder winter, and is still cool this time of year, the striped bass might not be running yet. I no longer drive frequently down by the waterfront on Steamboat Road, since it is too expensive. The long time observer there in the grey pickup truck told me he was going to move to TexArkansas over a year ago, so I am not sure if he is still in the area or has moved. I know the individual if he is still alive is high tech and has family in the area, so maybe some of his younger relatives have taken over his position on the waterfront. CIO

<888> 05/03/15 Sunday 9:45 P.M.. I woke up at 8 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will shower and clean up. CIO

End of Scott's Notes week of 05/03/15

<888> 05/03/15 Sunday 12:45 P.M.. I chatted with a relative. Happy Birthday to another relative.

http://www.smithsonianmag.com/smart-news/sunken-ships-lake-michigan-are-visible-ghostly-blue-180955108/?utm_source=smithsonianopic&no-ist

I will now send out my weekly notes. I will then shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. CIO

<888> 05/03/15 Sunday 11:25 A.M.. I mailed two copies of my www.lfc.edu transcript to an interested relative with a 49 cents My Florida forever stamp on the envelope that I mailed in the mail room downstairs. I chatted with a neighbor. I went by the A&P Fresh, and I bought four of the different Birds Eye 21 ounce chicken Voila frozen dinners for \$3.99 each for \$15.96 total. I then went by the Stop and Shop. I bought a loaf of Pepperidge Farm 15 grain bread for \$4.29, a 59 ounce container of Florida Natural orange juice with calcium

for \$2.50, a 16 ounce package of Stop and Shop deli sliced Swiss cheese for \$5.49, deli sliced Stop and Shop premium cooked ham for \$4.99 a pound for \$5.09, two 64 ounce Ocean Spray cranrape juice for \$2.50 each, two 64 ounce Ocean Spray cranraspberry juice for \$2.50 each, a 42 ounce Quaker Old Fashioned oatmeal for \$4.99, a 12 pack of Orville Rickenbacher microwave butter popcorn for \$3, a five quart box of Stop and Shop powdered milk for \$7.29, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.99, a quart jar of Hellmann's olive oil mayonnaise \$3.99, a 16 ounce Wish Bone blue cheese dressing for \$2, two 12 ounce generic honey for \$2.50 each, two 8.5 ounce Lays jalapeño kettle potato chips for \$3 each for \$63.63 total. I then returned home, and I carried up my groceries, and I put them away. CIO

<888> 05/03/15 Sunday 9:00 A.M.. I woke up at 8:30 A.M.. I finished the backups of the Dell Latitude E6400 laptop. The Windows 10 upgrade will not install on the Asus Netbook. I will now go downtown for groceries. CIO

<888> 05/03/15 Sunday 4:55 A.M.. I will now take a nap. CIO

<888> 05/03/15 Sunday 4:40 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced plum tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, McCormick southwest Salad Toppins, a quarter cup of grated parmesan and Romano cheese, and I put www.kraft.com Zesty Italian dressing on it and extra virgin olive oil and Monari basalmic vingear. I ate it with a deli sliced carved ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 05/03/15 Sunday 2:50 A.M.. On the Dell Latitude E6400 laptop, I have Windows 10 Enterprise Edition 64 bit version 10074 installed and activated on the second partition. I am now installing the Windows 7 Updates on the first partition. I will then do a Complete PC backup to the Rosewill 1 TB USB external Seagate SATA hard drive. I will then do a Aomei backup to the Rosewill 1 TB USB external Toshiba SATA drive. I am also installing Windows 10 Enterprise Edition 32 bit version 10074 on the Asus netbook on its second partition. CIO

<888> 05/03/15 Sunday 1:25 A.M.. On the Dell Latitude E6400 laptop Windows 10 Technical Preview Enterprise Edition 64 bit partition, I deleted the music file freeing up 7.5 gigabytes of space. I am now installing the latest version 10074 update on it. I threw out the garbage. I picked up the mail.

I got my Lake Forest College www.lfc.edu transcript from the class of 1972 in the mail. I posted copies here:

<http://mikelouisscott.com/mlslfc1.jpg>

<http://mikelouisscott.com/mlslfc2.jpg>

<http://scott-mike.com/mlslfc1.jpg>

<http://scott-mike.com/mlslfc2.jpg> CIO

<888> 05/02/15 Saturday 10:50 P.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will shower and clean up. CIO

<888> 05/02/15 Saturday 9:30 P.M.. I chatted with a relative at 5 P.M.. I woke up at 8:15 P.M.. I chatted with a relative. CIO

<888> 05/02/15 Saturday 12:30 P.M.. I chatted with a relative. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/02/15 Saturday 11:55 A.M.. I threw out the garbage. I chatted with a neighbor. I went by the Deerfield Road branch of the www.chase.com bank. I then went by the Wells Fargo Bank on Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I then sat out for a while downtown viewing the tulips and other flowers at the veterans monument across the street from the Senior and the Arts Center. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I then chatted with a regular walker. I then sat out a for a while more. I then went by the A&P Fresh, and I bought a Bird's Eye 21 ounce Voila chicken alfredo meal for \$2.99, a four pack of blueberry muffins for \$3.99, bananas for .79 a pound for \$2.37, a 16 ounce Ken's Blue Cheese Dressing for \$2.99, a 2 liter Botticelli cold pressed extra virgin olive oil for \$12.99, a 9 ounce deli sliced Butterball honey roasted turkey for \$3, a head of Foxy lettuce for \$2.99, a dozen America's Choice jumbo eggs expire June 1, 2015 for \$2.69, a 21 ounce El Monterey beef and cheese tacos for \$3.99 for \$39.01 total. I chatted with somebody that looked he was wearing a Heineken hat. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service premium V-Power gasoline for \$3.349 a gallon for 2.985 gallons at odometer reading of 110154 miles for 39.9 miles driven since Saturday April 11, 2015 for 13.367 miles per gallon in mostly local traffic. I then returned home. I chatted with a neighbor. I put away my groceries. CIO

<888> 05/02/15 Saturday 8:20 A.M.. I made my bed. I chatted with a relative. I will now go downtown to pay my rent. CIO

!!!!!! <888> 05/02/15 Saturday 7:20 A.M.. Royal baby: Duchess of Cambridge gives birth to daughter CIO

<888> 05/02/15 Saturday 6:50 A.M.. I sat outside enjoying watching the morning birds. I ate a bag of microwave popcorn. CIO

<888> 05/02/15 Saturday 5:50 A.M.. <http://www.greenwich375.org/> .

36 Hours in Key West, Fla. - Video - NYTimes.com

Microsoft (Yes, Microsoft) Has a Far-Out Vision - NYTimes.com

At Long Last, a Kentucky Derby Only About the Horses - NYTimes.com

The Prado and a New Royal Museum Duel Over Paintings - NYTimes.com

New Whitney Museum Signifies a Changing New York Art Scene - NYTimes.com

6 Reasons to Try Microsoft's Edge Browser | PCMag.com

Wildlife decline may lead to 'empty landscape'

Nepal quake: Why are some tremors so deadly? CIO

<888> 05/02/15 Saturday 4:55 A.M.. I woke up at 4:45 A.M.. CIO

<888> 05/02/15 Saturday 1:45 A.M.. The building fire alarm went off at 1:15 A.M.. I checked outside in the hallway, and it was a neighbor with cooking smoke. I called the Greenwich Housing Authority at 1-203-869-1138, and they told me somebody had already called it in. They said they would dispatch somebody to turn off the fire alarm. I can hear a fire truck outside. They started resetting the building fire alarm at 1:37 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with two sliced plum tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, Montreal spicy steak seasoning, a quarter cup of grated parmesan and Romano cheese, McCormick southwest salad toppings and I put on it www.kraft.com Zesty Italian dressing, Monari balsamic vinegar, extra virgin olive oil. I ate it with a 16 ounce Marie Callender chicken pot pie and a 12 ounce glass of Schweppes ginger ale. I will now take a nap. CIO

<888> 05/01/15 Friday 11:35 P.M.. I made 245 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episodes 1 and 2 of "Supervolcano". CIO

<888> 05/01/15 Friday 8:40 P.M.. I chatted with a relative. I threw out the garbage. I sat outside enjoying the evening. There is a full moon this evening. I picked up the mail. I got my rent statement from the Greenwich Housing Authority. I will now make cigarettes. CIO

<888> 05/01/15 Friday 6:45 P.M.. I chatted with a relative and a friend before going to bed. I woke up at 4:45 P.M.. I did an Aomei backup to the Rosewill 1 TB external USB hard drive of the Lenovo ThinkCentre on the oak dining table. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will shower and clean up. CIO

<888> 05/01/15 Friday 8:25 A.M.. I mailed the Microsoft Money report in the mail room downstairs. I sat outside for a while. I said, "Good Morning" to the building custodian. I will backup the Lenovo ThinkCentre, when I wake up later today. I will now shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 05/01/15 Friday 7:40 A.M.. Apple, IBM and Japan Post See Profit in the Old-Age Market

Music and Video Preview Apps for PCs are Headed to the Store for Windows Insiders

http://www.volcano.si.edu/reports_weekly.cfm

http://www.zdnet.com/article/microsoft-releases-windows-10-build-10074/?tag=nl.e539&s_cid=e539&ttag=e539&ftag=TRE17cfd61

Lava lake overflows crater of Kilauea volcano in Hawaii

Nepal earthquake: Moment British woman caught in avalanche CIO

<888> 05/01/15 Friday 6:50 A.M.. I chatted with a friend. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.cl-p.com/> electricity bill and my www.verizon.net bill. My current Optimum bill was about \$198, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$98 for premium Cable TV. However that includes \$25 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I also paid my second of four payments on my six month www.geico.com automobile insurance policy on my Volvo wagon. CIO

<888> 05/01/15 Friday 5:30 A.M.. I printed out the last four months of Scott's Notes pages 11208 through 11471. I put them in two Staples clamp binders, and I left them on the www.harvard.edu chair at the hallway entrance for now. They are available at:

Scott's Notes from January 2010 through December 2014, 6.11 Mbytes

<http://mikelouisscott.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011, January 2012 to April 2012, "mlsnote24.doc", pages 9167- 9404, May 2012 to August 2012 "mlsnote 25.doc", page 9405 - 9615, September 2012 to December 2012, "mlsnote26.doc", pages 9616 - 9851, January 2013 to April 2013, "mlsnote27.doc", pages 9852 - 10092, May 2013 to August 2013, "mlsnote28.doc", pages 10093 - 10306, September 2013 to December 2013, "mlsnote29.doc", pages 10307 -10538, January 2014 to April 2014, "mlsnote30.doc" , pages 10539 - 10780, May 2014 to August 2014, "mlsnote31.doc" , pages

10781 - 10984, September to December 2014, "mlsnote32.doc" , pages 10985 - 11207, January to April 2015, "mlsnote33.doc" , pages 11208 - 11471

Scott's Notes from January 2010 through December 2014, 6.11 Mbytes <http://scott-mike.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011, January 2012 to April 2012, "mlsnote24.doc", pages 9167- 9404, May 2012 to August 2012 "mlsnote 25.doc", page 9405 - 9615, September 2012 to December 2012, "mlsnote26.doc", pages 9616 - 9851, January 2013 to April 2013, "mlsnote27.doc", pages 9852 - 10092, May 2013 to August 2013, "mlsnote28.doc", pages 10093 - 10306, September 2013 to December 2013, "mlsnote29.doc", pages 10307 -10538, January 2014 to April 2014, "mlsnote30.doc" , pages 10539 - 10780, May 2014 to August 2014, "mlsnote31.doc", pages 10781 - 10984, September 2014 - December 2014, "mlsnote32.doc", pages 10985 - 11207, January 2015 - April 2015, "mlsnote33.doc", pages 11208- 11471

Janaury to April 2015, "mlsnote33.docx" , pages 11208 - 11471

January to April 2015, "mlsnote33.docx" , pages 11208 - 11471

<http://mikelouisscott.com/mlsnote33.pdf>

<http://scott-mike.com/mlsnote33.pdf>

I finished installing Windows 10 Technical Preview Enterprise Edition Version 11074 on both partitions on both of the Lenovo ThinkCentres. I am now doing a complete PC backup of the Lenovo ThinkCentre to the right of the FIC server to the Toshiba 1 TB SATA drive in the Rosewill USB SATA hard drive holder. I will then do an Aomei backup to the same device. I will then do an Aomei backup of the Lenovo ThinkCentre on the oak dining table to the 1 TB Rosewill SATA external USB hard drive. CIO

<888> 05/01/15 Friday 3:20 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with three sliced plum tomatoes. I seasoned it with ground black pepper, Italian spices, celery salt, garlic powder, McCormick southwest Salad Toppings, a quarter cup of grated parmesan and Romano cheese, and I put www.kraft.com Zesty Italian dressing on it and extra virgin olive oil and Monari basalmic vingear. I ate it with a deli sliced chicken and carved ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale.

House for sale for \$5 million http://en.wikipedia.org/wiki/Howsham_Hall near http://en.wikipedia.org/wiki/Whitby_Abbey . CIO

<888> 05/01/15 Friday 1:10 A.M.. I threw out the garbage. I sat outside for a while. I picked up the mail. I printed out two copies of the Microsoft Money Sunset Income versus Spending for April 2015, and I have one copy with a 49 cent My Florida forever stamp ready to mail to an interested relative. CIO

<888> 06/30/15 Tuesday 8:15 P.M. I woke up at 5 P.M.. I went for a ride with a relative along the Kennebunk beach and back, and we sat out at the west end of the east beach watching the dog walkers and the surfers at low tide. We then stopped by the Clam Shack in downtown Kennebunkport, and we got a half pint of fried clams for \$21.55. We then returned to my relative's house, and we watched the evening news and ate fried clams, taco chips with Hell-Uv-A-Good horseradish sauce and watered down orange juice. For dinner, I ate barbecued 12 ounce New York strip steak medium rare and one ear of corn on the cob with butter and cold slaw and a glass of watered down orange juice. I cleaned up the kitchen. I will now read or watch television before going to bed. At www.samsclub.com, they have New York Strip steaks for \$9.99 a pound. Normally I do not eat too much beef to keep my cholesterol down, but since I am on vacation, and I will be traveling back to Greenwich, Connecticut this coming Thursday, I might need a little bit of extra energy. CIO

<888> 06/30/15 Tuesday 3:05 P.M. I chatted with two friends and another friend twice. One friend will be visiting Newport, Rhode Island until this Friday. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and potato salad and a watered down orange juice. I went out with a relative, and we did an errand in downtown Kennebunkport, and then we went by the Kennebunkport post office. We then drove along the waterfront back in Kennebunkport. I will now take a nap. CIO

<888> 06/30/15 Tuesday 11:10 A.M. I did a wash load of colored clothes, and I am now drying them. I brought the garbage can in from the street, and I threw out more garbage. I chatted with a relative. They yard man cut the grass on the north side of the house. He will back again on Friday. CIO

<888> 06/30/15 Tuesday 9:20 A.M. I watched the www.pbs.org Antique Road Show until 10 P.M., and then I went to bed. I woke up at 8 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 06/29/15 Monday 8:50 P.M. I woke up at 6 P.M.. I watched the evening news and drank watered down orange juice with taco chips and salsa and Hell-Uv-A-Good horse radish dip. I went for a drive with a relative along the Kennebunk beach and back home. For dinner, I ate barbecued 12 ounce New York strip steak medium rare and one ear of corn on the cob with butter and egg and potato salad and a small mixed salad with blue cheese dressing and a glass of watered down orange juice. I cleaned up the kitchen. I will now read or watch television before going to bed. CIO

<888> 06/29/15 Monday 4:55 P.M. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and potato salad and a watered down orange juice. I checked the oil on the Volvo wagon. I walked down to the waterfront, and the fallen oak tree looks like it is on the south neighbor's property and its

base is about three feet in diameter, and its root base was already hanging over an embankment on the marsh pond, so now most of it has fallen into the marsh pond. I went with a relative to the Kennebunkport post office. We then went to a medical appointment in Biddeford, Maine. While waiting, I read part of this week's www.time.com magazine. It said the Dali Lama gets up at 3 A.M. and goes to bed at 7 P.M., and spends six hours a day in prayer and meditation. We returned back to my relative's house. I will now take a nap. CIO

<888> 06/29/15 Monday 12:15 P.M. I started a load of white wash, and I am now drying it. I cleaned the toilets in the powder room, master bedroom and downstairs bunk room. I used the electric leaf blower, and I cleaned off the driveway. The painter says that either end of the garage door will probably need a third rubber strip, since the ends of the garage floor are not level. A bit oak tree blew over in the storm yesterday. It is about 15 feet south of the property line down on the neighbor's property down by the marsh pond about ten feet in from the marsh pond at high tide. I put the garbage can out by the street for pickup tomorrow morning. CIO

<888> 06/29/15 Monday 9:45 A.M. I read part of the Sunday www.nytimes.com . I went to bed at 9 P.M.. I woke up at 8 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I chatted with a relative. The painter is here putting a second rubber strip on the bottom of the garage door. I will now shower and clean up. CIO

<888> 06/28/15 Sunday 8:00 P.M. I woke up at 3:15 P.M.. I helped a relative out with a matter. We watched television. I went out to H. & B. Provisions in downtown Kennebunkport, and I got a half gallon of Hood 2% milk for \$2.59. It was so slow out with the constant rain, there was nobody lined up the clam shack by the bridge in downtown Kennebunkport. I returned home, and I watched the evening news with relatives. For dinner, I ate three 1/4 inch thick slices of rotisserie chicken white meat with Jack Daniels Honey Smoked barbecue sauce and potato salad and cold slaw and watered down orange juice. I cleaned up the kitchen. I will now read or watch television before going to bed. CIO

<888> 06/28/15 Sunday 1:05 P.M. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and potato salad and a banana smoothie. I will now take a nap. We are out of milk, so I will have to make a milk run after I take a nap. CIO

<888> 06/28/15 Sunday 12:05 P.M. I made 164 Zen Filter Lights 100s cigarettes while listening to www.foxnews.com . CIO

<888> 06/28/15 Sunday 9:05 A.M. I went to bed at 9 P.M.. I woke up at 8 A.M.. I brought in the www.nytimes.com . I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a blueberry muffin,

watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. www.foxnews.com says Jeb Bush has 15% in the polls and Donald Trump has 11% in the polls, so I guess the republican party is gaining some momentum with a year and a half to go before the Presidential election. I will now shower and clean up. I will then make cigarettes. CIO

<888> 06/27/15 Saturday 8:10 P.M. I woke up at 4:30 P.M.. I watched a bit of television including the evening news. For dinner, I ate barbecued 12 ounce New York strip steak medium rare and two ears of corn on the cob with butter and a glass of watered down orange juice. It is supposed to rain heavily tonight starting around midnight and into tomorrow, and it is also supposed to be cooler with a high of 60 degrees Fahrenheit tomorrow. I will read or watch a little bit of television before going to bed. CIO

<888> 06/27/15 Saturday 2:45 P.M. Another relative stopped by briefly. I drove with a relative to the Kennebunkport post office, and I mailed the \$60 Pirelli rebate form. It takes 6 to 8 weeks to process. We then went by www.cvs.com in Kennebunk. Next we went by Hannaford's and got groceries. We also bought a \$15 thirty inch high sunflower plant with about 10 flowers. We drove back from Kennebunk on the Mother's Beach road and drove along the Kennebunk beach which was quite busy. We returned to my relative's house. I put the sunflower plant by the front sidewalk entrance adjacent to the lawn, and I watered it. I brought in our purchases. The painter has finished painting the back deck, but the outside railing still has to dry. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and potato salad and a glass of iced tea. I will now take a nap. CIO

<888> 06/27/15 Saturday 10:50 A.M. I found this \$60 mail in rebate form for my new Pirelli Scorpion Verde All Season tires <http://www.pirelli.com/asset/index.php?idelement=46591> , and I printed it out, and I have it ready to mail with a copy of the sales receipt. The house painter is here. CIO

<888> 06/27/15 Saturday 8:50 A.M. I went to bed at 10 A.M., and I woke up at 7 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I swept off the front porch, and I watered the flowers. I will now shower and clean up. CIO

<888> 06/26/15 Friday 8:20 PM. I woke up at 4:30 P.M.. I went for a drive with a relative along the Kennebunk beach and we parked briefly at the east beach before the parking officer walked by. We then drove along the waterfront in Kennebunkport and returned back to my relative's house. We watched the evening news, and I ate brown rice crackers with Hell-Uv-Good horse radish dip and iced tea. For dinner, I ate three 1/4 inch thick slices of rotisserie chicken white meat with Jack Daniels Honey Smoked barbecue sauce and potato salad and cold slaw and iced tea. I cleaned up the kitchen. I will watch a little bit of television before going to bed. CIO

<888> 06/26/15 Friday 1:55 PM. I went out with a relative to Kennebunk for an appointment. While waiting I chatted with a friend and Microsoft Tech in the Philippines. We then went to the Kennebunkport post office and returned to my relative's house. I ate reheated baked breaded haddock, potato salad, cold slaw and iced tea. The lawn man and the house keeper are here. I will now take a nap. CIO

<888> 06/26/15 Friday 9:10 AM. It quit raining. I sat outside, and I saw a red Cardinal bird and a sparrow hawk. I cut a full bloom red rose from the front porch area, and it is on display in the kitchen. I cleaned the coffee maker, and I threw out the garbage. My new baby blue Ralph Lauren waist 50 inches shorts fit just fine. CIO

<888> 06/26/15 Friday 8:30 AM. I woke up at 10:45 P.M., and I ate some mixed nuts and iced tea. I went back to bed until 6 A.M.. I brought in the www.nytimes.com . I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a toasted English muffin with butter, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I showered, and I cleaned up. CIO

<888> 06/25/15 Thursday 8:20 PM. I went out to the Kennebunkport post office. The order with tracking number of "1Z31T67TYW03322264" at www.ups.com on the order for \$40 with shipping <http://www.onlinestores.com/american-flag-4ftx6ft-valley-forge-koralex-ii-2-ply-sewn-polyester.html> arrived. I returned to my relative's house. I put up the new flag on the flag pole in front of the house, and it looks just great. I dried the colored clothes. I went out with relatives at noon, and we went by Port Lobster. We then drove up U.S. 1 to Biddeford, Maine and got on I-95 north and we got off at Scarborough, Maine, and we drove north to the Portland Jet Port, where we dropped off a relative who was leaving. We then drove to the nearby Mercy Medical Center office building, where a relative had an appointment with a foot doctor. We then went to Marshall's. My relative bought me a pair of baby blue Ralph Lauren waist 50 inch shorts for \$29.95 for \$60 off. We then went by www.samsclub.com , and we filled up my relative's car with gasoline. We then bought groceries at Sam's Club. We then took I-95 South to Biddeford, Maine, and we drove back to my relative's house in Kennebunkport. We unloaded the car. The painter painted the deck out back today. We watched the evening news while eating blue cheese with brown rice crackers and a glass of iced tea. For dinner, I ate a rotisserie chicken leg and thigh and two 1/4 inch thick slices of white meat, potato salad, and mixed salad and a glass of iced tea. I cleaned up the kitchen. I will go to bed in a little while. CIO

<888> 06/25/15 Thursday 9:50 AM. I watched www.foxnews.com and www.cnn.com before going to bed at 10 P.M.. I woke up at 8:15 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a toasted English muffin with butter, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I showered, and I cleaned up. I started a load of colored wash. CIO

<888> 06/24/15 Wednesday 8:15 PM. I watched the evening news and drank a glass of iced tea. For dinner, I ate baked breaded haddock with two ears of corn on the cob with butter

and steamed broccoli with butter and a glass of iced tea. I cleaned up the kitchen. I will now watch some television or read or chat with relatives before going to bed in a little while. CIO

<888> 06/24/15 Wednesday 6:30 PM. I woke up at 5 P.M.. I watched the Antiques Road Show from England and some BBC news. I drank a glass of iced tea. I got email that Schultz liquid plant food <http://schultz.infinitylawnandgarden.com/products/plant-food/liquid/plant-food-plus> is now owned by Scotts Miracle-Gro and is supposed to be available at www.homedepot.com , Menards, True Value, and Ace Hardware stores. CIO

<888> 06/24/15 Wednesday 2:35 PM. I went out with relatives to the Kennebunkport post office. We then drove up to www.cvs.com at Kennebunk. We then got some groceries at Hannaford's. We then went back by the Kennebunkport post office again. We then went by Port Lobster. I brought the pedestal fan up from the basement and put it at the dining room entrance into the kitchen to blow some cool air around. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and egg and potato salad and a glass of iced tea. I will now take a nap. CIO

<888> 06/24/15 Wednesday 10:40 AM. Before going to bed, I watched programs on www.pbs.org about Ronald Reagan and the Roosevelts. I went to bed at 10 P.M.. I woke up at 8 A.M.. Garrick Pillsbury plumbing was here at 8 A.M., and they put a new rubber cap with hose clamp over the existing defective brass cap on the four inch waste water disposal outlet to the left side of the washing machine, so that is all fixed. I ate breakfast of oatmeal with Truvia sweetener and milk and blueberries, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I made my bed. I washed and dried my blue Volvo wagon with Turtle Wax car wash solution and water, so the blue Volvo wagon now looks a lot better. I showered and I cleaned up. CIO

<888> 06/23/15 Tuesday 8:30 PM. I woke up at 4:30 P.M.. I drove along the Kennebunkport waterfront with relatives to Cape Porpoise. We ate dinner at the <http://www.pier77restaurant.com/> . I had fried boneless breast of chicken with a steamed green vegetable and mashed potatoes and onion rings with a glass of ice water. We then drove back along the Kennebunkport waterfront and we returned to my relative's house. I will watch a little bit of television before going to bed. CIO

<888> 06/23/15 Tuesday 2:05 PM. I went out, and I went by the Big Apple www.citgo.com gasoline station in downtown Kennebunkport. I bought \$22 of premium self service gasoline for \$3.179 a gallon for 6.92 gallons at odometer reading of 110563 miles for 206 miles driven since the Massachusetts turnpike rest area on Monday June 15, 2015 for 29.769 miles per gallon in mostly highway traffic. I then went by the Kennebunkport post office. I then returned to my relative's house. I will now take a nap. CIO

<888> 06/23/15 Tuesday 12:55 PM. I started a load of white wash which is now on the dry cycle. We watched www.bloomberg.com news which on the Time Warner Digital Cable Television service in Kennebunkport is on channel 207 which is the same as the telephone

area code. www.fedex.com delivered the www.lifeline.com device. We set it up on the blue wicker table on the south end of the kitchen next to the Panasonic Digital cordless telephone and made a test call on it, and it works just fine for my relative to wear the emergency call button. We are mailing the form information letter back to Life Line with the relevant information. The carpet person was here to measure the carpet for the master bedroom in case my relatives decide to get new carpet for the master bedroom. I ate the reheated moosaka with a glass of watered down orange juice. I bottom fished <http://scott-mike.com/bf.htm> . Garrick Pillsbury plumbing is supposed to be here tomorrow morning at 8 A.M. to check the leaking drain pipe cap in the basement on the left side of the washer machine. CIO

<888> 06/23/15 Tuesday 9:40 AM. I watched the www.pbs.org Antiques Road Show until 10 P.M., and then I went to bed. I woke up at 7:45 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I made my bed. I showered and I cleaned up. It is raining outside. CIO

<888> 06/22/15 Monday 8:30 PM. I woke up at 4 P.M.. I went for a drive with relatives. We went by Port Lobster. We then drove the entire length of the Kennebunk beach, and we parked for a while on the west end of the east beach watching the surfers. It says on the parking kiosks, it is \$20 a day to park at the Kennebunk beach for any non residents who want to enjoy the ocean. We then drove back to my relative's house. We watched the evening news, and I ate crackers with chopped tuna fish and taco chip cups with salsa with watered down orange juice. For dinner, I ate baked breaded haddock with steamed broccoli with butter and creamed corn with bacon and a glass of watered down orange juice. I cleaned up the kitchen. As scheduled now, I will be leaving Kennebunkport on Thursday July 2, 2015 to drive back to Greenwich, Connecticut. Tracking number is "1Z31T67TYW03322264" at www.ups.com on the order for \$40 with shipping <http://www.onlinestores.com/american-flag-4ftx6ft-valley-forge-koralex-ii-2-ply-sewn-polyester.html> . I will watch television or read for a while before going to bed. CIO

<888> 06/22/15 Monday 1:00 PM. A relative dropped off a local paper. I chatted with two friends. I went out with a relative. We went by the Kennebunkport Police Department, and we dropped off the Maine recycle bottles. We then went by the People's Bank. We next went by the Kennebunkport Post Office. We then went by Port Lobster. For lunch I ate the reheated stuffed salmon with cold slaw and watered down orange juice. I will now take a nap. CIO

<888> 06/22/15 Monday 10:00 A.M. I cleaned the felt pads on the bottom of the kitchen stools with the Black and Decker dust buster stored in the library bar. I glued on felt pad back on with Elmer's glue. I moved the primary garbage can and all of the recycle material out on to the street for pickup tomorrow morning. CIO

<888> 06/22/15 Monday 8:40 A.M. I ate a relative's last piece of week old birthday cake. I watched a program about British Royalty fashion through the ages. I went to bed at 9:30 P.M., and I woke up at 7 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk

and sliced banana, a toasted English muffin with butter, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I showered, and I cleaned up. CIO

<888> 06/21/15 Sunday 7:50 P.M. A relative stopped by for dinner. We ate mooska and mixed salad with blue cheese dressing and Newman's sesame seed low calorie dressing, and I also drank watered down orange juice with ice. The relative departed. We cleaned up the kitchen. I went for a drive with a relative along the beach in Kennebunk. On the way back, we stopped midway on the east beach and watched the surfers and the dog walkers. We then drove along the waterfront in Kennebunkport and returned to my relative's house. I will stay up a little while before going to bed. CIO

<888> 06/21/15 Sunday 4:25 P.M. I drove over with relatives to the Kennebunkport post office. We then drove nearby to the site of the former grist mill which some locals are thinking about restoring. They have a couple of the old stone mill wheels left in the ground at the former site on the east of the Kennebunk River. We then returned to my relative's house. I took a nap until 4 P.M.. CIO

<888> 06/21/15 Sunday 1:05 P.M. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and egg and potato salad and a glass of watered down orange juice.

I found these vintage pictures

<http://www.townandcountrymag.com/society/tradition/g772/the-bush-family-in-kennebunkport-maine/>

<http://www.townandcountrymag.com/society/g206/most-powerful-families/>

<http://www.townandcountrymag.com/society/tradition/news/g1376/reasons-prince-harry-will-be-a-great-dad/>

<http://www.townandcountrymag.com/society/tradition/news/g1350/royal-style-looks-week/>

<http://www.townandcountrymag.com/society/tradition/news/g1342/17-things-you-didnt-know-about-the-future-princess-of-sweden/?mag=toc&click=yr> CIO

<888> 06/21/15 Sunday 12:05 P.M. I chatted with a friend. There is supposed to be a Bush family photo in front of their compound at Walker's Point in the printed version of www.usatoday.com today. CIO

<888> 06/21/15 Sunday 11:00 A.M. I ordered for \$40 with shipping <http://www.onlinestores.com/american-flag-4ftx6ft-valley-forge-koralex-ii-2-ply-sewn-polyester.html> for the family house here in Kennebunkport, Maine. CIO

<888> 06/21/15 Sunday 10:30 A.M. I read Architectural Digest before going to bed. There was an article about an expensive house out in www.nantucket.net , where they did not

build large houses this past century, but kept historically accurate houses for the area. I woke up at 8:15 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I made my bed. I showered and I cleaned up. At around 8:45 A.M., a puff of smoke came out of the exhaust vent from the house in front of my family's house, so we figured it was their furnace starting up. We need to order a new U.S.A. flag like this <http://www.onlinestores.com/american-flag-4ftx6ft-valley-forge-koralex-ii-2-ply-sewn-polyester.html> for the outside flag pole, since the old nylon U.S.A. is a bit worn out. It would be about \$40 with shipping. CIO

<888> 06/20/15 Saturday 7:55 P.M. I watched the evening news with relatives and ate blue cheese and crackers with watered down orange juice. For dinner, I ate 1.5 baked stuffed salmon filet with creamed corn with bacon and a glass of watered down orange juice. I have been emptying the bunk room dehumidifier twice a day, so it keeps going. Another relative sleeping in the bunk room likes the sound of the dehumidifier going all of the time. I will stay up a little while longer before going to bed. There is suppose to be heavy rain tonight and tomorrow until tomorrow evening. CIO

<888> 06/20/15 Saturday 5:35 P.M. I woke up at 4 P.M.. I helped with dinner preparations by cutting the corn off five ears of corn and chopping a half of a onion. CIO

<888> 06/20/15 Saturday 2:10 P.M. I went out with relatives to the Kennebunkport post office. We then went to Hannaford's in Kennebunk for groceries, and then we returned to my relative's house. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and a glass of watered down orange juice. I will now take a nap. CIO

<888> 06/20/15 Saturday 11:15 A.M. I made 218 Zen Filter Lights 100s cigarettes while listening to www.foxnews.com. The painter put in two new support beams where the old support beam underneath the deck had rotted by the library entrance door. CIO

<888> 06/20/15 Saturday 8:15 A.M. I woke up at 6:45 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I will now shower and clean up. CIO

<888> 06/19/15 Friday 7:20 P.M. I ate blue cheese with crackers while watching the evening news. For dinner, I ate a rotisserie chicken leg and thigh with two 1/4 inch thick slices of white meat and egg and potato salad and a piece of a relative's birthday cake and a glass of watered down orange juice. I cleaned up the kitchen. I will now go to bed. CIO

<888> 06/19/15 Friday 4:55 P.M. I woke up at 3 P.M.. We use www.scottbrand.com septic safe toilet paper in the family house in Maine, so we don't damage our septic system or sewage pipes. I drove with a relative to the Kennebunkport post office. We then drove along the entire length of the Kennebunk beach and back. We parked at the west end of

the east beach to watch the surfers. The dog walkers are allowed after 5 P.M.. They have parking kiosks, so I guess anyone can pay to park at the beach this time of year. No one is allow to park there from 11 P.M. to 6 A.M. year round, so the rum runners can sneak ashore with their booty. We then drove along the waterfront in Kennebunkport, and then we returned to the family house. The bug exterminator paid a visit this afternoon. CIO

<888> 06/19/15 Friday 12:50 P.M. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and a glass of watered down orange juice. I will now take a nap. CIO

<888> 06/19/15 Friday 11:40 A.M. I went with a relative to an appointment in Kennebunk. When we returned to my relative's house around 10:45 A.M., the yard man was here cutting the grass, and the house keeper was here to brief my relatives' about the winter activity. The www.sears.com repairman was here. He replaced the light switch on the refrigerator which is partially covered by warranty, so the refrigerator light now works. He also check out the leak on the washer machine leak in the basement. It is not the washer machine, but the four inch diameter drain plug in the main waste water pipe that is leaking. We thus have to get Gareth Pillsbury plumbing to replace that four inch diameter waste water drain plug to the left of the washer machine in the basement. Also a relative called www.lifeline.com to have their equipment delivered to the house for an elderly relative that uses their service. The house painter is not here today, because it rained earlier this morning. CIO

<888> 06/19/15 Friday 7:50 A.M. I woke up at 6 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a toasted English muffin with butter, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I showered, and I cleaned up. CIO

<888> 06/18/15 Thursday 8:30 P.M. I watched the evening news while eating peapods, baby carrots, and crackers with Hell-Uva- Good horseradish sauce and a glass of watered down orange juice. For dinner, I ate a salad consisting of Romaine lettuce leaves, sliced mushrooms, cherry tomatoes, a sliced hard boiled egg, three 1/4 inch thick slices of white rotisserie chicken meat cut into strips, crumbled blue cheese, sliced white cheese strips, bacon bits, blue cheese dressing, and Newman's sesame low calorie dressing, ground black peppers, Lowery's seasoned salt, and a glass of watered down orange juice. I cleaned up the kitchen. I will now go to bed. CIO

<888> 06/18/15 Thursday 5:20 P.M.

http://www.volcano.si.edu/reports_weekly.cfm

CIO

<888> 06/18/15 Thursday 4:15 P.M. I did a load of whites laundry. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice. I drove with relatives to the Kennebunkport post

office, and then we went to <http://www.portlobster.com/> and a relative bought Halibut from Alaska. We then drove along the Kennebunkport waterfront to Biddeford Pool where we dropped off a relative. I then used the bathroom at <https://www.facebook.com/pages/GoldthwaitesPool-Lobster/246123608731277?sk=info&tab=overview> . We then drove back along the waterfront to Kennebunkport. We went to Meserves, and a relative got a Shanes of Maine Moose Tracks sundae for \$3.77. We then drove out to the Kennebunk beach, and we saw a local with a car all the way from Marin, California. It was a bit cool at the beach today. My Dell Latitude E6400 laptop computer on the Windows 7 partition had been freezing when looking at Fox News and ABC News web sites. I fixed that problem by changing the setting to "Best System Performance" under "Advanced System Setting". Perhaps, my older laptop does not have the horse power for the more advanced web pages. CIO

<888> 06/18/15 Thursday 10:20 A.M. I chatted with a friend. I started a load of white wash, and I am now on the dry cycle on the dryer. The washer machine did not leak. The yard man and the painter are here. We have a lot of tree pollen this year, so I rinsed the recent tree pollen off my blue Volvo wagon. CIO

<888> 06/18/15 Thursday 8:40 A.M. I woke up at 7 A.M.. I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, a blueberry muffins, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I will now shower, and clean up. CIO

<888> 06/17/15 Wednesday 8:25 P.M. At 11 A.M., I went out with relatives. We went by the Kennebunkport post office. We then went by Port Hardware, and we got two appliance light bulbs for the house refrigerator. However, the refrigerator light bulbs were not burned out, it is the door switch that has to be repaired, when the www.sears.com repair person comes this Friday afternoon. We then went to www.cvs.com in Kennebunk. We then went to Hannaford's in Kennebunk, and we got groceries. We then went to <http://www.portlobster.com/> , and my relatives got lobster rolls for \$11.99 each for lunch. For lunch I ate the reheated sesame chicken tenders with potato chips and a glass of watered down orange juice. I then took a nap from 2:30 P.M. to 4:30 P.M.. I went for a drive along the Kennebunk beach with a relative. We parked at the west end of the east beach and watched the dog walkers. It was a nice sunny evening at extreme low tide. We then returned to my relative's house. I ate Spanish cheese and crab meat and crackers and watered down orange juice while watching the evening news. For dinner, I ate five 1/4th inch thick slices of white rotisserie chicken meat, egg and potato salad, reheated quinos, seafood chowder, and a glass of watered down orange juice. I cleaned up the kitchen. I will go to bed about 9:30 P.M.. CIO

<888> 06/17/15 Wednesday 9:05 A.M. I watched a www.pbs.org broadcast on Franklin Roosevelt until 9:30 P.M., and then I went to bed. I woke up at 7 A.M.. I brought in the www.nytimes.com . I ate breakfast of oatmeal with Truvia sweetener and milk and sliced banana, 1.5 blueberry muffins, watered down orange juice with vitamins and supplements, and a cup of hazelnut coffee with Truvia sweetener and milk. I showered, and I cleaned

up. I read the New York Times. I put the U.S.A. flag up on the flag pole on the front yard. CIO

<888> 06/16/15 Tuesday 8:05 P.M. While watching the evening news, I ate crab meat with crackers and a glass of watered down orange juice. For dinner, I ate five one quarter inch thick slices of white rotisserie chicken meat and Quinos with a glass of watered down orange juice. I cleaned up the kitchen. The www.samsclub.com rotisserie chickens for \$4.99 are twice as big as the Stop and Shop rotisserie chickens for \$5.99. I will now watch a little bit of television before going to bed. CIO

<888> 06/16/15 Tuesday 5:15 P.M. I researched Schultz liquid plant food <http://schultz.infinitylawnandgarden.com/products/plant-food/liquid/plant-food-plus> on the internet, and although they still make it, it is sold out every where. A few people are trying to sell it for \$70 to \$96, although it should only be about \$5. I ate lunch two turkey and cheese sandwiches on pita bread with Hellmann's mayonnaise and Lays Kettle potato chips and a glass of watered down orange juice. I went with a relative to the Kennebunkport Post Office. We then drove up the Maine Turnpike to www.samsclub.com in Scarborough, Maine. We filled up the family car with gasoline, and we bought some groceries. They have rotisserie chickens there for \$5. We then went to the Portland International Jetport, and we picked up another relative. We then returned home, and we put away the groceries. It is still raining out, but tomorrow is supposed to be sunny and moderate temperatures. CIO

<888> 06/16/15 Tuesday 8:40 A.M. I woke up at 7 A.M.. I brought in the www.nytimes.com . I ate breakfast of oatmeal with Truvia sweetener and milk and a sliced banana and sliced strawberries, a blueberry muffin, a 12 ounce glass of 50% orange juice with 50% cold filtered water, and a cup of coffee with Truvia sweetener and vitamins and supplements. The painter is here to continue painting the kitchen. I will now make my bed, and then I will shower and clean up. It is suppose to rain today, but tomorrow is suppose to be sunny. CIO

<888> 06/15/15 Monday 8:15 P.M. I watched the news while eating Triscuit crackers with blue cheese and another cheese dip along with watered down orange juice. For dinner, I ate 8 ounces of reheated sesame chicken tenders with a several mixed cold salads and a glass of watered down orange juice. I cleaned up the kitchen. I put four new AA alkaline batteries in the sending and receiving unit of the kitchen Lacrosse weather station. I will now go to bed. CIO

<888> 06/15/15 Monday 5:45 P.M. I went out with a relative, and we went by the Kennebunkport post office. We then drove the entire length of the Kennebunk beach and back. I sat out briefly at the south end of the north beach. We then went drove along the waterfront of Kennebunkport. We stopped by the Cape Porpoise kitchen, and we got chicken sesame tenders for \$10.99 a pound for \$11.12 total. We then drove out to Cape Porpoise, and then returned to my relative's house. CIO

<888> 06/15/15 Monday 3:40 P.M. I woke up at 3:45 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I showered, and I cleaned up. I closed down the apartment. I left at 5:30 A.M. in the rain. I drove east on Putnam Avenue and left on North Maple and right to North Street up to the Merritt Parkway. I drove east on the Merritt Parkway. I used the rest area at Fairfield and North Haven. I continue north on I-91 to I-84 East. I got off at South Windsor, and I tried to used the bathroom at an Extended Stay Motel, but they did not have a bathroom in their lobby, so I went in the parking lot. I used to the bathroom in the woods at the picnic area before the Massachusetts turnpike. I got off at the Conyers rest area. I used the bathroom. I ate half of my sandwich. I chatted with a relative on my wireless telephone. At the Gulf pumps, I bought \$16.10 of premium gasoline for \$3.139 a gallon for 5.128 gallons at odometer reading of 110357 miles for 129.9 miles driving from Greenwich for 25.322 miles per gallon in highway traffic. I then got off at I-290 north, and I paid a 50 cent toll. I drove to I-495 north, and I used the bathroom at the Lowell rest area. I then drove east to I-95 north, and I used the bathroom at the New Hampshire welcome center. I paid a \$2 New Hampshire toll. I paid a \$3 Maine Turnpike toll. I got off at the Wells Sandford exit, and I used the bathroom at the Amtrak station. I then drove north on Interstate 1 to I-9 north arriving at my relative's house in Kennebunkport at 12:30 P.M. for 262 miles driven. I ate the other half of the sandwich with a 12 ounce glass of Schweppes Ginger Ale and Lays Kettle Mesquite barbecue potato chips. I then unloaded the Volvo wagon. I unpacked. I set up the Dell Latitude E6400 laptop computer with out the docking station, since the docking station did not seem to work. I am getting 25 mbps download from the house wireless and 1.5 mbps upload from the house wireless. CIO

<888> 06/14/15 Sunday 6:35 P.M. I surfed the internet. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. I probably won't be turning on the computer, before I leave tomorrow morning, so I will post a note once I am up in Kennebunkport, Maine. CIO

<888> 06/14/15 Sunday 4:30 P.M. I threw out the garbage. I sat outside for a while enjoying the warm day, and I chatted with a neighbor. CIO

<888> 06/14/15 Sunday 3:50 P.M. I ate 8 ounces of heated Perdue chicken breast meat grilled short cuts, a microwaved sweet potato with Smart Balance Spread and extra virgin olive oil and steamed baby carrots with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale. I cleaned out the refrigerator except for what I need for breakfast tomorrow. I made a ham and cheese sandwich to take with me. As the plans stand, I will be returning from Kennebunkport, Maine back to Greenwich, Connecticut on Thursday July 2, 2015. CIO

<888> 06/14/15 Sunday 2:10 P.M. I finished packing. CIO

<888> 06/14/15 Sunday 12:45 P.M. I still have a way to go in packing. I chatted with a relative. I put \$10 on my H2O wireless Nokia Go Phone which is good for 90 days at 10

cents a minutes. It says I still have the previous balance too, but that might expire today. CIO

<888> 06/14/15 Sunday 10:40 A.M. I have the Dell Latitude E6400 laptop and its accessories packed and ready to go. I also installed the latest updates. I noticed there is 100% chance of heavy rain tomorrow all the way north to Lowell, Massachusetts and a 40% chance of heavy rain in Kennebunkport. Since I will be worn out after packing today and done with that around 1 P.M., I don't think I would be rested enough to drive this afternoon in the clear weather. Thus more than likely I will be driving in the rain tomorrow. I chatted with a relative twice up in Kennebunkport, Maine. I will just take my time as usual driving up there. I will now continue packing and see how I feel after packing. CIO

<888> 06/14/15 Sunday 9:00 A.M. I chatted with a friend. The friend told me it takes a long time for beech trees to grow. I threw out the garbage. I sat outside enjoying the morning. It is still quiet over here. I will now start getting ready to leave tomorrow. I have a number of things to do along with packing. CIO

<888> 06/14/15 Sunday 6:35 A.M. I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

End of Scott's Notes week of 06/13/15

<888> 06/13/15 Saturday 6:20 P.M. I went outside, and I walked around the building. I sat outside front and back. I think there might be beech trees in the back yard at the veterans monument, but I am not sure; but their bark is like the beech tree downtown at the Greenwich Common, except they are smaller. I don't recall seeing any beech tree seeds around them though. Well, since I returned to Greenwich, Connecticut in December 1983, I have lead a quiet life. I did visit Manhattan about thirty times in 31 years, and it has not changed. I made two trips to Europe, and several trips to Florida, a trip to Nantucket, a few trips to Newport and regular trips every summer to Kennebunkport. I think I might have visited New Haven about three times, but I drive near it, when I drive to Kennebunkport. I made about 50 trips to White Plains. I once visited Saratoga, New York, and I once visited Princeton, New Jersey, and I also visited Chicago and Champaign, Illinois during my father's funeral in January 1989. I think I also visited Washington D.C. two times. I have tried to be a good host observer in Greenwich, spending a lot of my free time downtown walking around. I guess since I have a Holland Dutch look people are not familiar with my look, although I have a Anglophile name. I suppose what few Dutch Americans remain in this area have nothing to do now that the tulips have bloomed and gone away. The Dutch are known for liking the waterfront, so their might still be a few Dutch people down by our waterfront. Over the years, I have pretty much explored most of Greenwich, Connecticut. Since I am downtown constantly, I am well known and recognized. However, now that I am getting older, I tend to go downtown, when it is less busy. That lets the younger people be themselves without adult supervision. I have noticed

there are less people downtown anymore, so possibly they are spending more time on the internet and of course it does take some getting used to and training. I heard my neighbors complaining about telemarketers that constantly bother people, so I guess the Do Not Call List does not work very well much to our botherment. Well, I will now send out my weekly notes. I will then shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed for the night. Have a good evening. CIO

<888> 06/13/15 Saturday 5:10 P.M. As I recall in the British Royal Navy www.royalnavy.mod.uk, the sailors are allowed to have their rum rations on Queen Elizabeth's Official Birthday. I would assume that is when they are not doing anything important like steering a ship or swimming. CIO

<888> 06/13/15 Saturday 4:30 P.M. I went outside, and I sat outside for a while on a quiet hot day. I chatted with a neighbor. I picked up the mail including a www.time.com magazine.

Sweden royal wedding: Prince Carl Philip marries ex-reality star

Trooping the Colour spectacle in London, Queen Elizabeth II's Official Birthday with family video CIO

<888> 06/13/15 Saturday 3:20 P.M. I went outside, and I sat outside for a while. I chatted with neighbors. Not much seems to be going on in this neck of the woods. I guess after the very severe winter, people are trying to get used to being outside on warmer days. Nobody outside of family members and a few friends ever communicate with me, so I guess I don't have my two cents to add to the world situation. However, I am quite familiar with this area, where as the local Hearst publication www.greenwichtime.com is owned by a California family that seem to think they control the U.S.A.. Unfortunately they seem to pay attention to both coasts, and if one ever deems to investigate the interior of the wilderness of the U.S.A., some people in that remote part of the wilderness might have a different perspective about what is going on in America and the World at General. However, some people just keep busy and don't pay much attention to the various electronic media available today. It is the nature of the New York City area, many people have divergent viewpoints. I guess since I spent time in Manhattan but hardly anytime in the boroughs of Manhattan, my New York City viewpoint might be a bit different. Alas, since my family could afford to give me a good education, I just stick with my research on the internet. Once one has an advanced education, one tends to be preoccupied with what one has learned. For some reason, the local electronic media seems more interested in selling products as opposed to being really informative. Still I have a bit of experience in travel also. As I have said many times before, I have been as far east as Istanbul, Turkey, north as Oslo, Norway, west as Maui, Hawaii, U.S.A, and south as Tobago in the Caribbean. Thus all together I have spent about a year outside of the U.S.A. However, 25% or world residents cross international borders every year, so the traveling public is always coming our way out of nearby New York City. For a more private life in Connecticut, I have heard mention the small towns of Lakeville, Connecticut, Litchfield, Connecticut, and Guilford, Connecticut which are more picturesque New

England communities. Still there are a lot of other small New England towns in Connecticut besides the major cities. However to explore them in the winter time, one probably needs a user friendly four wheel drive vehicle like a www.jeep.com or www.gmc.com or www.ford.com Explorer. My Volvo wagon has four wheel drive and all season tires, but to navigate in heavy snow, one might succeed, but one still has to be weary of the other drivers that are on the road that might not be as experienced or equipped. Thus in the winter, I tend to stay close to home, since at an advanced age of 65 years old, it is expensive to travel in the north country and still enjoy one's creature comforts while one travels. www.stowe.com, Vermont has golf this time of year, but there can be bears on the golf course. Canada is opened for business, but they are not giving away anything up north, and one needs travel documents to visit there. I enjoy Kennebunkport, Maine <http://scott-mike.com/137.htm> since I have vacationed there since 1979, and I have family there to visit with. I enjoy watching the visitors show up there, and one can see quite a few French Canadians, since Canada's beaches are further away and probably more remote. A lot of Boston people vacation and live in southern Maine, and so if one is familiar with Boston, one is fairly at ease in Kennebunkport, Maine. I do see a lot of tour buses coming off of ships docked in Portland, Maine, which feeds the local tourist economy. I have never been further north in Maine than Brunswick, Maine where Bowden College is. www.llbean.com has there always opened store in Freeport, Maine, and I think they also have an outlet in Manchester, New Hampshire. The local Maine people tend to eat a bit more food and seem to be able to withstand being outside more in the cold winters. Still when I see them, they look like a fairly healthy group of people compared to the stressed out New York City population. The water at the public beach in Kennebunkport is a bit colder than Long Island Sound. I think this time of year, one can buy a parking pass for beach parking at the Kennebunk beach from the parking vending machines made available or a couple of local shops. Since the State of Maine for its size does not have many sandy beaches, the local residents are very protective of their beaches and try to enjoy them themselves plus making them available to the many tourists. Since the state of Maine is quite large, there are obviously a lot of other activities away from the shorelines. CIO

<888> 06/13/15 Saturday 1:25 P.M. : <http://www.ov.ingv.it/ov/it/news/38-inprimopiano/629-international-workshop-on-advanced-monitoring-of-active-volcanoes.html>

<http://discoveringthedeep.com/> CIO

<888> 06/13/15 Saturday 12:40 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 4 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Wish-Bone blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. I will now drink a cup of Eight O'clock Columbian Peaks coffee with splenda sweetener and milk. CIO

<888> 06/13/15 Saturday 10:40 A.M. I threw out the garbage. I chatted with a neighbor. I went by the A&P Fresh, and I bought a four pack of blueberry muffins for \$3.99. I then went by CVS briefly. I then went further downtown, and I walked lower Greenwich Avenue and the train station area. I used the bathroom at www.starbucks.com, and I wrote a note to a regular morning local, since he did not have his hearing aids on. I told him about the Norway Savings Bank in Kennebunk, Maine. I sat outside for a while. Recently a bumble bee has been buzzing me off from the Senior Center benches. It looked like it might rain, but it later cleared up. I drove over to CVS on Greenwich Avenue, and I picked up a prescription. I paid 50 cents to park across from CVS, so I sat out in the little vest pocket park for a while observing the morning walkers. I then drove over to Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self serve V-Power gasoline for \$3.449 a gallon with a dime a gallon off with my Stop and Shop card for 2.618 gallons at odometer reading of 110267 miles for 42.5 miles driven since Sunday May 31, 2015 for 16.234 miles per gallon in mixed traffic. I then went by CVS on West Putnam Avenue. I bought buy one get one free 250 soft gels 1200 mg Lecithin for \$10.79 both. I then returned home. I sat outside for a while. I chatted with a neighbor. I put away my purchases. CIO

<888> 06/13/15 Saturday 6:05 A.M. I woke up at 4:30 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown for a walk. CIO

<888> 06/12/15 Friday 5:55 P.M. I chatted with a relative and a friend. I heated and ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 06/12/15 Friday 4:20 P.M. I put the copy of the service receipt in the back pocket behind the driver's seat in the Volvo wagon. I sat out for a while. I chatted with a neighbor. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%20%20%20%20%209374869903500428845147> on the order for the power adapter http://www.newegg.com/Product/Product.aspx?Item=9SIA1PK1030716&nm_mc=KNC-GoogleMKP-PC&cm_mmc=KNC-GoogleMKP-PC-_pla_-_Standard+Batteries+%26+Chargers-_-9SIA1PK1030716&gclid=CLaI1oL898UCFVcUHwodoTYAIQ&gclsrc=aw.ds for it for \$11.59 with free shipping arrived. I hooked up to Dell monitor on top of the Dell Dimension 4600i computer on the left side of the bedroom desk with a DVI cable. It works on the DSP 2. I booted the computer, and the Dell Monitor works just fine. I have the Eizo monitor behind it disconnected from the video card. I am installing some updates on it. CIO

<888> 06/12/15 Friday 2:55 P.M. I called up www.greenwichautomotive.com at noon. They told me the Volvo wagon was ready. I then walked down the back steps over

to Port Chester, New York. I chatted briefly with somebody from Miami, Florida at the www.exxon.com station when I crossed their parking lot.

The total for the bill was \$1,964.86 which relatives paid for.

Brake Labor - Inspect and Replace Rear Brake Rotors, Pads, and Emergency Brake Shoes, adjust emergency brake \$287.50

Rear Brake Pads \$87.50

2 Rear Rotors \$180

Emergency Brake Shoes \$75

Labor: Replace Driver's Side Front Coil Spring \$287.50

Drive's Side Front Coil Spring \$159.40

Labor: Dismount and Balance Four Tires \$64

4 Pirelli Scorpion Verde All Season Tires \$660

2 Tire Valves \$5

Tire Disposal Fee \$12

Subtotal:

Labor: \$639

Parts: \$1,178

Supply Charge: \$12

Subtotal: \$1,829.90

Sales Tax: \$134.96

Total: \$1,964.86

I thanked the service manager. I then drove back to my apartment complex nearby.

I chatted with a neighbor. I made four copies of the service records, and I will put one copy in the Volvo wagon and another I will give to a relative, and I keep two copies for my records. I also emailed copies of the service records to two relatives. Well, the Volvo

wagon should still be good to go this Monday morning for my trip to Kennebunkport, Maine. CIO

<888> 06/12/15 Friday 11:55 A.M. I made 272 Zen Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching the last episode 22 of "The Reign" and the first half of "Noah". CIO

<888> 06/12/15 Friday 8:15 A.M. I chatted with www.greenwichautomotive.com, and they told me to call them back at noon today, when the Volvo wagon is suppose to be ready. They were able to get the Pirelli tires. I chatted with a friend. I threw out the garbage. I sat outside, and there was not much going on. I will now make cigarettes. CIO

<888> 06/12/15 Friday 5:30 A.M. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 06/12/15 Friday 4:05 A.M. I chatted with a friend at 8 P.M.. I woke up at 3:30 A.M.. CIO

<888> 06/11/15 Thursday 6:50 P.M. I chatted with a friend that I used to travel with, but the friend is elderly; so he no longer likes to travel long distances, and he made new friends further east of here. I tried to convince him over twenty years ago to invest in property on Steamboat Road, when a small house could be had for around \$300,000; but alas the new larger homes are closer to \$3 million on Steamboat Road. He likes the simplicity of the waterfront further east of here. Since the friend used to be involved in real estate, he might know more than I know. I went outside, and I sat outside for a while. I walked around the building. The usual Little League baseball is back in full swing, but since I do not know anything about baseball, I do not watch it. I guess because of the New York Yankees, the young people like baseball. Since I lived down south until age 11, I regularly played golf down south, and I once knew quite a bit about golf, until I went to school in Illinois where it is very cold to play golf in the spring. Besides the bigger people in Illinois seem to be a lot better golfers or scratch players than my 8 handicap, when I was 18 years old at the Greenwich Country Club. I did help start the golf team at Greenwich Country Day, but I also was on the tennis team, and I quickly learned a tennis swing messes up one's golf swing and visa versa. In the old days, I walked the gold course, and I had to put up with the trap shooter spraying the second and third holes with shot gun pellets, so I guess I was under fire there, while I was playing golf. I noticed some of the caddies seemed to know quite a bit about golf, but as usual, I played dumb, since the locals did not trust people from down south. Now that I have been up in the North Country all of these years, I have begun to enjoy the northern perspective for what it is worth, but alas my southern friends, if I ever had any forgot about me, and my northern friends still try to figure out what I am doing here, since I frequently talk about other matters instead of the local area. I figure, since we all live here, we share the same experience; so I like to advise people on other areas, in case they get wanderlust. The last time I played golf as I recall was around 1983 in Kennebunkport, and since I had not played golf in a long time, I think I shot a 97. I did

play golf once in 1983 at my father's house in Bayonet Point, Florida, and I think I shot an 87 including an Eagle 3 on the par 5 Ninth Hole. My father's house was called Birdie on the Ninth, since he had an African Grey parrot that he brought back from Kadunah, Nigeria after he built an oil refinery there for www.shell.com and www.mobil.com . He was able to get the project done there, since he used Japanese engineers, since there were no other engineers available that knew how to do it. As project manager he was paid a regular salary by King Wilkinson, and he was not an oil tycoon. His retirement house in Florida back then was about \$135,000. He did seem to know the petroleum industry. Of course there are lot of people world wide in that industry, so they all know the cycles of boom and bust. The Nigerian oil was low sulfur oil, so it creates less pollution which was desired by the Japanese with their highly congested cities. I will now shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 06/11/15 Thursday 5:15 P.M.

http://www.volcano.si.edu/reports_weekly.cfm

Ronald Reagan Made in the U.S.A.

CIO

<888> 06/11/15 Thursday 4:50 P.M. I chatted with neighbors. I sat outside for a while on a hot day. I picked up my mail. I got a letter from www.ssi.gov that since I turned 65 years old my Social Security Ticket to Work eligibility has been terminated. Since I am disabled, I had not planned to try to work an office job on computers. I do things at my own pace. I chatted with a relative. CIO

<888> 06/11/15 Thursday 3:25 P.M. I chatted with www.greenwichautomotive.com , and my Volvo wagon's front tires are worn down to the tread wear marks and the rear tires will last until about this fall. I chatted with two relatives, and they agreed to finance a set of four new Pirelli tires for the Volvo wagon which will be about \$165 a tire or about \$1800 for the total bill with the other repairs. They are also going to check the fluids on the Volvo wagon. It hopefully will be ready around noon tomorrow, if they can get the tires. www.ibm.com call me up from Dallas, Texas. I chatted with them about computers. They are going to send me a link for Lotus Notes that does not expire, so I can put it on the final version of Windows 10 on the Dell Optiplex 740 mini tower when Windows 10 is finally released on July 29, 2015. CIO

<888> 06/11/15 Thursday 1:35 P.M. I chatted with a friend. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays Mesquite barbecue kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

<888> 06/11/15 Thursday 11:50 A.M. I went outside, and I sat outside for a while and chatted with neighbors. One neighbor gave me back two packs of cigar cigarettes that I leant the neighbor. They are Wild Horse blue 100s cigar cigarettes. It is hot outside, so I

guess I will stick inside my cool comfortable apartment. I can not order anything, since I plan to be leaving this Monday for Kennebunkport, Maine weather permitting. I mostly chat with family members and a few old friends that I have known for a long time and a few neighbors about the price of tea in China. There is such a diverse group of people in this area any more, that when one finds someone that knows English, one takes the time to chat with them. A lot of the new multi national residents know English as a second or third language, so they are not as fluent with the many various dialects of English in America. It helps if one speaks English more slowly, so they can understand what ever one is chatting about, but it may not be relevant to their other worldly experiences. I basically have learned over the years to be hospitable to visitors, since they obviously paid substantial sums of money to come here, and they might have some valuable experience to add to the community. The local Greenwich Hospital draws a large diverse group of medical personnel which I think is important for the community. However, we all tend to do things based on our experience as opposed to electronic media from other parts of the country. Still since I have worked with personal computers for 25 years, I tend to make it the focus of my communications. Possibly the paid advertising world has a different perspective. I have noticed with the lower price of gasoline in this area, the air quality is not as good as when gasoline was over \$5 a gallon. Still this is a rather complex area, and people have to move around for work and lifestyle activities. Also in the warmer months, they do a lot of maintenance in this area, which they can not do in the colder weather. Basically the warmer summer season here is so short, by the time one has gotten used to hot weather, it has gone away. About the second week of September, it can cool down again, but for the locals, it is invigorating weather. Of course up in Kennebunkport, Maine in early June, it can be colder particularly at night. CIO

<888> 06/11/15 Thursday 10:45

A.M. http://article.wn.com/view/2015/06/10/Climate_change_has_left_US_exposed_in_Arctic_say_military_ex/

<http://wn.com/worldnews> . CIO

<888> 06/11/15 Thursday 9:40 A.M. I went outside, and I sat outside a while, and I chatted with neighbors. There was a little bit of early morning activity around the building. It seems perfectly normal over here based on my 26 years of experience living at this location. CIO

<888> 06/11/15 Thursday 7:55 A.M. I sat outside, and I chatted with neighbors. I watched the morning birds having breakfast. I walked around the building. It is all quiet on the greater southwestern Connecticut front in Byram, Connecticut. I guess a half hour before the New York Stock exchange opens the traffic will pick up as the employees of the financial institutions in this area rush into town for work. It is supposed to be sunny today with a high of 87 degrees Fahrenheit. The big heavy flat screen Hitachi television is out by the dumpster. It is too heavy for me to bring in and test. Also I don't have my little folding cart from the back of the Volvo wagon to move it. It takes a standard computer power cable, but I can not see a coaxial or other antenna hookup on it. It was probably several thousand dollars, when it was new. However, I don't know if it works or not. It was lying

around the community room for about a year, so somebody probably tested it, and decided it was faulty. CIO

<888> 06/11/15 Thursday 6:10 A.M. I put away the clean laundry. I chatted with a friend. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I will now shower and clean up. CIO

<888> 06/11/15 Thursday 4:20 A.M. I have 10 minutes to go on two dry cycles. I made up a batch of fresh punch. CIO

<888> 06/11/15 Thursday 3:20 A.M. I chatted with a relative at 8 P.M.. I woke up at 2 A.M.. I put clean linens on the bed. I started two loads of wash which are just about done. I threw out the garbage and the old periodical literature. I watered the plants. CIO

<888> 06/10/15 Wednesday 6:05 P.M. I went outside, and I chatted with one of my neighbors. The building custodian put an older heavy big screen about 40 inch LCD television out by the dumpster. I am not sure if it works or not. I picked up the mail. I will now eat a blueberry muffin, and then I will go to bed. Walking downtown on Greenwich Avenue all of these years is like being a static train conductor constantly seeing wave after wave of different people coming out on Metro North to visit our small quaint New England suburb. Even in Kennebunkport, I check in at the Amtrak train station in Well either when I am arriving or departing and sometimes both times. CIO

<888> 06/10/15 Wednesday 5:10 P.M. I chatted with a www.greenwichautomotive.com , and they told me that the rear emergency brake system had deteriorated causing the rear brakes to deteriorate, so to repair the entire rear brake assembly would be \$650 and the driver's side front axle has to be replaced, which is another \$450, and all together the entire bill will be about \$1206. I chatted with a relative and the relative agreed I should go along with those repairs, and another relative that I chatted with agreed to pay for the repairs. The Volvo wagon should be ready late tomorrow afternoon. CIO

<888> 06/10/15 Wednesday 4:10 P.M. While working with old Mercedes Benz while at www.lfc.edu, I learned that one has to change automobile oil about every three thousand miles or once a year. Even if one does not drive that much in a year, the warming and cooling of oil in the engine causes moisture condensation, so the oil loses it viscosity. Thus one has to change the oil at least once a year, even if one does not drive too much. Out in the Midwest the distances are so vast, frequently the locals do not travel via automobile long distances. When I attended Lake Forest College in Lake Forest, Illinois, I noticed there were a lot of first rate low mileage cars in the community, so people stuck close to home and probably took the train to Chicago for work. However, with military bases nearby such as Fort Sheridan which was in charge of all www.army.mil recruiting and Great Lake Naval www.navy.mil station, there were a lot of military people in the area. Back then when sailors or soldiers returned from Europe, they were allowed to bring back an automobile paid for by the government. However, since European automobiles

are hard to maintain the Midwest, a lot of them ended up on used car lots. I discovered with the vintage Mercedes Benz, the Bosch fuse box underneath the cowl or hood was the problem. With the salt on the roads in the Midwest in the Winter, the fuse box would become rusty and corroded, and the electronics would quit working. I used to use metal sand paper and sand the Bosch fuse terminals and put in new Bosch fuses, and everything would work again. Of course since a lot of automobile parts and American automobiles are made in the Midwest, I seemed sort of strange, but used European automobiles were cheaper to buy. Having lived back east, I knew they were popular on the East Coast. At the parts department at Knauz Mercedes Benz in Lake Forest, Illinois, they could get any Mercedes part from Germany in two days via Lufthansa into nearby Chicago O'Hare airport. Of course back then, one had to convince the parts department to let one study their parts catalogs. When I returned back east and moved to Manhattan in the beginning of 1973, Park Avenue in Manhattan was full of Mercedes Benz 600 limousines. Even in front of the Random House office around the corner from the British Consulate, there were two large Dark Royal Blue Daimlers parked all of the time that never moved from their Diplomatic parking spots. I guess the British consulate people walked a lot, but they were probably trying to interest people in that expensive neighborhood in buying them. The elderly German lady than owned the house in Plandome Manor, Long Island told me her mother was part of the Kaiser of Germany's consulate to New York City from before World War I, and she had one of the first Mercedes Benz out on Long Island. CIO

<888> 06/10/15 Wednesday 3:35 P.M. Back in 1982 and 1983, when I built the garage apartment out in Plandome Manor, Long Island besides Mr. Grumman living in the neighborhood, Tom Carvel of Carvel ice cream also lived in the neighborhood, so that is another dairy connection. I guess there are still a lot of dairy farmers in America. I never worked a farm, but I had relatives in down state Illinois at Robinson, Illinois that farmed down there. Apparently the area is a little bit warmer in the winter than other parts of the Midwest, because they get tropical breezes out of the Gulf of Mexico, but I don't ever recall being there in the winter to verify that fact. I think it was basically field corn, soy beans, and pop corn. Archer Daniel Midlands is in Decatur, Illinois, and they ship grain and flour all over the world. In the warmer months, raw commodities can be exported up through the Great Lakes and the St. Lawrence Seaway to Europe, but once the St. Lawrence Seaway freezes, the commodities have to go down the Mississippi River on large barges. Of course the railroads also transport raw commodities, but that does not work for overseas transport. England imports 80% of their food, so once the St. Lawrence Seaway freezes over, they have less access to food from the Midwest. I recall visiting Chicago in the late 1950s during the winter during a blizzard, and I recall the headlines in the local tabloid that Queen Elizabeth II was visiting on the Royal Yacht Britannica, so somehow they got it to Chicago, but I am not sure if the St. Lawrence Seaway was even opened then, and if it were, it would have been frozen over, so they must have brought it up the Mississippi River. They used to have cruise ships on the Great Lakes too. I recall visiting a family in Evanston, Illinois that had a warm fire place to sit by. I remember, we stayed at a modern hotel on Lake Michigan, but coming from the south, I was a bit cold. However, I was use to summer vacations on Lake Michigan at Holland, Michigan, where even in August, we had to use the kerosene stove to warm up the cottage. The Holland, Michigan Dutch are extremely religious, but also very pragmatic, when it comes to business, since they have to

survive the long cold winters with the cold northwest winds coming off Lake Michigan. I recall both sets of grandparents had houses in the Midwest heated by coal furnaces which seemed to work well enough, if one could afford the coal. I think they had automatic feeding mechanisms, and one did not have to shovel the coal. There is suppose to be 400 years worth of coal in the United States of America. CIO

<888> 06/10/15 Wednesday 2:55 P.M. I chatted with a relative. I chatted with www.greenwichautomotive.com, and they still have not gotten the estimate together on the repairs on the Volvo wagon. Hopefully it will be done this week, so I can continue as planned and drive up to Kennebunkport, Maine this Monday morning weather permitting. On one of my first visits to Kennebunkport, Maine in the summer of 1980, when George W. Bush first got the vice presidential nomination, and their family were staying in a house nearby Walker's Point, I noticed they had three blue Volvo station wagons in their driveway of their summer house. Thus they must have known they are good for the cold weather that people experience in the cold country up north, particularly they are good at starting in the winter with Bosch fuel injections systems. One of my last friends in Lake Forest, Illinois also owned a blue Volvo station wagon, we drove up the Thousand Islands up around the Canadian border. Also when I moved back to Greenwich in the summer of 1973, I bought a blue Volvo 240 sedan from George Peabody, but the Arab Oil embargo started, so when I was driving to the Darien rest area in a now snow storm to get gasoline coming back the automatic transmission shifted on the snow covered I-95, causing it a slight collision with the guard rail on the left side of the road, so that Volvo had some dents on the left side. While living in New York City, when I needed the money, I sold it to an African American from White Plains, New York at a loss because of the damage. I did know three people in Manhattan that had the little tiny two seater Volvo sport station wagon, and occasionally they would take me for a drive, but mostly I just walked and used public transportation. Fred Von Mierer's apartment at 420 East 49ths street was two blocks east of the Random House building where the Swedish and Norwegian consulates were located. Also Jackie Onassis had her officers there, since she worked for Random House. Also Howard Hughes had a town house nearby as did John D. Rockefeller III. Of course there were a lot of older people in that neighborhood, so I did not always recognize people, and as a unemployed waiter from Greenwich, I obviously was not networking with them. I guess because I had worked briefly at CBS, people were always telling me about different facts, but with expensive telephone communications at the time, one pretty much kept everything to ones self. Back then when not in Manhattan, I helped out around the family house in Greenwich. I even once tried to tune up the Chevrolet Monte Carlo by putting in new spark plugs, but I am not sure if that worked or not. I later learned when one does a tune up, one has to check the timing on the fly wheel which is tricky. I think on modern cars, they now use computer systems to check out the systems. CIO

<888> 06/10/15 Wednesday 2:10 P.M. An obscure fact, the country of Belgium is only size of Fairfield County, Connecticut. However, it is also the most densely populated country in the world with the busy port of Antwerp. Also the 1971 Burgundy 2 door Volvo sedan that I drove on my last trip to California in the late summer and fall of 1980 was made in Belgium. Thus at one time the Volvo automobile was also made in Belgium and Nova

Scotia besides Sweden. Volvo was bought from Ford Motors, and is now owned by the Chinese, but I still think they make them in Sweden. I know the King of Sweden like collecting Chinese Art. I guess he was over exposed to Russian art living so nearby. What is curious is that one never hears anything about Finland which lies between both Russia and Sweden. I guess in the Nordic countries, they have their own way of doing things. Since I am not familiar with the Nordic languages, I can not network with them. However, once when I was on the pier on Steamboat Road many years ago, Crown Princess Victoria of Sweden asked me where the local hotel was on the waterfront. I know the former night person there was Greta Garbo's niece. Greta Garbo used to work for British Intelligence and also had a house in Tobago besides across from the River Club in Manhattan on East 52nd Street. I once met someone that lived across the hall from her. I also once met somebody that sublet their central park west pent house to the Norwegian actress Liv Ullman. In Key West, I was told the Danish Royal family used to vacation there. When I first visited Fort Lauderdale in the fall of 1976, the King of Norway was on vacation there. Of course it seems sooner or later everyone shows up in Manhattan, so for the ones that can afford to live there, they see everyone sooner or later. I chatted with a relative. CIO

<888> 06/10/15 Wednesday 1:25 P.M. I know a few bits and pieces of America based on my experience. However, I am told there are another 320 million people in the U.S.A. who might know a thing or two. I was told writers are suppose to write from their own experiences. Alas, I no longer have my American Flyer train setup or its cars. Also in the 1950s, cereal box used to come with different railroad badges of all of the different railroads in America. I think I collected over a hundred different railroad badges, and my generation used to trade them like baseball cards. Those seemed to have disappeared too. When I used to play the Parker Brothers game of Monopoly, I was always buying hotels on Boardwalk and Park Place and buying utilities and railroads, and I frequently won. In modern finance, the financial instruments are so complicated and confusing, I am not sure the average lay person can understand finance anymore. I guess I am a bit out of date on other changes besides computers in the last 25 years. I do not see any more visitors in this area than I ever saw, and it is usually a cross section of New Yorkers coming out to visit from the more urban areas of the city. I still do keep an eye on automobile license plates downtown as I walk around to see if I notice any out of state license plates in the area, besides the nearby states. One hardly ever sees a New Jersey license plate here, so I guess New Jersey people do not venture north of New York City. I see the most out of state license plates in my walks downtown on Railroad Avenue around the train station. Some states used to have coding on their license plates numbers and letters, such as in the old days in Massachusetts, the plates that ended in the letter "K" for some reason were from both Nantucket and Williamstown, Massachusetts. I have not seen any black and orange California license plates recently, so I guess that group of veteran travelers became more modern. The most interesting part of Greenwich, Connecticut, when I first moved here in June 1962 was that all of the police cars were forest green www.ford.com Edsels. My father had even thought about buying an Edsel station wagon, but we arrived in a white Chevrolet station wagon. We did once own a Ford Country Squire station wagon in Boston. It had faulty valves that Ford was never able to repair. When I had the used 1984 Ford Escort, the local Ford garage and other mechanics including myself could never get it

to start in the winter. It had a lot of soot underneath the hood, so possibly they had some sort of malfunction on it, before I bought it from an older woman in Norwalk. I traded it in for the 1976 Volvo 240 with 45,000 miles which last me 10 years until the spring mounts rusted out. CIO

<888> 06/10/15 Wednesday 12:45 P.M. I drank a cup of Eight O'clock Columbian peaks coffee with Splenda sweetener and milk. When one watches the local media around here, it tells the locals that it is not safe to visit or travel around the Middle East or Baltimore. However, if one could take the larger perspective in travel around the United States of America, one could research how many unguarded railroad crossings there are in this country where there is still a lot of wide open spaces out in the frontier of America. When I went to www.lfc.edu in Lake Forest, Illinois, I knew a college classmate that rented a house in the neighborhood where one of the founders of www.mcdonalds.com lived, and one had to cross a unguarded railroad crossing to get there. Lake Forest by American standards was a wealthy community, but still they had unguarded railroad crossings on the Milwaukee line. By unguarded railroad crossings, I mean ones that do not have cross gates that come down to warn of oncoming trains. My grandfather Scott was a railroad fireman and engineer on the Illinois Central Railroad for about 60 years. He was also involved in Union Activity on the railroads. Since it is hard to stop a freight train, he knew of numerous incidents of railroad accidents that possibly the larger media ignored. Alas, since I have been so focused on my home usage of personal computers for the last 25 years, I might have lost perspective of the larger picture. Still I have to pursue activity based on my experience and my budget. CIO

<888> 06/10/15 Wednesday 11:50 A.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 1.5 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Wish-Bone blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.

<888> 06/10/15 Wednesday 10:15 A.M. I went outside, and I chatted with a neighbor for a while. Since the world has become for might high tech since pen and paper, I remembered that www.cbs.com used to have a high tech research facility on High Ridge Road in Stamford, Connecticut besides in the old days in Greenwich, they also owned Fawcett publications. Alas when this Nixon republican could not make it into to work by 10 A.M., they laid me off at then end of May 1973, but I knew my way around the broadcast center for the two or three months that I was there doing their paper work for their commercials and watching their evening news broadcast. Alas instead of watching too much media anymore, I try to put my thinking cap on and based on my experience, I try to figure out ways to improve my current situation as opposed to what the broadcast media from afar might suggest. CIO

<888> 06/10/15 Wednesday 8:05 A.M. I chatted with two different relatives. I chatted with www.greenwichautomotive.com , and they will call me, when they know more about the Volvo wagon. CIO

<888> 06/10/15 Wednesday 6:45 A.M. I threw out the garbage. I sat outside for a while on a nice morning. CIO

<888> 06/10/15 Wednesday 5:15 A.M. I woke up at 3:30 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up.

Although I am of Dutch, English, and Scottish descent; nobody from those countries here or there has ever communicated with me recently except through their electronic entertainment media. Since I was born in the U.S.A., and I am a United States citizen, and since I might know some other people on this side of the pond, and since most of my income and support comes from the U.S.A. government which my family and friends pay a lot of taxes to for over a century or more, I decided to put the two 50 star Stars and Stripes Betsy Ross flags up in the hallway to see if that changes my karma or outlook on interior decorating. Of course once winter sets in again, and I left with the remains of the town, I might be putting the European diplomatic flags back up, since I have to deal with what is around me in my immediate area as opposed to what is on other people's cable television networks or other electronic media. CIO

<888> 06/09/15 Tuesday 9:10 P.M. I will now shut down the primary work computer, and I will go to bed. Bon Soir. CIO

<888> 06/09/15 Tuesday 7:35 P.M. I installed the Windows Updates on the primary work computer. I went outside, and I walked around the building. I sat outside for a while. I will now eat a blueberry muffin. CIO

<888> 06/09/15 Tuesday 5:15 P.M. I woke up at 3 P.M.. I chatted with one relative and then another relative twice. I took the Volvo Wagon to the nearby www.greenwichautomotive.com just across the State Line in Port Chester across from the Carvel ice cream shop. They said the problem might be the constant velocity joint, which would cost about \$350 to put in a refurbished one. I left it there for them to check out tomorrow, and they will call me. I am also going to have them tighten the emergency brake cable. I walked back home up the steep flight of steps behind my building which are a hike. I sat outside briefly. I picked up the mail. CIO

<888> 06/09/15 Tuesday 11:15 A.M. I chatted with a relative. I sautéed a 10 ounce Hatfield ham steak in extra virgin oil and Smart Balance spread, and I seasoned both sides with garlic powder, ground black pepper, Montreal spicy steak seasoning, celery salt and Italian spices. I ate it with a sweet potato with Smart Balance spread and extra virgin olive oil and steamed baby carrots with Smart Balance spread and extra virgin olive oil and a 12

ounce glass of Schweppes Ginger Ale and a cup of green tea with Spenda sweetener and America's Choice lemon juice. I will now take a nap. CIO

<888> 06/09/15 Tuesday 11:10 A.M. I went out. As I was backing out of my regular parking place, the left front of the Volvo wagon made a bit of noise around the left front tire from the driver's perspective. I drove downtown to central Greenwich, and I could still hear the noise while driving. I checked underneath the hood of the Volvo wagon, and it looked fine. Looking at the left front wheel, it looked fine. I drove down by the waterfront on Steamboat Road, and the noise lessened. On the east side of Steamboat Road across from about 650 Steamboat Road, they have torn down a large house for new construction. Where Victor Borge's house was in Belle Haven, there appears to be more construction there. They have a port-o-potty at the end of Steamboat Road. There were a couple of fisherman and a orange plastic fence at the end of the pier. I guess the pier is in danger of collapsing. I then drove over to the www.shell.com station across from Whole Foods, and I checked the air in my tires all around for 32 PSI. The left front tire was at 25 PSI. I also felt the spare tire underneath the rear deck, and it seemed to be fully inflated, but I could not get at the valve, since it is on the underside. I then drove down Greenwich Avenue, and I got on exit 3 east of I-95, and I drove to exit 4 at highway speed, and the Volvo wagon ran just fine, and did not make any noise. I then drove through Bruce Park and returned to Greenwich Avenue. There were baby geese in Bruce Park. I walked the entire length of Greenwich Avenue and the train station area. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Greenwich Cigar store, and I bought another Ace's High scratch card for a dollar, but I lost. I used the bathroom at www.starbucks.com. I stopped by www.cvs.com and I picked up a prescription. I bought two clearance item 4 inch by 6 inch heavy wire picture frames for \$1.99 each and .25 tax for \$4.23 total. I then finished my walk. It was not too busy out. The new park at the Greenwich Common is proceeding along. I then drove to the A&P Fresh, and while pulling into the parking lot, the left front of the Volvo wagon made a similar noise again. I bought a half dozen America's Choice large eggs expire July 3, 2015 for \$1.79, bananas for .79 a pound for \$1.04, and a four pack of blueberry muffins for \$3.99 for \$6.82. I then returned home. As I was making a sharp turn to pull into my regular parking place, the left front tire area made a similar noise again. I am not sure what the problem is, but the Volvo wagon appears to be safe to drive at highway speeds to Kennebunkport, Maine this coming Monday. Perhaps, it is from the fact that I do not drive it too much. It has fairly new struts all around. I chatted with neighbors. I put away my purchases. I put the picture frames on the shelves of the bookcase to the left of the hallway. I have almost finished installing the Windows Updates on the Asus Netbook. CIO

<888> 06/09/15 Tuesday 6:05 A.M. I am installing the Windows Updates on the Asus Netbook. I threw out the garbage. I chatted with neighbors. I sat outside for a while. I left a package outside a neighbor's front door. I will now go downtown for a walk. CIO

<888> 06/09/15 Tuesday 4:55 A.M. I woke up at 3:45 A.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 06/08/15 Monday 7:45 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 06/08/15 Monday 7:35 P.M. I heated and ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative.

<http://www.cnn.com/2015/06/08/politics/barbara-bush-90th-birthday-celebration/> .CIO

<888> 06/08/15 Monday 6:45 P.M. I did some regular internet work. The Asus Netbook would not update Windows at the moment. I sat outside for a while. I picked up the mail. CIO

<888> 06/08/15 Monday 4:00 P.M. I am installing the Windows Updates on the Asus Netbook. The D-Link wireless router from Optimum is model "AC 1750". CIO

<888> 06/08/15 Monday 3:00 P.M. I had a telephone call from an associate at 9:30 A.M.. I chatted with a relative. I ate <http://scott-mike.com/em.htm> with a glass of cold filtered water. I went through <http://scott-mike.com/bf.htm> until 11:30 A.M.. I then went back to bed until 1:30 P.M., when the order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=603064500342&cntry_code=us on the order for <https://arrowdirect.com/search?q=dell+ultrasharp+2001fp+20> without the power adapter for \$22.32 less 10% with coupon code "ARROW" for \$2.23 off and \$1.28 tax for \$21.37 with free shipping arrived. It came with a regular computer power cord which will not work and a VGA cable. I set it up on top of the Dell Dimension 4600i computer on the right side of the bedroom desk in front of the 19 inch monitor. I guess I will install it there, once I get the power adapter, and keep it as a spare monitor for my more advanced computer systems. I could install it on the Abit computer on the left side of the bedroom desk. There are no computers in the living room that need it. I threw out the shipping box. I chatted with a neighbor, and I sat outside for a while. I got a telephone call about <http://optimum.net/lineup> . They will reorganizing the cable channels in the next few weeks. I made my bed. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

<888> 06/08/15 Monday 7:25 A.M. I finished updating the IBM ThinkCentre on the oak dining table. I sat outside for a while watching a grey squirrel have breakfast. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 06/08/15 Monday 5:55 A.M. Yesterday before going to bed, I ate 4 ounce of Lays Kettle Mesquite barbecue potato chips. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 1.5 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Wish-Bone blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%20%20%20%20%209374869903500428845147> on the order for the power adapter
http://www.newegg.com/Product/Product.aspx?Item=9SIA1PK1030716&nm_mc=KNC-GoogleMKP-PC&cm_mmc=KNC-GoogleMKP-PC--pla--Standard+Batteries+%26+Chargers--9SIA1PK1030716&gclid=CLaI1oL898UCFVcUHwodoTYAlQ&gclsrc=aw.ds for it for \$11.59 with free shipping. CIO

<888> 06/08/15 Monday 5:05 A.M. I chatted with Optimum, and they only support the Cable Modem and D-Link wireless router. I finished installing the Windows 8 Updates on the IBM ThinkCentre along side the Ethan Allen recliner. I move the 7 LAN cables from the 8 LAN port Netgear switch device to the TrendNet 8 LAN Port Switch device. It is connected to the three IBM ThinkCentre on the north side of the living room and other devices. It turns on with the second switch back on the Rosewill switch power strip. I have the LAN cable for the primary work computer plugged into the 8 LAN port Netgear Switch, and it turns on with front switch on the Rosewill switch power strip. The IBM ThinkCentre on the oak dining table goes online with 16 LAN port Netgear switch which turns on with rear switch on the Rosewill switch power strip. I am installing the Windows Updates on it. Some of the devices might still conflict, when conflicting LAN switches are turned on at the same time. Thus for now, one can not use all of the computers at the same time, but I can live with that for now. CIO

<888> 06/08/15 Monday 3:05 A.M. I have the Windows Updates installed on the two IBM ThinkCentres in front of the mahogany bureau. I am now installing the Windows 8 updates on the IBM ThinkCentre along side of the Ethan Allen recliner. On the IBM ThinkCentre on the oak dining table, it monitor would not work, but it just turned out the power cable on the back was loose, so it now works. However, it will not go online when plugged into the same 8 LAN Port Netgear switch as the other three IBM ThinkCentres, and it takes those off line, when I connect it. Once the Windows 8 Updates are finished on the IBM ThinkCentre along side the Ethan Allen recliner, I will turn off the 8 LAN port Netgear Switch and see if the IBM ThinkCentre on the oak dining table will go online when plugged into the 16 LAN port Netgear switch. Before I had the different Net Switches daisy chained together, but now that I have each connected separately to the Dynex wireless hub, the computers do not go online until I switch them around. I tried putting back the Daisy chain setup earlier, but that did not fix the problem. The primary work computer is connected to only the TrendNet switch, so I can take online and off line quickly. However, it is a newer switch, so might try connecting the eight devices on the Netgear 8 LAN Port switch to it to see if that solves the problem and connected the primary work computer to the older 8 LAN Port Net Switch. I still have all of the devices connected to the 16 LAN port Netgear LAN switch that I will have to trouble shoot sooner or later. CIO

<888> 06/08/15 Monday 12:50 A.M. I tried installing the Windows Updates on the three IBM ThinkCentres in the north center of the living room. They would not go online no matter what I tried. I finally removed the TrendNet router from the apartment network,

and they still would not go online with the four net switches connected to the Dynex wireless router. I finally moved one of the IBM ThinkCentre LAN connectors to the Netgear 8 port LAN switch where the other two IBM ThinkCentres were connected online, and all three of them went online with the other Net Switches turned off. I guess it is a Net Switch IP address conflict. I am now installing the Windows Updates on the three IBM ThinkCentres. Without the TrendNet Router connected, I am getting the maximum Optimum 101 Net Speed of over 100 mbps with Dynex wireless router. However, I will not be able to print out on the Network without the TrendNet USB print server. The Dynex wireless router has a USB port, but I don't know if it can be used as a print server. I will now shower and clean up. CIO

<888> 06/07/15 Sunday 9:55 P.M. I woke up at 8 P.M.. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed.

Pictures of Princess Charlotte and Prince George unveiled CIO

<888> 06/07/15 Sunday 8:05 A.M. I threw out the garbage. I sat outside for a while. There were a few young bunny rabbits around. I walked around the building I finished installing the updates on the IBM ThinkCentre in the bedroom, and I shut it down. I ate <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

End of Scott's Notes week of 06/07/15

<888> 06/07/15 Sunday 6:40 A.M. I ate a bag of microwave popcorn. I did some regular internet work and <http://scott-mike.com/bf.htm> to look for any bargains that might be lurking on the internet. Not much seems to be happening. I started up the IBM ThinkCentre in the bedroom. I changed the input LAN into the bedroom Netgear switch to lead from the Rosewill net switch in the living room which is on most of the time. It took a while for the bedroom IBM ThinkCente to renew its IP address which I guess happens, when one changes routers and switches on the overall network. I am now installing the Windows Updates on it.

I will now send out my weekly notes. CIO

<888> 06/07/15 Sunday 3:05 A.M. On the Dell Optiplex 740 mini tower with the latest Windows 10 beta upgrade, I restored its most recent backup from the most recent beta upgrade on June 1, 2015 to get rid of the IBM Lotus Note 9 program trial which I don't need, even if it did work.

I heated and ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 06/07/15 Sunday 2:05 A.M. I downloaded the IBM Notes 9 trail, and I installed it on Dell Optiplex 740 mini tower Windows 10 beta computer. It sets up easy enough. However, although I set it up with the Optimum POP3 mail server configuration, it does not send and receive email. Thus IBM still does not make things simple enough for the average user to use, without an expensive IBM Tech Rep, which I would never pay for. CIO

<888> 06/07/15 Sunday 12:25 A.M. I went outside, and I sat outside for a while. I could hear the sounds of some weekend warriors moving around in the area. Alas, they will have to be back at work on Monday morning. A couple of my neighbors were still moving around. I am not sure what I am supposed to do on a night schedule anymore, since at age 65 I am too old to venture downtown to see what the younger generation is doing to use up their idle hours versus watching reruns off cable television. I guess the whole American experience is one gigantic rerun of yesterday's news. If anything new ever happens in America, I probably will be the last to know about it. I guess it comes from being a Taurus, which is a very settled astrological star sign. There is no point sitting out downtown at the veterans monument on a cool night playing Boo Radley. I only do that on hot nights which we have not yet to seem to have had up here in the north country. It does seem cooler for this time of year, but once one gets use to the cooler weather versus the hot weather of the subtropical regions, it is very enjoyable and refreshing. Of course the younger generation have an entirely new outlook with all of their wireless devices, so they are better networked than the previous generations. It is still fun to get outside I would think for this time of year, instead of spending one's younger life playing computer games. I suppose a lot of the local colleges and universities in this area have graduated from their studies. Possibly www.nantucket.net is seeing a new generation of young dishwashers traveling to the island for summer adventures. Alas I was too busy working out there to survive to ever have time to network with the leisure class. Thus when I departed from Nantucket in the end of November 1983, I ended up settling back in Greenwich, Connecticut for better or worse. At least I don't have to face the colder weather up north around www.harvard.edu and www.mit.edu. I used to know my way around Cambridge, Massachusetts, but I guess with the high tech revolution, it has all changed in that area on the Charles River. The "Old Guard Bostonians do not like upstarts from the New York area. They spend a lot of time looking at the bottom line before making any new investment decisions. Maybe they should invest in www.navistar.com which makes a lot of heavy equipment that might be useful for removing the mountains of snow, they seem to be getting recently. I don't see as many license plates around here from that part of the country anymore. I guess since www.lotus.com was one of the original software companies before www.ibm.com bought it many moons ago, they might have come up with some new software. Alas they have not come up with any new ways of making money, so people can afford to buy it. When I used to test some of their betas, they were difficult and not user friendly to setup. Also the fonts in their programs were very small, so the user interface was difficult to read off an average size monitor. The gurus up on the hill in Armonk, New York are off in their own tech world of super computers, so they don't think like www.mcdonalds.com with the billions of potential customers out in the world that they could come up with some sort of product to market to them. I guess IBM does not like dealing with the average person in the street,

and one needs at least a PHD in computer technology to hold a conversation with them. Since I never learned Unix or any of the other IBM software languages, I am left out here in the wilderness of Connecticut bogging my two cents to a deaf community of users, but many of them might be stockholders that venture into this area to see what Big Blue is up to. I have tried for many decades to make a presence in the downtown Greenwich, Connecticut area, but alas besides the www.apple.com computer store and the Computer Super Center on Mason Street, it is not too high tech. The New York fashion and design industry seems to have more of a presence, since that is what invests here downtown. Well, given a little time, I will dream up something to do this morning. I can always update my Windows PCs, which is a monthly boring task that www.microsoft.com puts us all through. With the summer arriving, we might have a few visitors from elsewhere out of the area, but I am limited to English in my communications skills. Since America is a relatively younger developed part of the world, we do not have the historical strings that limit and tie our perspective on the world like the Eastern hemisphere. Alas without adequate financial support, I make do with what my limited resources permit me to accomplish. Also at my age, I am not a very good traveler, and I prefer to keep my creature comforts of home around me versus the younger generation out on a "Joy Ride". CIO

<888> 06/06/15 Saturday 10:20 P.M. <http://www.microsoft.com/en-us/windows/windows-10-faq> CIO

<888> 06/06/15 Saturday 10:05 P.M. I woke up at 8 P.M.. I sat outside for a while. I picked up the mail. I got the www.time.com magazine, which I never have time to read. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 06/06/15 Saturday 11:20 A.M. I chatted with two relatives. A neighbor rang my door bell looking for dryer sheets, which I don't use. I went downstairs, and I chatted with a neighbor. I also sat outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will eat a bag of microwave popcorn, and then I will go to bed. CIO

<888> 06/06/15 Saturday 7:55 A.M. I ate <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

<888> 06/06/15 Saturday 7:35 A.M. I made 315 Zen Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 19 and 20 and 21 of "The Reign". CIO

<888> 06/06/15 Saturday 3:00 A.M. I threw out the garbage. I sat outside for a while on a damp cool night. There was a late night big jet arriving at nearby Westchester County airport. I will now make cigarettes. CIO

<888> 06/06/15 Saturday 2:10 A.M. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays Mesquite barbecue kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now shower and clean up.

<http://www.abc.net.au/news/2015-06-04/thousands-flee-indonesia-upgrades-alert-mount-sinabung-volcano/6523076> could make for a colder winter next couple of winters. CIO

<888> 06/06/15 Saturday 1:10 A.M. It was the cable labeled 25 that was defective. I ran the new cable from the Netgear 16 port LAN to the Lenovo ThinkCentre to the right of the FIC server. The Netgear 16 port switch turns on with the rear most switch on Rosewill power strip that powers the four different net switches. Thus I forty LAN connections on the four different net switches which are sort of confusing to figure out. I once had all the cables labeled with scotch tape and magic marker, but I have changed them around over the last couple of years, so it is sort of hard to figure out which is which. The Lenovo ThinkCentre to the right of the FIC server still will not update Windows 10. There has been a bit of local activity this past day, if one looks at www.greenwichtime.com, but the big buck liberals don't care about the little people. Still I have my vast networks of friends around the world, from when I was more popular in my youth. Alas once one is over 65 years old, one is yesterday's news. CIO

<888> 06/06/15 Saturday 12:35 A.M. The internet is back up and running. I have both wireless devices going. The cable to the Lenovo ThinkCentre on the right side of the FIC server is faulty, and I can not figure out which cable it is on the net switches, so I ran another cable from the Netgear Wireless router behind it to connect it up. Thus the Netgear Wireless router has to be turned on for both Lenovo ThinkCentres to go online. I am trying to update Windows 10 on it again. I will now shower and clean up. CIO

<888> 06/06/15 Saturday 12:10 A.M. I went back to bed until 10 P.M.. I made my bed again. The internet has been going on and off for the last two hours. CIO

<888> 06/05/15 Friday 5:40 P.M. I ate a bag of microwave popcorn before going to bed. I woke up at 4:00 P.M., when a neighbor rang my door bell. The neighbor barrowed another pack of cigar cigarettes.

Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=603064500342&cntry_code=us on the order for <https://arrowdirect.com/search?q=dell+ultrasharp+2001fp+20> without the power adapter for \$22.32 less 10% with coupon code "ARROW" for \$2.23 off and \$1.28 tax for \$21.37 with free shipping.

For it, I ordered this power adapter

http://www.newegg.com/Product/Product.aspx?Item=9SIA1PK1030716&nm_mc=KNC-GoogleMKP-PC&cm_mmc=KNC-GoogleMKP-PC--pla--Standard+Batteries+%26+Chargers-_-

9SIA1PK1030716&gclid=CLaI1oL898UCFVcUHwodoTYAlQ&gclsrc=aw.ds for it for \$11.59 with free shipping.

I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I will then make my bed. CIO

<888> 06/05/15 Friday 6:25 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 06/05/15 Friday 5:05 A.M. I ate <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

<888> 06/05/15 Friday 4:00 A.M. I think some of the old time residents here up north of the Mason Dixon line have never been down south to see the southern perspective of Southern living, and all they know is Ted Turner's viewpoint from www.cnn.com and the Hollywood media. It is a large area of the country, and a lot of American military personnel come from that neck of the woods, so they are experienced worldwide travelers. I guess really all we see in this area is the regular business travelers out of Atlanta on www.delta.com at nearby Westchester County airport. Since nobody communicates with me, they do not like my perspective of America from the old days, when I traveled around a bit, when I was younger. Alas for senior citizens on disability income, it is too costly for me to travel even locally, since everywhere one goes it is expensive anymore. One of the last times, I had coffee at a www.starbucks.com was at New Canaan, Connecticut, and although I know some people from New Canaan whom I won't mention, the staff at that Starbucks by the New Canaan train station were very insulting. I think they must have me confused with someone else in this area. I know one can get dollar coins for parking at the New Canaan train station vending machine. New Canaan is sort of old fashioned, and I did get my driver's license there, when I learned to drive around 1966 or 1967, when my family lived across the street from the New Canaan Country Club at the Patterson Farm on Smith Ridge Road. Thus I also know my way around New Canaan. There is also a back road from New Canaan that a friend showed me that goes to Wilton, Connecticut which is even more rural. Since my family has medical connections, I prefer living near the Greenwich Hospital, particularly as I get older. Still, every suburban town in the New York City area has their own viewpoint as to their benefits and lack of essentials. Since I have been around Greenwich, Connecticut since June 1962, I am pretty much grandfathered into this community, no matter how much it changes. The New York City people and other suburban and urban areas play various different groups off each other for their own profit at the expense of the truth and reality. CIO

<888> 06/05/15 Friday 3:20 A.M. I heated and ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. Once I know the <https://arrowdirect.com/search?q=dell+ultrasharp+2001fp+20> without the power adapter for \$22.32 less 10% with coupon code "ARROW" for \$2.23 off and \$1.28 tax for \$21.37 with free shipping ships from Austin, Texas where the last surviving Texas Ranger hang

out, I will order this power adapter

http://www.newegg.com/Product/Product.aspx?Item=9SIA1PK1030716&nm_mc=KNC-GoogleMKP-PC&cm_mmc=KNC-GoogleMKP-PC_-pla_-Standard+Batteries+%26+Chargers_-9SIA1PK1030716&gclid=CLaI1oL898UCFVcUHwodoTYAIQ&gclsrc=aw.ds for it for \$11.59 with free shipping.

http://www.volcano.si.edu/reports_weekly.cfm

<http://www.unicv.edu/cv/index.php/conference-fogoeruption>

<http://americancruiselines.com> for Gator Watching down by the Swamp Fox, better known as Francis Marion.

CIO

<888> 06/05/15 Friday 12:45 A.M. I showered, and I cleaned up. I threw out the garbage and the old periodical literature and the shipping box. I picked up the mail. Well, the midnight night watch has begun. While the whole western hemisphere sleeps, a few of us are left watching nothing going on while the daytime movers and shakers rest. If anything ever does happen at night or in the early morning hours, I might not be the first to know because I do not look at the primary news sites while I am awake. Usually there are a number of truckers moving through this area on Interstate 95 when there is less daytime traffic. I think there is a truck stop off Interstate 95 around Milford, Connecticut. When I traveled across country via automobile four times between 1978 and 1980, I became aware of the large number of trucks on the highway that keep America moving not to mention the railroads carrying container ship cargo containers. I once worked as a Daniel Construction expeditor for six months in Greenville, South Carolina, and I was made aware of the fact that the rules and regulations of the Interstate Commerce Commission regulating transport are as big as the Encyclopedia Britannica, so it takes a few experts to know how to navigate those rules not to mention maintain and run the vehicles concerned not to mention the by ways they travel on. Since Daniel Construction is now part of www.fluor.com in Irvine, Texas where www.exxon.com and www.mobil.com have their corporate headquarters, they might know how to manage certain parts of the transport industry that the average layman might not know about. I was told by a friend that once owned 200 acres in Great Barrington, Massachusetts that he sold to John Chambers of www.cisco.com that there was a large bear on the property that had built a den in the debris pile they built after the tornado up there many years ago. Thus somebody should probably tell John Chambers, if they know how to contact him. I personally think that smoking cigarettes out at night in the wilds of America is part of my karma with keeping will animals away. We don't have any skunks around here anymore, so more than likely the great horn owls in the area are eating them. I was told by one of Louis Rosenstiel's game keepers in 1975 that there were bears on the Conyers Farms property in North Greenwich. The same friend also used to hunt on the Westmoreland sanctuary in Bedford, New York next to where Governor Cuomo used to live; and he has a baby bear skin that he shot on that property when he was younger. When my family lived in the back country

areas of Greenwich and New Canaan we had a German Shepard and a St. Bernard, and they were always barking at activity in the woods at night. Of course we watched so much television back then, we did not pay attentions to what our dogs were trying to tell us. I guess with modern infrared satellite surveillance, they can track wildlife in the woods, if somebody knows anyone with access to such systems. CIO

<888> 06/04/15 Thursday 8:40 P.M. A neighbor rang my door bell at 2:30 P.M to barrow a pack of cigarettes. Another neighbor rang the door bell at 4:30 P.M., and delivered the order with tracking number of "1ZX79947YW29457976" at www.ups.com for http://www.newegg.com/Product/Product.aspx?sdtid=7887613&SID=fb9fc2accb10449c80c043bb1ab8ea55&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16812119283&cm_sp= for \$7.99 with free shipping. I chatted with a friend at 5:30 P.M.. I woke up at 8 P.M.. I chatted with a relative. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I will then make my bed, and then I will shower and clean up. I moved the Dutch tricolor flag from in front of the left living room closet to in front of the left hallway bookcase. CIO

<888> 06/04/15 Thursday 10:00 A.M. I went downtown, and I sat out for a while. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and it was a \$1,000 prize, and I got a Jack, but the dealer got a King, so I lost. I used the bathroom at www.starbucks.com . I chatted briefly with another morning person. I sat out for a while. I then went by the Stop and Shop. I bought two six packs of Stop and Shop English muffins for .99 each, a loaf of Pepperidge Farm 15 grain whole wheat bread for \$3.99, a chunk of Norwegian Jarlsberg cheese for \$6.99 a pound for \$7.69, a 59 ounce container of Tropicana orange juice with calcium for \$3, a 16 ounce Smart Balance extra virgin olive oil spread for \$3.49, deli sliced Stop and Shop white American cheese for \$4.99 a pound for \$4.94, deli sliced Stop and Shop honey ham for \$5.99 a pound for \$5.99, a Marie Callender 16 ounce mushroom chicken pot pie for \$2.50, a Marie Callender corn chowder chicken pot pie for \$2.50, two 42 ounce Quaker Old Fashioned oatmeal for \$4.99 each, a 64 ounce Ocean Spray cranraspberry juice \$2.99, buy one get one free of 48 ounce Welch's' grape juice for \$3.99 both, two 16 ounce Ken's chunky blue cheese dressing for \$2.50 each, two 12 ounce generic honey for \$2.50 each, a 8 ounce www.kraft.com grated parmesan and Romano cheese for \$3.99, a 8 ounce Lays Kettle Jalapeño potato chips for \$3, two 8 ounce Perdue Italian short cuts of cooked chicken breast meat for \$3 each, a head of cello iceberg lettuce for \$1.49, bananas for .49 a pound for \$1.04, three sweet potatoes for .99 a pound for \$2.85, a 1 pound bag of baby carrots for \$1 and 75 cents can return for \$81.66 total. I put my groceries in the Volvo wagon, and I went back to the store, and I bought three 16 ounce Marie Callender mushroom chicken pot pies for \$2.50 each for \$7.50 total for \$89.16 Grand Total. I then returned home. I used my little wire folding cart that I bought with me, and I brought up my groceries, and I put them away. I will now shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 06/04/15 Thursday 6:45 A.M. I chatted with a friend. I will now go downtown for groceries. CIO

<888> 06/04/15 Thursday 6:15 A.M. <http://abc7chicago.com/news/photos-king-and-queen-of-the-netherlands-visit-chicago-us/764168/>

<http://www.wvmt.com/news/features/top-stories/stories/King-and-Queen-of-the-Netherlands-in-West-Michigan-143643.shtml>

<http://woodtv.com/2015/06/02/netherlands-king-queen-visiting-gr-on-tuesday/>

<http://www.dailymail.co.uk/news/article-3110210/Dutch-King-Queen-continue-whirlwind-royal-tour-America-watching-robotic-leg-demonstration-trip-Chicago-rehab-center.html>

<http://abcnews.go.com/US/wireStory/netherlands-king-queen-visit-chicago-part-us-tour-31515195>

CIO

<888> 06/04/15 Thursday 5:50 A.M. I ate <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

<888> 06/04/15 Thursday 5:00 A.M. I ordered a <https://arrowdirect.com/search?q=dell+ultrasharp+2001fp+20> without the power adapter for \$22.32 less 10% with coupon code "ARROW" for \$2.23 off and \$1.28 tax for \$21.37 with free shipping. When I placed the order, it said it was not in stock, but the order shows up at their web site, and I was billed for it, so maybe I got it.

Ronald Reagan Offer

Three-Course Dinner with Wine at La Cr maill re Restaurant - Fairfield County: Amazon Local CIO

<888> 06/04/15 Thursday 3:55 A.M. If anyone were scarred of black bears in backcountry Greenwich, they could always try staying at the <http://www.thedelamar.com/> on the waterfront which has all of their rooms on the second floor or above. www.arrowdirect.com still has free shipping with used LCD monitors as low as \$35. I turned on the unprotected Netgear 5G wireless router and the Netgear range extender, so for now there is free WiFi in my neck of the woods for the duration of the black bear emergency. I tested Windows 10 on the Dell Latitude E6400 laptop, and with its built in WiFi which supports 300 mbps, on my 5G WiFi connection, at www.speakeasy.net , I am getting 90 mbps download 40 mbps upload. However, I am not sure which connection is the Netgear WiFi extender, but if one were in range, they would receive the unprotected WiFi. Well it does not hurt to have some of the neighbors better connected for now, in case they see something outside their windows, since I have no view from my windows. CIO

<888> 06/04/15 Thursday 1:20 A.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 1.5 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Wish-Bone blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.

<http://www.greenwichtime.com/local/article/Bear-seen-near-Seton-Boy-Scout-Reservation-6305480.php> .

CIO

<888> 06/04/15 Thursday 12:15 A.M. I put away the clean laundry. Two of my neighbors were still moving around. The Lenovo ThinkCentre to the right of the FIC server, still will not let me update Windows 10, so perhaps Microsoft limits updates for different Microsoft IDs. CIO

<888> 06/03/15 Wednesday 11:30 P.M. My www.eversource.com electricity bill for May 2015 was \$278.88 for 1354 kWh for 30 days for 45.13 kWh per day with an average temperature of 64 degrees Fahrenheit. That is with the two air conditioners going for most of the month of May 2015.

My bill for May 2014 was \$236.74 for 1387 kWh for 32 days for 43.34 kWh per day with an average temperature of 61.7 degrees Fahrenheit. Thus my electricity rate has gone up about 18.215% for the same usage. I have to use the two air conditioners because my large western facing windows on the second floor over the flat black tar room gets a lot of sunlight and heat, and it is frequently over a 100 degrees Fahrenheit outside my windows during the warmer times of the year in the daytime. Alas in the winter, the sun is further south in the sky, so I don't get the same effect. I use minimal lighting in the apartment during the warmer months, since all of the energy saving light bulbs put out about 4 to 5 degrees Fahrenheit of additional heat. I am also on the night rate plan for my electric service, so my electric rate at night is cheaper than the regular rate. CIO

<888> 06/03/15 Wednesday 11:00 P.M. I have 45 minutes to go on two dry cycles. We had top secret activity going on here for the last two months. A pair of robin birds had built a bird's nest underneath the front canopy I guess for protection from the weather. They were very vigilant in watching the robin's nest. The nest disappeared today, so I guess the baby robins have flown the coop so to speak. I saw a black cat moving around behind the dumpsters. CIO

<888> 06/03/15 Wednesday 10:30 P.M. I chatted with a relative. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature and two shipping boxes. I watered the plants. I put 15 drops of Schultz liquid plant food in each quart of water that I used to water the plants. Schulz liquid plant food used to be available

at www.homedepot.com in the gardening department. It the opened container lid is dried out and hard to open, one can use a pair of pliers to open it. CIO

<888> 06/03/15 Wednesday 8:15 P.M. I woke up at 4 P.M.. I picked up the mail. The orders with tracking of <https://tools.usps.com/go/TrackConfirmAction.action?tLabels=9405511699000964477248> for 10 <http://www.elionshop.com/everything-roll-your-own/zen-light-blue-100-s.html> for \$3.63 each for \$36.30 with free shipping and the order with tracking of <https://tools.usps.com/go/TrackConfirmAction.action?tRef=fullpage&tLc=1&text28777=&tLabels=9205590106531507486073> on the order for 80 ounces of <http://www.pipesandcigars.com/pipe-tobacco/40011/peter-stokkebye-84-turkish/#p-106299> for \$1.40 an ounce for \$112.00 total with free shipping arrived. I went back to bed until 6:15 P.M., when I chatted with a friend. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. CIO

<888> 06/03/15 Wednesday 7:35 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

!!!!!!<888> 06/03/15 Wednesday 7:10 A.M. I finished the backups. I found this <http://scott-mike.com/em.htm> . Instead of microwaving the egg 40 seconds, I did a jumbo egg 50 seconds, and after I built the sandwich, I heated it about 10 seconds in the microwave to heat the cheese and ham. It was a very good sandwich, but don't use too much butter, or it will drip on your hands. CIO

<888> 06/03/15 Wednesday 3:15 A.M. I heated and ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale.

Lanzerote Summit www.volcandpark2.com

ZDnet Windows 10 Compatability Tool

Tracking number is "1ZX79947YW29457976" at www.ups.com for http://www.newegg.com/Product/Product.aspx?sdtid=7887613&SID=fb9fc2accb10449c80c043bb1ab8ea55&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16812119283&cm_sp= for \$7.99 with free shipping. CIO

<888> 06/03/15 Wednesday 1:25 A.M. I did some regular internet work. I happen to have a free spare copy of Office 2007 Professional that Microsoft gave me at the Hauppauge, Long Island conference eight years ago. I installed and activated it on the Dell Latitude E6400 laptop computer Windows 7 partition. I am updating it now. I now have to configure Outlook 2007 on it. I will then have to do the two external drive backups on it again. When I booted it, it prompted for my email address to notify me to install the free Windows 10 upgrade on it on July 29, 2015. I don't use the Dell laptop hardly at all except

for maintaining it, but I do take it with me, when I go away on vacation to Kennebunkport with family. Unfortunately the Optimum email servers will not let me send out email from other ISPs, so I have to use www.gmail.com or www.outlook.com to send out email, when in Kennebunkport, Maine. CIO

<888> 06/02/15 Tuesday 8:05 P.M. I have a telephone call from a relative at 3 P.M.. I woke up at 6:30 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 06/02/15 Tuesday 10:05 A.M. I went downtown to the www.chase.com bank at Deerfield Road and West Putnam Avenue. I then went by the Wells Fargo Bank on Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I then returned back home to Villa Chez de Vinci. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 06/02/15 Tuesday 8:30 A.M. I will now get ready to go out and pay my rent. CIO

<888> 06/02/15 Tuesday 6:45 A.M. I finished the Dell E6400 laptop backups. I am wasting time blogging to www.gatesnotes.com about the old days of tech. CIO

<888> 06/02/15 Tuesday 4:15 A.M. I finished the four backups of Windows 10 Technical Preview Enterprise Edition version 10030 of the Dell Optiplex 740 mini tower. I drank a cup of coffee with Splenda sweetener and milk. On the Dell Latitude E6400 laptop, I finished installing Windows 10 Technical Preview version 10130 on the second partition. I am now doing an Aomei backup of both partitions to the Toshiba 1 GB SATA drive in the Rosewill USB SATA drive holder. I will then do a Complete PC backup of both partitions to the Seagate 1 TB SATA drive in the Rosewill USB SATA drive holder. CIO

<888> 06/02/15 Tuesday 2:40 A.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, three ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Wish-Bone blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.

On the Dell Optiplex 740 mini tower I did a Complete PC backup of Windows 10 version 10130 to the second hard drive. I did an Aomei backup to the second hard drive. I will then do the two different backups to the Toshiba 1 TB SATA drive in the Rosewill USB SATA drive holder. I am installing Windows 10 update version 10130 on the Dell E6400 laptop. I will then do an Aomei backup of both partitions to the Toshiba external drive and a Complete PC backup of both partitions to the Seagate 1 TB SATA drive in the Rosewill 1 TB external hard USB SATA drive.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction.action?tLabels=9405511699000964477248> for 10 <http://www.elionshop.com/everything-roll-your-own/zen-light-blue-100-s.html> for \$3.63 each for \$36.30 with free shipping.

http://www.cnet.com/news/microsoft-windows-10-finally-has-a-release-date-july-29/?tag=nl.e404&s_cid=e404&ttag=e404&ftag=CAD1acfa04

Tracking is

<https://tools.usps.com/go/TrackConfirmAction.action?tRef=fullpage&tLc=1&text28777=&tLabels=9205590106531507486073> on the order for 80 ounces of <http://www.pipesandcigars.com/pipe-tobacco/40011/peter-stokkebye-84-turkish/#p-106299> for \$1.40 an ounce for \$112.00 total with free shipping. CIO

!!!!!! <888> 06/01/15 Monday 11:55 P.M. Lots of pictures of the Dutch Royal family here http://www.mlive.com/business/west-michigan/index.ssf/2015/05/dutch_king_on_president_obama.html CIO

<888> 06/01/15 Monday 11:20 P.M. http://www.mlive.com/business/west-michigan/index.ssf/2015/06/dutch_king_queen_meet_with_pre.html#incart more news

http://www.mlive.com/entertainment/grand-rapids/index.ssf/2015/05/dutch_royals_will_visit_meijer.html#incart story package CIO

<888> 06/01/15 Monday 11:00 P.M. I straightened out the two 4 foot by 6 foot Aubison style Acrylic throw rugs in the living room. On the Dell Optiplex 740 mini tower, I am installing the Windows 10 Technical Preview Enterprise Edition Version 10130 update on it. On the Dell E6400 laptop, I am installing the Windows 7 updates on it. I will try to install the Windows 10 updates on the second partition in a little while. On the Lenovo ThinkCentre to the right of the FIC server, it still does not want to install the latest Windows 10 updates, but it work just fine as is. Windows 10 updates are fickle. I will have to back up the Dell Optiplex 740 mini tower in the four different methods that I do, once the update is installed. That will take a while. Grand Rapids, Michigan weather tomorrow for the King and Queen of the Netherlands is supposed to be 75 degrees Fahrenheit and sunny, so they should have a good time around the Dutch Americans. CIO

<888> 06/01/15 Monday 9:10 P.M. I threw out the garbage. I stood outside for a while on a cool damp night. I picked up the mail. I got my rent statement from the Greenwich Housing Authority, so I guess I will pay it early tomorrow morning. Night owls in this neck of the woods lead a secluded life like Trappist monks only going out in the real world when it is necessary. CIO

<888> 06/01/15 Monday 8:20 P.M. I chatted with a relative. I ordered http://www.newegg.com/Product/Product.aspx?sdtid=7887613&SID=fb9fc2accb10449c80c043bb1ab8ea55&AID=10440897&PID=1225267&nm_mc=AFC-

C8Junction&cm_mmc=AFC-C8Junction- -cables- -na- -na&Item=N82E16812119283&cm_sp= for \$7.99 with free shipping. CIO

<888> 06/01/15 Monday 6:20 P.M. I woke up and ate some triscuit crackers and Lays jalapeño kettle potato chips. While asleep, somebody tried to send me a fax three times. I chatted with a relative at 2:30 P.M.. I finally woke up at 5 P.M., when the NOAA weather alarm went off in the bedroom, I guess for an impending thunderstorm. I chatted with a friend who told me half of Long Island was without electricity today. I chatted with another friend. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up.

<http://www.seattletimes.com/nation-world/nation-politics/dutch-king-queen-begin-us-visit-with-obama-at-white-house/> CIO

<888> 06/01/15 Monday 4:55 A.M. I did some regular internet work. I ate a bag of microwave popcorn and a blueberry muffin.

I saw this mentioned in a news story www.gatesletter.com . I will now shut down the primary work computer, and I will go to bed. CIO

<888> 06/01/15 Monday 12:20 A.M. I printed out two copies of the Microsoft Money Sunset Income versus Spending report for May 2015. I put one copy in an addressed envelope to mail to an interested relative with a 49 cent forever stamp on it. I mailed it in the mail room downstairs. I stood outside underneath the front canopy for a brief while watching it rain cats and dogs. CIO

07/31/15 Friday 4:35 P.M.. This past evening, I woke up and ate three ounces of mixed nuts. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

07/31/15 Friday 4:15 P.M.. I went to my 1:30 P.M. appointment early. I chatted with a relative on my wireless while waiting, and I read a five year old copy of Architecture Digest. After my appointment, I sat downtown for a while. It was quite busy. I then went by the A&P Fresh. I bought a 7 ounce package of Oscar Meyer deli sliced Virginia ham for \$4.49, a four pack of blueberry muffins for \$4.49, two 7 ounce Banquet maple sausage links for \$1.33 and \$1.34, a quart of Dannon low fat vanilla yogurt for \$3.49, a six pack of America's Choice large eggs expire August 28, 2015 for \$1.89, a pound of baby carrots for \$1.99, bananas for .79 a pound for \$1.19, buy one get one free of six packs of Thomas' English muffins for \$4.39 both for \$25.53 total. They are not on sale, but since there was a store label on their display case with that price, they gave me them for that price. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$8.60 of V-Power self service premium gasoline for \$3.579 a gallon for 2.404 gallons at odometer reading of 110911 miles for 25.2 miles driven since Tuesday July 21, 2015 for 10.483 miles per gallon in local traffic. I then returned home, and I picked up the mail, and I put away my groceries. I printed out the Microsoft Sunset Income versus Spending report for July 2015, and I have one copy ready to mail with a 49 cent forever stamp to an interested relative. CIO

!!!!!! 07/31/15 Friday 11:55 A.M.. Windows 10 upgrade and download <http://www.microsoft.com/en-us/software-download/windows10> . CIO

<888> 07/31/15 Friday 11:50 A.M.. I will now get ready and go out to my 1:30 P.M. appointment. CIO

<888> 07/31/15 Friday 11:50 A.M.. I chatted with a relative. I finished the backups. I threw out the garbage. I sat outside for a while, and I chatted with neighbors. CIO

<888> 07/31/15 Friday 10:00 A.M.. I am just about ready to eat a Marie Callender corn chowder chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. I will then have a cup of coffee with Splenda sweetner and milk. CIO

<888> 07/31/15 Friday 9:45 A.M.. On the Dell Latitude E6400 laptop with Windows 10, I am now doing an Aomei backup to the Toshiba 1 TB SATA drive in the Rosewill external USB SATA hard drive holder. I will then do an Aomei backup of the IBM ThinkCentre with Windows 10 in front of the mahogany bureau to the Western Digital 160 GB SATA hard drive in the Rosewill external USB SATA hard drive holder. CIO

<888> 07/31/15 Friday 9:05 A.M.. I finished configuring the Lenovo ThinkCentre with Windows 10 and activating it. It is the Lenovo ThinkCentre on the oak dining table. I am now doing an Aomei backup of it to the Seagate 1 TB SATA drive in the external Rosewill USB SATA drive holder. I chatted with a friend and a relative twice. I have a 1:30 P.M. appointment this afternoon. CIO

<888> 07/31/15 Friday 4:10 A.M..

http://www.volcano.si.edu/reports_weekly.cfm CIO

<888> 07/31/15 Friday 3:45 A.M.. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.cl-p.com/> electricity bill and my www.verizon.net bill. My current Optimum bill was about \$199, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$99 for premium Cable TV. However that includes \$25 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. CIO

<888> 07/31/15 Friday 2:50 A.M.. On the Lenovo ThinkCentre on the oak dining table, I have Windows 7 original install restored and activated. I will now try to install Windows 10 on it. It will take a bit of time. I was moving something into the corner of the apartment by the entrance door, and the wall clock fell off the wall and hit me on the top of head. I seem to be all right. I put the wall clock back up more securely. CIO

<888> 07/31/15 Friday 2:25 A.M.. I chatted with a relative at 5 P.M.. I woke up at 12:30 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I restored the Aomei backup of Windows 7 to the IBM ThinkCentre on the oak dining table, so it is now back to normal. I am also restoring the Aomei backup of the new Windows 7 install on the Lenovo ThinkCentre on the oak dining table. CIO

<888> 07/30/15 Thursday 3:25 P.M.. The problem with the LAN was on the 16 port Netgear Switch, I had one cable coming out of it and going back into it, which I removed. I connected the LAN cable for the Dell Optiplex 760 usff to the TrendNet switch, so I don't need to turn on the Netgear wireless to use it. On the IBM ThinkCentre on the oak dining table the Windows 10 upgrade will not activate, and the IBM video card is not recognized and no driver is available for it, so I will return it back to Windows 7 probably tomorrow. I chatted with a relative. I picked up the mail. I will now shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 07/30/15 Thursday 12:55 P.M.. I have the Lenovo ThinkCentre to the right of the Dell Optiplex 760 usff desktop configured with Windows 10. It seems to work fine, but the Microsoft Sunset program will not work with it, although it did in the final beta. I am doing an Aomei backup of it to the Seagate 1 TB SATA hard drive in the Rosewill USB SATA external drive holder. CIO

<888> 07/30/15 Thursday 10:25 A.M.. I went outside, and I threw out the garbage. I sat outside for a while. I am still configuring the Lenovo ThinkCentre Windows 10 setup. I am also installing Windows 10 32 bit upgrade on the IBM ThinkCentre on the oak dining table. I had a problem with its network connection, so I disconnected its TrendNet USB LAN, and I have the LAN cable plugged into the CPU. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced

tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I am downloading and burning the Win 10 Pro X32 and X64 and the Windows 10 Home X32 and X64 DVDs in English. CIO

<888> 07/30/15 Thursday 5:40 A.M.. On the Lenovo ThinkCentre to the right of the Dell Optiplex 760 usff I have Windows 7 Home Premium back on the machine and activated, and I am now installing the 64 bit Windows 10 upgrade. Once that is installed, I still have to configure it, which will take a while. CIO

<888> 07/30/15 Thursday 5:10 A.M.. I have Windows 10 Professional installed and activated on the Dell Latitude E6400 laptop and the IBM ThinkCentre in front of the mahogany bureau. I have not backed them up yet, since I am not sure I want to delete my Windows 7 backups. I am now installing Windows 7 Home Premium on the Lenovo ThinkCentre to the right of the FIC server which had been a beta machine. I have to configure it. The Windows 7 backup for it was not recognized and the Aomei backup restore would not work. CIO

<888> 07/30/15 Thursday 2:05 A.M.. I chatted with a friend at 4 P.M.. I woke up at 11 P.M.. On the Dell Latitude E6400 laptop, I restored the Windows 7 backup. However, Windows 7 does not let one install a Microsoft Log On Name, so I am now reinstalling the Windows 10 Upgrade. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/29/15 Wednesday 2:05 P.M.. Synching the apps used to be a setting in Windows 8 that they took out of Windows 10 for some odd reason. I picked up the mail. The order with tracking number of "1ZX79947YW30986946" at www.ups.com on the order for [http://www.newegg.com/Product/Product.aspx?sdid=8002703&SID=0770e05c98f047538ba2b02cd7a4a68&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16827140052&cm_sp=for\\$9.99](http://www.newegg.com/Product/Product.aspx?sdid=8002703&SID=0770e05c98f047538ba2b02cd7a4a68&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16827140052&cm_sp=for$9.99) with promo code "EMCAVNP66" and \$1.99 shipping for \$11.98 total arrived. The first issue of www.forbes.com also arrived. I will now shut down the computers and go to bed. CIO

<888> 07/29/15 Wednesday 12:35 P.M.. I chatted with a relative. I am about to eat a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/29/15 Wednesday 12:05 P.M.. I went outside, and I sat out for a while at 8 A.M.. I was able to install Windows 10 Professional X64 on Dell Latitude E6400 laptop, and it is activated based on the previous Windows 7 Professional installation. However, since I had the local account and password activated, it did not install all of the apps that I

have in my library on my Microsoft Account, and there is no way to install them but one at a time. I might restore the Windows 7 backup, and then install Windows 10 Professional again with the Microsoft Account activated. However as an upgrade, I do not know if it will install the apps or not. I hardly use the apps, but they are a major feature of Windows 10. On the IBM ThinkCentre in front of the mahogany bureau, Windows 10 Professional 32 bit is installed also, but there is the same apps problem with that computer also since I was using the local logon instead of the Microsoft Account logon. Also product activation says to try later, because it is busy. There does not seem to be a way to automatically install the apps once configured, although one web page claims it has that feature, but I don't see it on the final release. I chatted with a friend. CIO

<888> 07/29/15 Wednesday 7:00 A.M.. I am installing the 64 bit Windows 10 upgrade on the Windows 7 partition on the Dell Latitude E6400 laptop, and it seems to be going along just fine. I am also installing the 32 bit Windows 10 upgrade on the Windows 7 partition on the IBM ThinkCentre in front of the mahogany bureau. It all takes a while. I chatted with a friend. It is supposed to go up to 94 degrees Fahrenheit today, so I will probably stay inside by the expensive cool air conditioners. There is no rush to install the Windows 10 upgrade on all of my Windows 7 and Windows 8 computers, since I have a year to do it for free. CIO

!!!!!! <888> 07/29/15 Wednesday 5:40 A.M.. Windows 10 upgrade and download <http://www.microsoft.com/en-us/software-download/windows10> . I ate one ounce of mixed nuts. CIO

<888> 07/29/15 Wednesday 3:45 A.M.. I put away the clean laundry. I will now shower and clean up. CIO

<888> 07/29/15 Wednesday 3:00 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. Today is the Windows 10 Launch day, but www.microsoft.com plans to release the upgrades to different users over the next month or so, so it might not be available right away. One can buy the full install from www.newegg.com for about \$120 to \$200, but that comes out a little bit after today. CIO

<888> 07/29/15 Wednesday 2:10 A.M.. I chatted with a relative at 3:30 P.M.. I finally woke up at 1:30 A.M.. I put clean linens on the bed. I started two loads of wash and have five minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. I picked up the mail. The free www.forbes.com portfolio bag arrived. I put it underneath the www.harvard.edu chair. CIO

<888> 07/28/15 Tuesday 2:45 P.M.. I chatted with a relative. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 07/28/15 Tuesday 2:10 P.M.. I chatted with a relative. I went outside, and I moved my Volvo wagon to its usual place. I sat outside for a while. I called up Stamford Volvo

service, and they said it would be about 1.5 hours labor or \$200 to repair the inside driver's door handle on my 2005 XC 70. However, first they would have to order the part. I chatted with their parts department, and they said they would not know until they removed the door panel, and it would only take a day to get the part. I found this part on the internet which might be it http://www.amazon.com/LatchWell-PRO-4001561-Driver-Interior-Handle/dp/B00C3NGH54/ref=sr_1_1?ie=UTF8&qid=1438106550&sr=8-1&keywords=LatchWell+Pro-4001561 so for a \$100 for the part, it would be about a \$300 repair. I will be going back up to Kennebunkport on August 26, 2015 for a few weeks, so I probably will get it done after I return before winter. I don't drive that much, so there is no rush on it. Possibly the plastic latch broke from the increased heat in the Volvo wagon sitting out in the sun. When I just moved it, it was 120 degrees Fahrenheit inside the passenger compartment. CIO

<888> 07/28/15 Tuesday 12:10 P.M.. I drank a cup of coffee with Splenda sweetener and milk. CIO

<888> 07/28/15 Tuesday 11:30 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft chunky blue cheese dressing and Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.

Tracking number is "1ZX79947YW30986946" at www.ups.com on the order for [\\$9.99](http://www.newegg.com/Product/Product.aspx?sdtid=8002703&SID=0770e05c98f047538ba2b02cd7a4a68&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16827140052&cm_sp=for) with promo code "EMCAVNP66" and \$1.99 shipping for \$11.98 total. I chatted with a friend earlier. I saw about 36 horses or ponies moving out of town this morning. CIO

<888> 07/28/15 Tuesday 10:20 A.M.. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar. It had a \$1,000 prize, and the dealer only had a nine, but I only had a high card of 7, so I lost. I used the bathroom at www.starbucks.com. I went by www.cvs.com, and I bought two 30 ounce Hellmann's Light mayonnaise for \$3 each for \$6 total. While sitting at the top of Greenwich Avenue, I met up with a neighbor. We walked down Greenwich Avenue, and then I used the bathroom again at www.starbucks.com. We met up with another local walker, and I drove the two walkers over to a location near Whole Foods, and the other walker departed, and the neighbor did an errand. I then went by the Stop and Shop with the neighbor. I got a head of Cello iceberg lettuce for \$1.49 and a four pack of tomatoes for \$2.49 and .65 can return for \$3.33. I then returned with my neighbor back to our apartment building, and I chatted with other neighbors. CIO

<888> 07/28/15 Tuesday 5:10 A.M.. I woke up at midnight, and I worked with a computer for an hour. I ate two scoops of butter pecan ice cream and some mixed nuts. I went back to bed at 1 A.M., and I woke up at 4 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown for an early morning walk. CIO

<888> 07/27/15 Monday 10:45 P.M.. I watched "America's Book of Secrets" episode 11. I will now go back to bed. CIO

<888> 07/27/15 Monday 9:55 P.M.. The Dell Optiplex 760 USFF hard drive caddy was about a quarter of inch too high all around keeping the case cover from closing properly. Since the hard drive caddy was blue plastic, I used a pliers to break off a quarter inch piece from the top all around, so the case cover now closes properly. CIO

<888> 07/27/15 Monday 8:55 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

<888> 07/27/15 Monday 8:10 P.M.. I woke up at 7 P.M.. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction!input.action?tLabels=9405503699300108724630> on the hard drive caddy for the Dell Optiplex 760 USFF arrived. I sat outside for a while. I put the hard drive caddy in the Dell Optiplex 760 usff. It is a little tight closing the case top, but I think I got it closed. I also switch the www.dell.com case badge around, so it displays properly in the horizontal position. I chatted with a relative. CIO

<888> 07/27/15 Monday 11:05 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft chunky blue cheese dressing and America's Choice creamy Caesar dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 07/27/15 Monday 10:05 A.M.. I emptied the primary paper shredder in the living room, and I put a new plastic bag in it, and I lubricated it. I threw out the old bag of shredded paper, and then I sat outside for a while. CIO

<888> 07/27/15 Monday 9:25 A.M.. I threw out the garbage. I sat outside for an extended period of time. I did some routine internet work. I ate three ounces of mixed nuts. I watched "America's Book of Secrets" episode 10. CIO

<888> 07/27/15 Monday 5:55 A.M.. I posted some pictures of the Dell Optiplex 760 usff desktop with Windows 10 beta at <http://scott-mike.com/comp0715/>. CIO

<888> 07/27/15 Monday 5:50 A.M.. I ate a bag of microwave popcorn. I slept some more until 4 A.M., when I woke up. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up.

<888> 07/27/15 Monday 1:20 A.M.. I just woke up from another nap. I have been having more dynamic dreams wearing the nicotine patch. I was just dreaming I was shopping at a British outlet store at nearby Westchester County airport. Earlier this afternoon, I was dreaming I was traveling down East Putnam Avenue when a town fair was going on there in Greenwich, and the whole area was suddenly hit by an electronic impulse disrupting the whole affair. CIO

<888> 07/26/15 Sunday 10:40 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. Well, since the Republican Party is in charge of congress, the Republicans have a long tradition of being frugal and eating eggs and chicken pot pies. Of course, one could always try to make egg in a basket in a microwave oven. One would basically toast a piece of toast and put it on a microwave proof plate, and used a water glass to cut a circle out of the toast after one puts spread on it. Then put an egg in the circle and the piece of round toast cut out over it and microwave it for 40 seconds with a microwave lid on the plate. I think toast might be cheaper than English muffins. CIO

<888> 07/26/15 Sunday 9:40 P.M.. I watched "Steve Jobs, One Last Thing". CIO

<888> 07/26/15 Sunday 8:30 P.M.. While napping, I ate three ounces of mixed nuts. I finally woke up at 8 P.M.. CIO

<888> 07/26/15 Sunday 1:05 P.M.. I will now take a nap. CIO

<888> 07/26/15 Sunday 12:50 P.M.. I am just about to eat a Marie Callender 16 ounce corn chowder chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/26/15 Sunday 12:30 P.M.. I bought [http://www.newegg.com/Product/Product.aspx?sdtid=8002703&SID=0770e05c98f047538baa2b02cd7a4a68&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction- -cables- -na- -na&Item=N82E16827140052&cm_sp=for \\$9.99 with promo code "EMCAVNP66" and \\$1.99 shipping dor \\$11.98 total](http://www.newegg.com/Product/Product.aspx?sdtid=8002703&SID=0770e05c98f047538baa2b02cd7a4a68&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction- -cables- -na- -na&Item=N82E16827140052&cm_sp=for $9.99 with promo code). I chatted with a relative. CIO

<888> 07/26/15 Sunday 11:00 A.M.. I chatted with a relative. CIO

<888> 07/26/15 Sunday 10:35 A.M.. At the Greenwich Hospital outpatient visit this past Friday afternoon, I was told I have excellent blood pressure, and it is 115 over 55. I guess it from walking a lot most of my life. CIO

<888> 07/26/15 Sunday 10:30 A.M.. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought an Ace's High Scratch card at the Greenwich Cigar store for a dollar, but I lost. I used the bathroom at www.starbucks.com . I stopped by www.cvs.com and I bought four 17.5 ounce Gold Emblem Deluxe mixed nuts without peanuts for \$7.99 each can less a \$5 off \$25 CVS internet coupon for \$26.96 total. It was real slow downtown, so I guess everyone is away on summer vacation. I did see a few visitors on the return. After my walk, I sat out for a while. I then returned home. When I chatted with a friend this morning, I was reminded that I should get the inside driver's side front door latch fixed on the Volvo wagon before this winter, because on a cold winter's days, it might be hard to open the window to get out of the Volvo wagon. CIO

<888> 07/26/15 Sunday 7:10 A.M.. I woke up at 6 A.M.. I chatted with a friend. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown to walk the Miracle Mile of Greenwich Avenue. CIO

End of Scott's Notes week of 07/26/15

<888> 07/26/15 Sunday 2:55 A.M.. I watched "America's Book of Secrets" episode 9. I ate 10 Balsalmic and basil Triscuit crackers. I will now send out my weekly notes. CIO

<888> 07/26/15 Sunday 1:15 A.M.. For some reason the Dell E6400 laptop got messed up in Kennebunkport, Maine when I was there this past June 2015. Basically Internet Explorer 11 would not work. I used it so little up there, I can not figure out why it got messed up. I am restoring the June 2, 2015 Complete PC backup, so it should be back to normal. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

!!!!!! <888> 07/25/15 Saturday 11:05 P.M.. This is the new Dell Optiplex 760 usff <http://www.dell.com/support/article/is/en/04/SLN293713/en> . CIO

<888> 07/25/15 Saturday 10:25 P.M.. I went back to bed after the last note until now. CIO

<888> 07/25/15 Saturday 7:35 P.M.. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays Jalapeno kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/25/15 Saturday 6:50 P.M.. I woke up at 6:15 P.M.. I sat outside for a while. I picked up the mail. CIO

<888> 07/25/15 Saturday 11:45 A.M.. Tracking is <https://tools.usps.com/go/TrackConfirmAction!input.action?tLabels=9405503699300108724630> on the hard drive caddy for the Dell Optiplex 760 USFF. CIO

<888> 07/25/15 Saturday 11:35 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft chunky blue cheese dressing and America's Choice creamy Caesar dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 07/25/15 Saturday 11:00 A.M.. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by www.cvs.com, and I used the bathroom there. I bought a .52 ounce parsley flakes for \$1, .62 ounce basil for \$1, 2.72 ounce garlic powder for \$1, two .75 ounce Italian seasoning for \$1, a 1.87 ounce red pepper for \$1, and a .75 ounce oregano for \$1 for \$7 total. After my walk, I sat out for a while downtown. It was not very busy. I then went by the Stop and Shop. I bought one six pack of Stop and Shop English muffins for \$1.50, three six packs of Stop and Shop English muffins clearance items for .75 each, three 16 ounce Marie Callender corn chowder chicken pot pies for \$2.50 each, a 59 ounce Simply Orange orange juice with calcium for \$2.77, a 12 ounce generic honey for \$2.50, and bananas for .49 a pound for \$1.23 for \$17.75 total. I then returned home, and I put away my groceries. CIO

<888> 07/25/15 Saturday 6:50 A.M.. I woke up at 6 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/25/15 Saturday 1:55 A.M.. I fiddled with the Weather Direct device, and I can not get it working. I ate a bag of microwave popcorn, two ounces of Norwegian Jarlsberg cheese, and a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the computer and go back to bed. CIO

<888> 07/25/15 Saturday 12:10 A.M.. I woke up at midnight. CIO

<888> 07/24/15 Friday 8:35 P.M.. I threw out the shipping box. I did not get any mail today. I ate a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese with a 12 ounce glass of Schweppes Ginger Ale. I will shut down the primary work computer, and I will go to bed. CIO

<888> 07/24/15 Friday 7:30 P.M.. On the Dell Optiplex 760, I was able to reset the administrator password, but removing the password dip pin and starting the computer and then shutting it down and replacing the dip pin. Thus I have my bios settings now. I chatted with a relative. CIO

<888> 07/24/15 Friday 5:50 P.M.. I put the older 320 GB SATA hard drive in the Dell Optiplex 760 computer without the hard drive holder. I restored the backup of Windows

10 for the Dell Optiplex 740, and it all works just fine. I have to try to get the administrator password from the vendor. I have it setup to work off the Netgear Wireless LAN which turns on from the control panel of the Lenovo ThinkCentre to its right side. CIO

<888> 07/24/15 Friday 3:45 P.M.. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=774105393869&cntry_code=us on the order for <http://www.ebay.com/itm/221828833245?trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT> for \$26.99 and \$8.95 shipping for \$35.94 total arrived. As I was leaving for my appointment, I activated the Volvo Wagon door lock while trying to open the driver's side door lock latch, which caused the inside door latch on the driver's side not to work. Now to get out, I have to open the car window and open the door from the outside. I will have to investigate the problem at a later date. I went to the Greenwich Hospital outpatient, and I saw a doctor on the follow up on my bronchitis. He said I was all right after checking me out. He said I would develop mucus in a week after quitting smoking. I have excellent blood pressure. I returned home. CIO

<888> 07/24/15 Friday 1:10 P.M.. I sat outside a while more. The power supply on the Weather Direct sending unit seems to go on and off, but I am not sure that is the problem. I ate a blueberry muffin with a glass of cold filtered water. I will leave about 1:30 P.M. for my 2:15 P.M. appointment. CIO

<888> 07/24/15 Friday 10:55 A.M.. I threw out the garbage. I sat outside for a while. I chatted with a friend. One of my oldest friends is moving out of the area to points further south, so we will be losing his large network of associates. CIO

<888> 07/24/15 Friday 9:40 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I have an appointment at 2:15 P.M. this afternoon. CIO

<888> 07/24/15 Friday 8:00 A.M.. I woke up at 8 A.M.. CIO

<888> 07/24/15 Friday 5:30 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I am going back to bed.

<888> 07/24/15 Friday 4:45 A.M.. I watched "America's Book of Secrets" episode 8. I ate a bag of microwave popcorn. I will now go back to bed. CIO

<888> 07/24/15 Friday 3:10 A.M.. I got email that the hard drive carrier for the Dell computer expected today is being shipped separately and will arrive in a few days, so I will not be able to set it up until the hard drive carrier arrives earlier next week.

http://www.volcano.si.edu/reports_weekly.cfm CIO

<888> 07/24/15 Friday 2:50 A.M.. The cable modem was out for about 90 minutes. I took the right Eizo monitor off the FIC server, and I put it on the Dell Dimension 4600i computer on the right side of the bedroom desk. I moved the primary Eizo monitor on the FIC server to the far right. I moved the Dell 20 inch monitor from the bedroom to the center by the FIC server to have available for the new Dell computer when it arrives setup at that same location. I have the devices for it ready to install. I am suppose to have some spare USB mice that came with the generic computers, but I can not find them at the moment. CIO

<888> 07/24/15 Friday 1:05 A.M.. I ate 10 balsamic vinegar and extra virgin olive oil triscuit crackers. I went back to bed until midnight. I ate a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/23/15 Thursday 8:15 P.M.. I chatted with a relative. I threw out the garbage, and I chatted with a neighbor. I sat outside for a while. I picked up the mail. I relaxed in my apartment. For the time being I am avoiding the turmoil of downtown Greenwich Avenue. I was thinking on Wednesday July 29, 2015, we could have a Windows 10 Launch event, but with everyone away in the summer, there probably would not be too much interest. CIO

<888> 07/23/15 Thursday 7:05 P.M.. I woke up at 5:15 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I did a Complete PC backup of the Dell Optiplex 740 mini tower to the Seagate SATA 1 TB drive in the Rosewill USB SATA drive holder and then an Aomei backup to the Toshiba 1 TB SATA drive in the Rosewill USB SATA drive holder. I will now shower and clean up. CIO

<888> 07/23/15 Thursday 7:55 A.M.. I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 07/23/15 Thursday 7:35 A.M.. I watched "America's Book of Secrets" episodes 5, 6, 7. On the Dell Optiplex 740 mini tower, I updated it to Windows 10 Enterprise release 10240. One activates it with this link <http://winaero.com/blog/how-to-activate-windows-10-build-10240/>. I did a Complete PC backup of it to the second internal hard drive, and I am now doing an Aomei backup of it to the second internal hard drive. CIO

<888> 07/23/15 Thursday 4:05 A.M.. I watched "America's Book of Secrets" episode 4. I ate the last three scoops of coffee ice cream. CIO

<888> 07/23/15 Thursday 3:00 A.M.. I woke up at 2:45 A.M.. CIO

<888> 07/23/15 Thursday 12:25 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak

Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft chunky blue cheese dressing and America's Choice creamy Caesar dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

<888> 07/22/15 Wednesday 11:35 P.M.. I put away the clean laundry. CIO

<888> 07/22/15 Wednesday 10:20 P.M.. I have 50 minutes to go on two dry cycles. CIO

<888> 07/22/15 Wednesday 9:55 P.M.. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash laundry, and I have five minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

<888> 07/22/15 Wednesday 8:15 P.M.. I chatted with a relative at 9 A.M.. A neighbor rang my door bell at noon with a matter that I could not help on. i had two telemarketer phone calls. I woke up at 7:15 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. CIO

<888> 07/22/15 Wednesday 7:35 A.M.. I chatted with a friend. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I guess once one turns 65 years old in Greenwich, Connecticut; one evolves to the slower Senior Citizen routines. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 07/22/15 Wednesday 6:10 A.M.. I watched "America's Book of Secrets" episode 3. I ate a bag of microwave popcorn with a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. CIO

<888> 07/22/15 Wednesday 4:15 A.M.. After the last note, I ate the other half of the flavored rice with a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. I went back to sleep until 4:10 A.M.. CIO

<888> 07/22/15 Wednesday 12:40 A.M.. I took a nap until now. CIO

<888> 07/21/15 Tuesday 11:10 P.M.. I ate a deli sliced ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's olive oil mayonnaise and a dill pickle slice and Lays Jalapeno kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/21/15 Tuesday 10:35 P.M.. I went out, and I went by the Stop and Shop. I bought Norwegian Jarlsberg cheese for \$6.99 a pound for \$9.72, a 1.5 quart Turkey Hill butter pecan ice cream for \$2.50, a five quart box of Stop and Shop powdered milk for \$7.29, a 16 ounce Kraft blue cheese dressing for \$2.50, a 200 package box of Splenda sweetener for \$8.29, bananas for .49 a pound for \$1.26, a four pack of tomatoes for \$2.49, a

head of Cello iceberg lettuce for \$1.49 for \$35.54 total. I then went downtown, and I chatted with a Starbucks regular. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.01 of self service V-Power premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.479 a gallon for 2.015 gallons at odometer reading of 110884 miles for 22.8 miles driven since Monday July 13, 2015 for 11.316 miles per gallon in mostly local traffic. I gave a neighbor a ride home from the Shell station. I put away my groceries. CIO

<888> 07/21/15 Tuesday 8:45 P.M.. Tracking is https://www.fedex.com/apps/fedextrack/?tracknumbers=774105393869&cntry_code=us on the order for <http://www.ebay.com/itm/221828833245?trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT> for \$26.99 and \$8.95 shipping for \$35.94 total. CIO

<888> 07/21/15 Tuesday 7:55 P.M.. I chatted with a relative. After I showered, and I put on one of the 21 mg. nicotine patches. I threw the garbage down the garbage chute. I picked up the mail. It is raining heavily outside. CIO

<888> 07/21/15 Tuesday 6:55 P.M.. I woke up at 5:45 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/21/15 Tuesday 6:00 A.M.. I ate three scoops of coffee ice cream. I watched "America's Book of Secrets, Episode 2". I will now shut down the primary work computer, and I will go to bed. CIO

<888> 07/21/15 Tuesday 3:30 A.M.. I woke up at 3:20 A.M.. CIO

<888> 07/21/15 Tuesday 1:30 A.M.. I will now take a nap. CIO

<888> 07/21/15 Tuesday 12:05 A.M.. I made up a batch of <http://scott-mike.com/mlsrice.htm>, and I added a little bit of Frank's hot sauce and Lea and Perrins Worcestershire sauce to the recipe, and I refrigerated half in a Rubbermaid container, and I ate half with two reheated Perdue 3 ounce chicken cutlets and steamed baby carrots with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of Lipton green tea with ginseng and Splenda sweetener and America's Choice lemon juice. CIO

<888> 07/20/15 Monday 9:10 P.M.. I sat outside a while. It is starting to rain, so maybe it will cool things off a bit. Since members of the Scott family have been in America for over 400 years, I am obviously not the only member of the Scott family or one of the senior members of the Scott family. I guess most of them prefer to remain private in their remote hideaways in the hinterlands of America. Probably the most prosperous ones are land owning farmers whom are more concerned with the farm reports than international politics. Thus, although I have a minor internet presence, it does not represent the full

scope of my family's activities in America. We obviously are related to a lot of other families out in the wood work too. CIO

<888> 07/20/15 Monday 8:10 P.M.. I chatted with the building custodian. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699938618007425> on the order for two http://www.ebay.com/itm/Nicoderm-CQ-Step-1-14-Clear-patches-NEW-Stock-/201377294656?pt=LH_DefaultDomain_0&hash=item2ee305a940 for \$28.75 each with free shipping for \$57.50 total arrived. I sat outside for a while. I chatted with a neighbor. I will now shower and clean up. CIO

<888> 07/20/15 Monday 7:35 P.M.. I chatted with a relative. CIO

<888> 07/20/15 Monday 7:00 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

<888> 07/20/15 Monday 6:00 P.M.. I chatted with a relative at 10 A.M. and a friend at noon. I also have three telemarketing calls. I woke up at 5 P.M.. I am still smoking. I will have to try to quit smoking tomorrow. CIO

<888> 07/20/15 Monday 3:40 A.M.. I filled out a short political question form at www.forbes.com, and they gave me a link to buy a 95 page book on conservative politics from Newsmax for a dollar which I did. I ate three ounces of mixed nuts. I will now shut down the primary work computer, and I will go to bed. Today is suppose to be another hot day up to 90 degrees Fahrenheit. When I wake up later today, I will try not to smoke cigarettes and start using the nicotine patches for a healthier lifestyle. CIO

<888> 07/20/15 Monday 2:10 A.M.. Special brew: Africa's love affair with tea CIO

<888> 07/20/15 Monday 1:40 A.M.. There are orange and black "No Parking" signs on lower Steamboat Road today for road maintenance today. Maybe they are going to repave it. It does get a bit of traffic. CIO

<888> 07/20/15 Monday 1:15 A.M.. I went out, and I went by www.cvs.com at 644 West Putnam Avenue. I bought four 20 ounce cans of Dinty Moore beef stew for \$2.50 each for \$10. I then bought buy one get one free of 10 packs of CVS AA alkaline batteries for \$7.99 and .51 tax for \$8.50 both. I then bought another two packs with a \$1.50 off coupon from the previous purchase for \$6.90 both. I then went downtown, and I sat for a brief spell. I then drove down by the waterfront on Steamboat Road, and there was one car down there and two fisherman. I then returned back home. I will now eat three scoops of coffee ice cream. CIO

<888> 07/19/15 Sunday 11:25 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it

with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 4 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put America's Choice creamy Caesar dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. The last time I think I was in Washington D.C. in February 1990, I stayed at the Dutch Inn in Georgetown which is now the Thomas Jefferson Inn. One night at 1:30 A.M. in the morning, I went out for a walk towards downtown Washington D.C., and I walked by the www.whitehouse.gov which did not seem to have much going on. I found a all night bookstore on Pennsylvania Avenue near the www.fbi.gov building, and I chatted with somebody that looked like a www.lfc.edu classmate from Detroit who told me was born in Key West, Florida www.liveduvalstreet.com . I think it was called the Astria bookstore, and they also had a coffee bar. It was zero degrees Fahrenheit in Washington D.C., so not many of the locals were out. Former President H.W. Bush was away in Argentina, and during that same trip I did a tour of the White House with a friend, and it is not really too big of a building. They were cleaning it, so the east and west rooms were empty. They had a great big gold with eagle legs Steinway piano in the lobby. The rooms facing the Washington Monument were furnished, but the furniture looked like it was made for smaller people which big people would not fit into too easily. They were probably delicate antiques. We entered through the tourist entrance facing Pennsylvania Avenue, and we left by the front door <http://scott-mike.com/mlsdc.jpg> and walked out the gate. It seemed to be a very informal place like walking through a half deserted museum. I suppose when the President is there, it is busier. We also toured the U.S. Capitol and one of the legislative chambers which were out of session. The marble steps in the U.S. Capitol are worn out from too much wear, but I guess they are historical. We also toured the Victorian type green house near the Capitol and the Washington Monument. I hurt my feet walking the Mall, since I was wearing a new pair of Clark loafers that I had bought for \$20 at the Norwalk Factory store outlet. CIO

<888> 07/19/15 Sunday 9:20 P.M.. I have a nine year old Seagate SATA 320 GB hard drive that I used as the second hard drive in the FIC server for many years that I took out a year ago. It should work well in the Dell Optiplex 760 with Windows 10 installed. I can set it up on the second monitor of the FIC server with it sitting underneath the left monitor. CIO

<888> 07/19/15 Sunday 8:20 P.M.. I bought Dell Optiplex 760 USFF Core Duo E8400 3.0 Ghz 4 GB No HDD DVD-RW PC computer http://www.ebay.com/itm/221828833245?_trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT for \$26.99 and \$8.95 shipping for \$35.94 total. If I put a spare hard drive in it, it should be a nice fast little computer. CIO

<888> 07/19/15 Sunday 7:30 P.M.. I chatted with a relative. CIO

<888> 07/19/15 Sunday 6:40 P.M.. I threw out the garbage. I chatted with a neighbor. I sat outside in the 91 degree Fahrenheit weather for a while. It is too hot to go downtown and people watch the hoards of people trying to cool off at www.starbucks.com . I suppose a lot of the local folk still left in this area are at the many private clubs and down at our

many waterfront locations. Alas bench sitters and walkers from Greenwich Avenue do not get too much attention in this neck of the woods. Since I am paying for the two air conditioners, I might as well stay home and enjoy my creature comforts. Alas there are no bargains bottom fishing on the internet at <http://scott-mike.com/bf.htm> . I suppose with the extra money that people bring while on vacation in this area, the internet merchants keep the prices high. If one were visiting in this area, one could always look at the deluxe automobiles for sale on West Putnam Avenue to get a perspective of what the big buck people do with their extra money in this area. <http://www.kennebunkportbeachwebcam.com/> is 20 degrees Fahrenheit cooler than here. It is only a six hour drive further north to <http://scott-mike.com/137.htm> . I might be going back up there again in late August depending on other family member's plans. I think I first visited Kennebunkport in the summer of 1969 with three Taft School classmates on a weekend, when we drank a bit of beer. In 1979, a relative married into an established family up there. I later learned that my Grandma Scott's maternal British family with the Gard family name were founders of York, Maine; so I might have some distant relatives up there that the Scott family forgot about when we toiled in the corn belt in the Midwest. I suppose the days, when I drank a bit of beer still haunt me. Still it is a custom of people with my ancestry. When I worked on the Polaroid film factory on I-128 in Waltham in the summer of 1970 doing construction, some of the same steam fitters and welders were also building a Budweiser brewery in Manchester, New Hampshire. Nearby in Framingham, Massachusetts there was a Carling beer brewery that produced Carling Red Cap beer. Thus in the old days in the Boston area, we were known for having a beer or two. Out in www.nantucket.net in the summer of 1976 after the Tall Ships in New York Harbor, they had a pub on the waterfront called the "Sail Loft" that had about every beer produced in the world or at least 150 different types. It was very popular with the visiting sailors. Alas I don't know how to sail, but I have a lot of wharf rat experience. I have a few old bottles of warm British beer in the apartment and a few very old bottles of cold German beer in the apartment. However, I no longer drink alcohol, I just keep it around for any guests or family members that might stop by. I am not sure what the shelf life of beer is. I suppose the new breed of wharf rats are more high tech, but it does not hurt to chat with some of the locals to get their perspective. Since everyone I see recently down around Steamboat Road seems to be Latino and does not speak English, I no longer go down there, but about once a month. The Island Beach ferry boat is an adventure, but the last time I ventured on it many years ago, they did not have a head to go to the bathroom. With the cheaper prices of gasoline, it is probably about \$7 in gasoline for me to drive out to Tod's Point in Old Greenwich and back. The Greenwich weather station is out there by the care takers house. Still, I have my home office to keep me busy on the hot days of summer. It is supposed to be a slow hurricane season, but one should look at <http://scott-mike.com/weather.htm> just to make sure. I chatted with someone from Sea Island, Georgia this week who talked a lot about Palm Beach. Apparently the old beach club where Winston Churchill used to visit has been modernized with new facilities. CIO

<888> 07/19/15 Sunday 4:40 P.M.. I woke up at 4:40 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

End of Scott's Notes week of 07/19/15

<888> 07/19/15 Sunday 3:55 A.M.. Balmoral Castle Photos here: http://www.tripadvisor.com/Attraction_Review-g190738-d212160-Reviews-Balmoral_Castle-Ballater_Aberdeenshire_Scotland.html . I ate three scoops of coffee ice cream. I will now send out my weekly notes. I will then shut down the primary work computer and go to bed. It is supposed to be 90 degrees Fahrenheit here today, so it will be risky to go outside in the hot weather. Better to stay by the air conditioners. CIO

<888> 07/19/15 Sunday 2:55 A.M.. Refurbished \$119.99 with free shipping Dell Optiplex 760 Desktop PC with Intel Core 2 Duo 2.6GHz, 4GB RAM, 160GB HDD, DVDROM, Windows 7 Professional 64 Bit CIO

<888> 07/19/15 Sunday 1:35 A.M.. On the FIC server, I put on a spare Logitech wireless mouse that turns on and off in addition to the generic wired USB mouse. CIO

<888> 07/19/15 Sunday 12:40 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put America's Choice creamy Caesar dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I woke up this morning, and I ate three ounces of mixed nuts. I also ate three ounces of mixed nuts before making cigarettes. I guess if one were a foot loose student traveler in Europe, one could buy a U-Rail pass and travel back and fourth from southern Europe to Northern Scandinavia. I am not sure if the modern U-Rail passes go to Eastern Europe or not. Back in the winter of 1972, one could not use a U-Rail pass in England or Scotland. Of course, they might steal you www.apple.com device at a Youth Hostile which are the cheapest places for young people to stay. I think they have a United States version of the U-Rail pass, but I am not sure if it is available on buses or trains. Of course, one now needs travel documents to visit Canada, when in the old days, it was only a day's journey away. CIO

<888> 07/18/15 Saturday 11:50 P.M.. I made 203 Zen Filter Lights 100s Peter Stokkebye Turkish pipe tobacco cigarettes while watching the first part of "The Double" that I had seen before and the first episode of "America's Book of Secrets". CIO

<888> 07/18/15 Saturday 9:05 P.M.. I am planning to start using the nicotine patches to quit smoking cigarettes in a couple of days. However for now to have some spare smokes in reserve in case the nicotine patches don't work, I will now make cigarettes. Frequently, when I try to quit smoking cigarettes, I end up in stressful situations, since I am basically a very private individual, and when I quit smoking cigarettes, I end up dealing with people, I normally do not deal with. CIO

<888> 07/18/15 Saturday 8:00 P.M.. I threw out the garbage. I moved the Volvo wagon to its usual place. I sat outside for a while. I picked up the mail. Well not much happens in

Greenwich, Connecticut; since half the population is under 16 years old probably watching cartoons off cable television, while the other half do whatever they know how to do. We get a lot of visitors here for what we have to offer on Greenwich Avenue which is women's shopping and two coffee shops and quite a few restaurants. Alas we are not a major metropolitan area like nearby Manhattan which always seems to have something going on. For excitement, I used to like driving up to New Canaan, Connecticut and walking around downtown near God's Little Acre and looking for bargains at the New Canaan Visiting Nurse Thrift Shop next to the fire house. One of the original www.apple.com in this area was in New Canaan, so maybe somebody in New Canaan made money off the Apple Computer fad for whatever it is worth. Since I have lived in New Canaan a couple of times, I know they read a lot of books, since it is an hour and half commute from New York City. In the winter it is quite bleak up there. In the summer, since it is way from Long Island Sound, it is a lot hotter up there. Still it is fun to visit, since one sees more Connecticut people as opposed to visitors from New York City. Alas they still want wampum up there, if one needs to make any expenses. New York City people are good at walking around trying to look affluent, but alas to travel in Connecticut, it usually take an automobile which can be more expensive. CIO

<888> 07/18/15 Saturday 6:05 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will make up a batch of punch. I will now shower and clean up. I think the problem with the FIC server with the older Mad Dog video card and Windows XP was that I had reset the bios, and I had the memory set to "auto" instead of "SPD 133". Thus it would have worked, but I prefer the Vista setup which is useful also. I shut it down in Sleep Mode, so it starts up faster. CIO

<888> 07/18/15 Saturday 5:00 P.M.. I chatted with a relative at 10 A.M. and a friend at 11 A.M.. I finally woke up at 4:30 P.M.. CIO

<888> 07/18/15 Saturday 4:10 A.M.. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 07/18/15 Saturday 3:05 A.M..

http://www.nytimes.com/video/automobiles/autoreviews/100000003799746/driven-2016-volvo-xc90-inscription.html?emc=edit_th_20150717&nl=todaysheadlines&nid=46729 CIO

<888> 07/18/15 Saturday 2:50 A.M.. On the FIC computer, I tried the ATI Radeon 9600 video card from the Epox computer, but it too was still buggy. I put all three video cards back in their original computers as they were three days ago. I am now restoring the Vista Ultimate backup to the FIC server, which although it is slow starting, it is quite stable. The Microsoft wireless 6000 mouse is not working on the FIC server, so I put a generic USB mouse on it. Once I finish restoring the Vista backup, if it still does not work, I might remove it. However, its receiver also works with the Microsoft 6000 wireless keyboard, so I might not be able to remove it. CIO

<888> 07/17/15 Friday 10:00 P.M.. I ate the other half of <http://scott-mike.com/mlsrice.htm> that I added a little bit of Frank's hot sauce and Lea and Perrins Worcestershire sauce to the recipe, and I ate two reheated Perdue 3 ounce chicken cutlets and steamed baby carrots with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of Twinings green tea with Splenda sweetener and America's Choice lemon juice. CIO

<888> 07/17/15 Friday 8:45 P.M.. I threw out the garbage. I went by the A&P Fresh. I bought a four pack of blueberry muffins for \$3.79 and 65 cent can return for \$3.14 total. They have a large display of full bloom orchids at the inside store entrance. I chatted with a relative on my wireless telephone. I then went by www.cvs.com on Greenwich Avenue. I picked up a prescription. I then went further downtown. I chatted with two local walkers twice. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I then went by the Greenwich Library which was closed, and I chatted with two locals. I then went by the Stop and Shop. I bought four 19 ounce Stouffer's meat lasagnas for \$3 each, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$2.99, a 15 ounce extra virgin olive oil lite Smart Balance spread for \$3.99, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Ocean Spray crangrape juice for \$2.99, and bananas for .49 a pound for .51 for \$25.47 total. I then returned home, and I put away my purchases. CIO

<888> 07/17/15 Friday 4:40 P.M. I woke up at 3 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown. CIO

<888> 07/17/15 Friday 5:40 A.M. I ate three ounces of mixed nuts.

<http://www.freebooknotes.com>

I was not able to do an Aomei backup of the FIC server. For some reason, when doing the backup it crashes. I can go without it, since I still have the other backup. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 07/17/15 Friday 3:25 A.M. On the FIC server, I removed the EGVA video card, and I put in the older Mad Dog Nvidia GeForce 4 MX 440 SE AGP video card. It only supports one monitor and not two. I was able to get it working by changing some video bios settings and installing its drivers. Thus I have the FIC all working with Windows XP Professional. It all seems to be running just fine. One it get the lid back on it, and check it out a bit, I will do an Aomei backup of it to the second hard drive. This reminds me of the Old Days of tinkering with computers. CIO

<888> 07/17/15 Friday 1:20 A.M. I threw out the garbage. I sat outside for a while. I picked up the mail. I shut down the FIC server for now. All, I can think of is trying the Epox computer ATI video card, when I have time. CIO

<888> 07/16/15 Thursday 10:55 P.M. I chatted with a friend twice. I ate a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese with a 12 ounce glass of 50% Schweppes Ginger Ale and 50% punch. On the FIC server with Windows XP Professional, I could not get the ATI video card rive to work, so I put the ATI video card in the Abit computer and I took the EGVA Nvidia card from the Abit computer, and put it in the FIC server. However, I can not get the Nvidia drive to work either. That was always the problems with Windows XP trying to get different parts to work. When I have time, I could try the ATI video card from the Epox computer. I will now shower and clean up. CIO

<888> 07/16/15 Thursday 4:50 P.M. I finally woke up at 3 P.M.. I had a call earlier from the Greenwich Hospital Emergency Room to check up on me. I woke up a few times earlier. I was able to restore the Aomei XP backup to the FIC server, but first I had to have the Vista partition installed for the restore to work. It would not install and work from a blank hard drive drive. Thus I have XP Professional installed on the FIC server which should be faster than Vista. I chatted with a relative. CIO

<888> 07/16/15 Thursday 3:25 A.M. I can not get the FIC server to boot the restored XP backup. The reason is probably because it is dual boot with the Vista Server also on it. I have an earlier backup without the Vista Server that I will restore at a future date. I will now shut down the primary work computer and eat a blueberry muffin and go to bed. CIO

<888> 07/16/15 Thursday 12:45 A.M. Tracking is https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400109699938618007425 on the order for two http://www.ebay.com/itm/Nicoderm-CQ-Step-1-14-Clear-patches-NEW-Stock-/201377294656?pt=LH_DefaultDomain_0&hash=item2ee305a940 for \$28.75 each with free shipping for \$57.50 total.

On the FIC server, the January 2008 Windows XP Professional backup seems to be restoring without any problems. I will probably have to install Windows XP SP3 and other updates and hardware changes, once I reboot. Once I have it all configured, I will have to do an Aomei backup to the second internal hard drive and as external hard drive. CIO

<888> 07/15/15 Wednesday 11:15 P.M. I put away the clean laundry. The missing sock bandit struck again. Maybe the missing sock is folded up in the dry laundry and will appear later. On the FIC server, I am restoring the Aomei backup of Windows XP Professional from the Epox computer. If the FIC server starts up, I have the original Windows XP Professional backup for the FIC server for its original configuration on the second hard drive which if and when restored would be faster than Windows Vista. CIO

<888> 07/15/15 Wednesday 9:55 P.M. I started one large dry cycle, and I have 55 minutes to go. I sat outside briefly. CIO

<888> 07/15/15 Wednesday 9:25 P.M. I put clean linens on the bed. I started one large load of laundry, and I have 20 minutes to go on the wash cycle. I watered the plants. CIO

<888> 07/15/15 Wednesday 8:30 P.M. I chatted with a friend again. I went through <http://scott-mike.com/bf.htm> . Dell has some clearance and refurbished items for half price and half price shipping. I made up a batch of <http://scott-mike.com/mlsrice.htm> , and I added a little bit of Frank's hot sauce and Lea and Perrins Worcestershire sauce to the recipe, and I refrigerated half in a Rubbermaid container, and I ate half with two reheated Perdue 3 ounce chicken cutlets and steamed baby carrots with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of Lipton green tea with ginseng and Splenda sweetener and America's Choice lemon juice. CIO

<888> 07/15/15 Wednesday 6:10 P.M. I chatted with a friend and a relative. I threw out the garbage and the old periodical literature. I picked up the mail. I delivered a package to a neighbor. CIO

<888> 07/15/15 Wednesday 5:50 P.M. I chatted with a friend. I will now shower and clean up.

I ordered two http://www.ebay.com/itm/Nicoderm-CQ-Step-1-14-Clear-patches-NEW-Stock-/201377294656?pt=LH_DefaultDomain_0&hash=item2ee305a940 for \$28.75 each with free shipping for \$57.50 total. CIO

<888> 07/15/15 Wednesday 3:10 P.M. I chatted with two relatives and a friend. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

<888> 07/15/15 Wednesday 1:45 P.M. I chatted with two relatives at 9:30 A.M. this morning. I woke up at 1 P.M.. It says on the exit sheet from the Greenwich Hospital Emergency room that I have "bronchitis". CIO

<888> 07/15/15 Wednesday 1:45 A.M. It says on the Greenwich Hospital Emergency Room exit sheet, I have to setup an appointment in two days with an out patient internal medicine doctor, which I will do later on today. I will now shut down the primary work computer. I will eat a blueberry muffin, and then go to bed. CIO

<888> 07/15/15 Wednesday 12:25 A.M. <http://mesothelioma.net/mesothelioma/> CIO

<888> 07/15/15 Wednesday 12:10 A.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/14/15 Tuesday 11:25 P.M. I went to the Greenwich Hospital Emergency room. I watched the evening news for an hour while waiting in the waiting room. I then spent two hours in one of the patient care rooms in the emergency room. I chatted with the doctor and other health care workers. They did a chest x-ray of me. The chest x-ray did not show any problems. The doctor prescribed me a week's worth of antibiotics, one of which I took at the emergency room. I was also told to keep taking the MucinexDM twice a day. The doctor told me it can take up to 18 days to get rid of a cough. I left the Greenwich Hospital about 9 P.M.. I went by CVS on Greenwich Avenue, but they did not have any MucinexDM. I then went by CVS at 644 West Putnam Avenue. I got the antibiotic prescription filled there. I bought another package of MucinexDM for \$17.49 and a CVS mouth thermometer for \$11.49 and .73 tax for \$29.71. I just now returned home. I did not get any mail today. CIO

<888> 07/14/15 Tuesday 4:25 P.M. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/14/15 Tuesday 3:35 P.M. I chatted with a friend at 6 A.M.. I chatted with a relative at noon. I woke up at 3 P.M.. I still feel like I have my summer cold or whatever it is. After I have breakfast and clean up, I think I will go over to the Greenwich Hospital emergency room to get checked out. CIO

<888> 07/13/15 Monday 11:50 P.M. I ate three scoops of coffee ice cream. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 07/13/15 Monday 10:50 P.M. I ate a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/13/15 Monday 9:30 P.M. I went downtown, and I went by the www.chase.com bank at Deerfield Place. I then went further downtown, and I chatted with two regular walkers. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I went by www.cvs.com on Greenwich Avenue, and I bought buy one get one free of CVS odorless fish oil 1000 mg. 120 soft gels for \$13.79 both. After I finished my walk, I sat out for a while. The new Greenwich Common is almost done with the new sod installed, but they still have to install the wooden benches and electrical fixtures. They also have a new parking kiosk at the board of education parking lot for people to pay to park, but the equipment is not yet installed for buying parking vouchers. I then went by the Stop and Shop, and I bought buy one get one free of six packs of Thomas' English muffins for \$4.39 both, a 1.5 quart Breyer's coffee ice cream for \$2.50, a 42 ounce Quaker Old Fashioned oatmeal for \$4.99, and bananas for .49 a pound for .91 for \$12.79 total. I then viewed the plants and flowers in front of the Dutch grocery store. They have a few tomato plants with green tomatoes on them along with a lot of other plants. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10.01 of self service V-Power premium gasoline for \$3.579 a gallon for 2.796 gallons at odometer reading of

110861 miles for 26.8 miles driven, since I returned to Greenwich on Thursday, July 2, 2015 for 9.586 miles per gallon in local traffic. I gave a neighbor a ride back to our building. I chatted with another neighbor. I put away my groceries. CIO

<888> 07/13/15 Monday 5:30 P.M. I threw out the garbage. I sat outside for a while enjoying the warm evening. I picked up the mail. CIO

<888> 07/13/15 Monday 3:55 P.M. I chatted with a relative at 10 A.M. and another relative at 11 A.M.. I finally woke up at 2 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/13/15 Monday 4:20 A.M. I will now shut down the primary work computer and go back to bed. CIO

<888> 07/13/15 Monday 3:00 A.M. Sixth-Century Misery Tied to Not One, But Two, Volcanic Eruptions

Modern Doctors' House Calls: Skype Chat and Fast Diagnosis CIO

<888> 07/13/15 Monday 2:35 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I weighed myself before getting in the shower this evening. I now weigh 229 pounds without any clothes on using my fairly new bathroom scale on the hard floor and not rug, so it gives an accurate reading. CIO

<888> 07/13/15 Monday 1:55 A.M. I made 212 Zen Filter Lights 100s Peter Stokkebye Turkish pipe tobacco cigarettes while watching episodes 3 and 4 of Acorn TV's "Britains's Bloodiest Dynasty, the Plantagenets". CIO

<888> 07/12/15 Sunday 11:25 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and America's Choice creamy Caesar dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now make cigarettes. CIO

<888> 07/12/15 Sunday 9:55 P.M. I threw out the garbage. I chatted with a neighbor. I sat outside for a while. In Spain, the restaurants do not even open for dinner until 10 P.M. at night, so they tend to eat dinner much later. I am feeling a bit better. I was told by a relative that some doctors will diagnose a patient using www.skype.com, but I don't know any doctors that use Skype. There is an ozone alert for bad air quality in this area. I guess too many people are driving too much on the summer weekend. CIO

<888> 07/12/15 Sunday 8:55 P.M. I went back to bed after the last note, and I just woke up. I will make my bed half way in case I need to sleep some more later on. I will now shower and clean up. I am still taking the MucinexDM twice a day. However, a relative suggested that after today, I quit taking it. If I am not better tomorrow, I might go see a doctor at the Greenwich Hospital emergency room. Still with all of the rest that I have been getting, I am feeling a bit better. CIO

<888> 07/12/15 Sunday 4:30 P.M. I chatted with a friend at 8 A.M.. I chatted with a relative at noon. I finally woke up at 3 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

End of Scott's Notes week of 07/12/15

<888> 07/12/15 Sunday 1:00 A.M. I ate some mixed nuts. I did some regular internet work. I will now send out my weekly notes. I will then shut down the primary work computer. I will eat a blueberry muffin and go to bed. CIO

<888> 07/11/15 Saturday 9:55 P.M. For the regular readers of my "Scott's Notes", I have had to quit adding links to my notes, since my primary work computer for the last two months has continually been getting hacked if I leave it online too long. Before visiting Kennebunkport, Maine in mid June, I installed a "Kill Switch" on the primary work computer dedicated net switch by connecting its power to a switched power strip which can be turned on and off very quickly to put it online and offline. Thus I go online for a few seconds to post my notes without web browsing for interesting links. I still used the Windows 10 beta machine for web browsing, and it does not seem to get hacked easily like the primary work computer Windows 7 machine with Norton Internet Security. Whether the hackers are an individual or some rogue computer seeking out vulnerable computers, I do not know. That was my only simple solution. Since my notes do not get a lot of traffic, I can not figure out why anyone would waste their time hacking me. Even after restoring a good new configuration backup, the primary work computer would get hacked in less than an hour. CIO

<888> 07/11/15 Saturday 9:45 P.M. Jeb Bush Draws on Family Dynasty for Fund-Raising Efforts in Kennebunkport, Maine CIO

<888> 07/11/15 Saturday 8:50 P.M. I threw out the garbage. I chatted with a neighbor. I sat outside for a while. CIO

<888> 07/11/15 Saturday 8:25 P.M. I think I might be beginning to feel better. I got my appetite back. I ate two reheated 3 ounce Perdue chicken cutlets, with a baked sweet potato with Smart Balance spread and extra virgin olive oil and steamed baby carrots with Smart Balance spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of Lipton green tea with ginseng with Splenda sweetener and America's Choice lemon juice. CIO

<888> 07/11/15 Saturday 7:15 P.M. Earlier, I called the Greenwich Hospital Emergency room, and they told me they can not prescribe medication over the phone. However, with all of the sleep that I have gotten today, I am feeling bit better. I threw out the garbage. I sat outside for a while, and I chatted with neighbors. I picked up the mail. CIO

<888> 07/11/15 Saturday 5:40 P.M. I went back to bed until just now. I made my bed part way in case I need to sleep some more. I will now shower and clean up. CIO

<888> 07/11/15 Saturday 1:55 P.M. I woke up and ate a blueberry muffin. I finally woke up at noon. I chatted with two relatives. The relatives suggested that I should pay a visit to the Greenwich Hospital Emergency room to see what is wrong with me. I will consider it. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

<888> 07/10/15 Friday 10:55 P.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. I still have a cough, congestion, and mucus. CIO

<888> 07/10/15 Friday 9:10 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/10/15 Friday 8:10 P.M. I went out, and I went by the A&P Fresh. I bought a four pack of blueberry muffins for \$3.99 and three 19 ounce Stouffer's lasagnas for \$3 each for \$12.99 total. I then went by CVS on Greenwich Avenue, and I picked up two prescriptions. I then went further downtown, and I sat out briefly, and I chatted with two local walkers. I then went by the Stop and Shop, and I bought buy one get one free of Thomas' English muffin six packs for \$4.39 both, a 8 pack of Stop and Shop large eggs, expire August 16, 2015 for \$2.19, deli sliced Stop and Shop white American cheese for \$4.99 a pound for \$5.09, two 16 ounce Kraft Chunky blue cheese dressing for \$2.50 each, a 3.5 ounce McCormick's Montreal Steak Seasoning for \$2.79, buy one get one free of Utz 9.5 ounce wavy potato chips for \$4.29 both, two 7 ounce deli sliced Healthy Ones honey ham for \$3.59 each, a head of cello iceberg lettuce for \$1.49, bananas for .49 a pound for \$1.34, and a four pack of tomatoes for \$2.49 for \$36.25 total. I then returned back home, and I brought up my purchases, and I put them away. CIO

<888> 07/10/15 Friday 5:35 P.M. I chatted with a friend. I will now go downtown to get some provisions. CIO

<888> 07/10/15 Friday 4:20 P.M. I chatted with a relative. I plan to go downtown for groceries around 6 P.M.. CIO

<888> 07/10/15 Friday 3:30 P.M. I threw out the garbage. I sat outside for a while. I chatted with a neighbor. I picked up the mail. The Greenwich Sidewalk Sales are happening downtown on Greenwich Avenue for anyone that has spare money to spend on the discount items. The Sidewalk Sales will continue through Sunday. Alas with my cold cough and mucus, I am confined to home. CIO

<888> 07/10/15 Friday 2:30 P.M. <http://www.bloomberg.com/news/articles/2015-07-10/greenwich-mansions-linger-on-market-as-condos-sell-fast> . CIO

<888> 07/10/15 Friday 1:55 P.M. I woke up and I ate some mixed nuts. I finally woke up at noon. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I still seem to be sick with a cough and mucus. CIO

<888> 07/10/15 Friday 12:40 A.M. I will now shut down the primary work computer. I will eat a blueberry muffin and go to bed. CIO

<888> 07/09/15 Thursday 11:30 P.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

<888> 07/09/15 Thursday 11:00 P.M. I put away the clean laundry. My Pirelli \$60 rebate has been received and will take 8 more weeks to process. CIO

<888> 07/09/15 Thursday 9:50 P.M. <http://busybeecircle.com/health/>

http://www.volcano.si.edu/reports_weekly.cfm CIO

<888> 07/09/15 Thursday 9:30 P.M. I have 60 minutes to go on two dry cycles. I sat outside briefly. It is raining cats and dogs. CIO

<888> 07/09/15 Thursday 8:50 P.M. I put clean linens on the bed. I started two loads of wash and have 20 minutes to go on the wash cycles. I watered the plants. CIO

<888> 07/09/15 Thursday 7:35 P.M. I woke up at 7:15 P.M.. I chatted with a relative. There is suppose to be some bad weather heading our way. I will now heat and eat a 18.8 ounce bowl of Campbell's New England clam chowder with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/09/15 Thursday 3:45 P.M. I chatted with a friend. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405510200829664394333 on the order for a white <http://www.slipxsolutions.com/bubble-bath-mat> for \$14.99 with free shipping arrived. I hung the new bath mat on the shower curtain rod to have available for

use. I threw out the old one and the shipping box. I sat outside briefly. I will now take a nap. CIO

<888> 07/09/15 Thursday 2:05 P.M. I chatted with a friend. I threw out the garbage. I chatted with neighbors. I sat outside for a while. CIO

<888> 07/09/15 Thursday 12:40 P.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/08/15 Wednesday 9:30 P.M. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

<888> 07/08/15 Wednesday 9:10 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale and a few ounces of mixed nuts. CIO

<888> 07/08/15 Wednesday 8:20 P.M. I found the Weather Direct wireless sending unit behind the Minolta PagePro 1350W laser printer. I connected it directly to the D-Link Wireless router, and I moved the LAN cable for the dedicated Netgear switch for the primary work computer from the D-Link Wireless Router to the Rosewill Switch, so the Rosewill switch also has to be turned on for the dedicated Netgear Switch to work. I had to set up the Weather Direct device again and put in two C alkaline batteries in it. It works just fine, and its receiving unit is on the back of the apartment entrance door with the sending unit on the FIC server. CIO

<888> 07/08/15 Wednesday 5:15 P.M. I chatted with a relative. I refilled my Windows 8 AT&T Go Phone with 425 and \$2.29 tax for \$27.29 total. I now have \$353.05 on the AT&T Go Phone account good until October 6, 2015. I can not find my Weather Direct sending unit which used to be connected to a LAN cable to right of the primary work computer keyboard. I looked all over for it, and I can not find it. Thus the Weather Direct Base unit is not receiving its signal. CIO

<888> 07/08/15 Wednesday 3:00 P.M. The Dell http://www.ebay.com/itm/Dell-AS500-Computer-Speakers-Speaker-Bar-Powered-/331593148969?pt=LH_DefaultDomain_0&hash=item4d347dea29#shpCntId is made for the Dell Ultrasharp 2001 FP monitor. I attached it to the lower side of the Dell monitor with its built in attachments, and I plugged it into the monitor speaker power plug on the lower side of the monitor, and I plugged the audio input into front audio plug on the Dell Dimension 4600i desktop. It all works just fine, so that computer now has speakers. I threw out the two shipping boxes, and I chatted with neighbors. I am still sick, so I can not get close to other people. CIO

<888> 07/08/15 Wednesday 2:00 P.M. I chatted with a relative. The new house slippers fit just fine. CIO

<888> 07/08/15 Wednesday 12:40 P.M. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9361289949094105303548> on the order for size 10 medium Men's slippers \$19.50 with free shipping <http://www.6pm.com/p/asin/B005AEPA3S> and \$1.24 tax for \$20.74 total with free shipping arrived. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405511899223434575840> on the order for http://www.ebay.com/itm/Dell-AS500-Computer-Speakers-Speaker-Bar-Powered-/331593148969?pt=LH_DefaultDomain_0&hash=item4d347dea29#shpCntId for \$14.85 with \$7.05 shipping for \$21.90 total arrived. I will now shower and clean up. CIO

<888> 07/08/15 Wednesday 11:55 A.M. I went to bed after the last note. I woke up at 11 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed.

My www.eversource.com electricity bill for June 2015 is \$209.96 for 1046 kWh over 34 days and 30.76 kWh per day with an average temperature of 70.5 degrees Fahrenheit. That is with me being gone away half the month with the all the electricity turned off.

For June 2014, it was \$177.18 for 1009 kWh over 29 days and 34.79 kWh per day with an average temperature of 70.5 degrees Fahrenheit. CIO

<888> 07/08/15 Wednesday 12:10 A.M. I slept until 11:50 P.M.. A summer cold or flu or whatever it is that I have seems to be not going away anytime soon. I will continue to rest as I get tired in my weaken condition. I ate three scoops of coffee ice cream. CIO

<888> 07/07/15 Tuesday 9:55 P.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405510200829664394333> on the order for a white <http://www.slipxsolutions.com/bubble-bath-mat> for \$14.99 with free shipping . CIO

<888> 07/07/15 Tuesday 9:35 P.M. I took a nap after the last note. I chatted with a relative at 7:30 P.M.. I woke up at 8:30 P.M.. I took a third of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/07/15 Tuesday 4:35 P.M. I ate 5 ounces of no salt mixed nuts. I chatted with a relative. It seems that since various groups have their own flags, they should come up with a universal "older person's" or "old people's" flag to display at appropriate times. CIO

<888> 07/07/15 Tuesday 2:55 P.M. I threw out the garbage. I sat outside for a while, and I chatted with a neighbor. I picked up the mail. CIO

<888> 07/07/15 Tuesday 1:25 P.M. I woke up at noon. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I put a new 6 ounce Air-Wick refill in the bathroom Glade Scent device. I sat put in a new 12 inch florescent bulb in the ceiling light above the toilet. CIO

<888> 07/07/15 Tuesday 1:40 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer and go to bed. CIO

<888> 07/07/15 Tuesday 1:05 A.M. I went out after the last note. I went by the central post office off Greenwich Avenue, and I mailed the plastic Chinese jar opener to the family house in Kennebunkport, Maine. I then sat out for a while downtown. There were three skateboarders exercising on the Avenue. I then drove down by the waterfront on Steamboat Road. There are no yachts at the Delamar. There were two cars and three people down by the pier on Steamboat Road. They still have the Port-O-Potty down there. I then went by CVS at 644 West Putnam Avenue, and I bought four 12 packs of Schweppes Ginger Ale for \$3.50 each and \$2.40 can deposit and two no salt deluxe mixed nuts for \$8.99 each, and a 26 ounce container of Iodized salt for .99 for \$35.37 total. For my cold and cough and mucus symptoms, I bought a 12 capsule package of MucinexDM for \$17.49. I am suppose to take one capsule twice a day. I then returned home, and I used my little folding cart from the back of the Volvo wagon to bring up my purchases. I then put the cart back in the Volvo wagon. I took one of the MucinexDM capsules with some cold filtered water. CIO

<888> 07/06/15 Monday 10:55 P.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9361289949094105303548> on the order for size 10 medium Men's slippers \$19.50 with free shipping <http://www.6pm.com/p/asin/B005AEPA3S> and \$1.24 tax for \$20.74 total with free shipping. <http://mesothelioma.net/mesothelioma/> CIO

<888> 07/06/15 Monday 10:00 P.M. I chatted with two relatives. From one of the most important web sites on the internet www.slipxsolutions.com , I ordered a white <http://www.slipxsolutions.com/bubble-bath-mat> for \$14.99 with free shipping. CIO

<888> 07/06/15 Monday 7:05 P.M. I chatted with a neighbor. I am just about ready to eat a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

<888> 07/06/15 Monday 5:50 P.M. I chatted with a friend. I took an hour nap before showering and cleaning up. I threw out the garbage and the old periodical literature. I chatted with neighbors. A health care worker told me that with my hair combed straight

back with sun glasses, I look like the actor Jack Nicholson. I picked up the mail. I tuned on the Honeywell Hepa air purifier. I cleaned the two air conditioner filters. With the cheaper price of gasoline in this area, we once again have lousy air quality with all of the pollution from nearby New York City and its adjacent areas. I think they should double the price of gasoline to improve the air quality in this area. CIO

<888> 07/06/15 Monday 2:20 P.M. I had a cough all night while I was trying to sleep. I don't know if it is a cold or an allergy. I got up around midnight, and I ate three scoops of coffee ice cream, and I gargled with salt water which made the cough a little bit better. I finally go up around noon. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

<888> 07/05/15 Sunday 9:45 P.M. I ate 10 balsamic vinegar and extra virgin olive oil Triscuit crackers. I will now shut down the primary work computer and go to bed.

Royal Family gathers for Princess Charlotte christening

CIO

<888> 07/05/15 Sunday 9:10 P.M. Tracking is https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223434575840 on the order for http://www.ebay.com/itm/Dell-AS500-Computer-Speakers-Speaker-Bar-Powered-/331593148969?pt=LH_DefaultDomain_0&hash=item4d347dea29#shpCntId for \$14.85 with \$7.05 shipping for \$21.90 total. CIO

<888> 07/05/15 Sunday 8:50 P.M. I chatted with a relative and a friend. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 4 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and horseradish sauce and extra virgin olive oil on it. I ate it with a 12 ounce glass of Canada Dry Ginger Ale. CIO

<888> 07/05/15 Sunday 7:00 P.M. I made 227 Zen Filter Lights 100s Peter Stokkebye Turkish pipe tobacco cigarettes while watching episodes 1 and 2 of Acorn TV's "Britains's Bloodiest Dynasty, the Plantagenets". On the Dell Optiplex 740 mini tower, I also did a Complete PC backup of Windows 10 Enterprise Edition update 10162 to the Seagate 1 TB SATA external hard drive in the Rosewill SATA USB hard drive holder. I also did an Aomei backup to the Toshiba 1 TB SATA external drive in the Rosewill SATA USB hard drive holder. CIO

<888> 07/05/15 Sunday 3:35 P.M. I went outside, and I chatted with neighbors. On the Dell Optiplex 740 mini tower Windows 10 Enterprise Edition, I installed Windows 10 update 10162. One activates it with this link <http://answers.microsoft.com/en->

us/insider/wiki/insider_wintp-insider_install/how-to-activate-the-latest-windows-10-build/33f31475-93b3-4d1c-812f-4b21fbd807a7 depending on which edition. I did a Complete PC backup of it to the second internal hard drive and then an Aomei backup to the second internal hard drive. I am now making cigarettes. CIO

<888> 07/05/15 Sunday 12:20 P.M. I woke up at 10 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

End of Scott's Notes week of 07/05/15

<888> 07/05/15 Sunday 3:15 A.M. I was not able to install the Vista Updates on the FIC server, so for now I shut it down. I ate a bag of microwave popcorn and two ounces of Norwegian Jarlsberg cheese. I will now send out my weekly notes. I will then shut down the two primary work computers, and I will go to bed. CIO

<888> 07/05/15 Sunday 1:50 A.M. I moved the www.hoover.com rug shampooer and its accessory bag to in between the two televisions in front of the Ethan Allen recliner in the living room. I threw out the Hoover shipping box. I move the folding oak table from the right side of the legal chair by the left living room closet to behind the chair in front of the Lenovo ThinkCentre to the right of the FIC server. I moved the Ricoh laser printer from the right side of the FIC server to the small folding oak table with it still hooked up to the Lenovo ThinkCentre. I moved the spare Eizo 19 inch LCD monitor from bedroom computer setup to the right side of the other Eizo 19 inch LCD monitor, so the FIC server now has two monitors again. I had to open up the FIC server case to reattach the power supply cable to the four case fan controller. I also move the Netgear wireless router and the Netgear wireless extender to in front of the right Eizo monitor. I moved the LAN cable for the Lenovo ThinkCentre on the oak dining table from the Netgear Wireless router to the Netgear 16 port switch. I will now install the Vista Updates on the FIC server. Thus the FIC Vista Server will be available for use. It is old and slow, but it was reliable in its day. It has fairly new hard drive and now case fans and cpu fan, so it is not a piece of junk. The FIC motherboard company just happened to have been a Swiss Company that no long seems to exist. CIO

<888> 07/04/15 Saturday 11:15 P.M. I took one of the Chinese rubber jar openers that I have, and I put it in a mailing envelope with three 49 cent forever stamps, and I have it ready to mail to the family house in Kennebunkport, Maine. I can not mail it in the mail room downstairs, since it will not fit in the deposit slot. I sat outside briefly. CIO

<888> 07/04/15 Saturday 9:15 P.M. I woke up at 8:30 P.M.. I chatted with two friends and a relative. CIO

<888> 07/04/15 Saturday 6:30 P.M. I will now take a nap at "Chez Mike's". CIO

<888> 07/04/15 Saturday 6:00 P.M. I went out, and I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and since they did not have any Ace's High scratch cards, I bought a 21 scratch card for a dollar, and I won a dollar, so with my winnings I bought another 21 scratch card. On a \$2,100 prize I had a 19 and the dealer had a 20; so I lost. The lock on the front center door at the train station has its barrel lock coming out of the assembly. I told the station manager. I stopped by the men's department at Ralph Lauren, and I chatted with a store employee. I stopped Saks Fifth Avenue, and I told their perfume counter about the perfume counter at the Massachusetts rest area. I stopped by the Greenwich Hardware store. At CVS, I bought a 1 liter Listerine Total Zero mouthwash for \$7.49 and \$6 off with CVS bonus bucks for \$1.49 and .09 tax for \$1.58 total. I chatted with two visitors from Hell's Kitchen in Manhattan where the wholesale flower district is. I chatted with a volunteer gardener at St. Mary's and they were weeding the impatiens surrounding their front yard. I sat out for a while after my walk. I used the bathroom at www.starbucks.com . It was a pretty busy day. I then went by www.mcdonalds.com on West Putnam Avenue. I like their newly remodeled restaurant. I bought a one third pound sirloin hamburger with cheddar cheese and mushrooms and a large French fries and a large low calorie iced tea with lemon wedges for \$8.88 and .56 tax for \$9.44 total. I enjoyed the fast food meal which was a bit over budget for me by my lifestyle standards. I then returned home, and I chatted with a neighbor. CIO

<888> 07/04/15 Saturday 12:40 P.M. I will now shower and clean up. I will then go downtown to see if the local American Indians are giving away any wooden nickels at www.cvs.com . Breaking news from Scotland <http://www.msn.com/en-us/travel/video/prince-william-uses-commoner-airline-surprises-everyone/vi-AAcwWnJ> . CIO

<888> 07/04/15 Saturday 12:10 P.M. The black Oleg Cassini house slippers are too tight. I ordered size 10 medium Men's slippers \$19.50 with free shipping <http://www.6pm.com/p/asin/B005AEPA3S> and \$1.24 tax for \$20.74 total with free shipping. CIO

<888> 07/04/15 Saturday 11:05 A.M. I woke up at 8:30 A.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

<888> 07/04/15 Saturday 1:25 A.M. I ate a blueberry muffin. I will now shut down the primary work computer and go to bed. CIO

<888> 07/03/15 Friday 11:35 P.M. For the Dell Dimension 4600 desktop with the Dell Ultrasharp 2001 FP monitor, I ordered http://www.ebay.com/itm/Dell-AS500-Computer-Speakers-Speaker-Bar-Powered-/331593148969?pt=LH_DefaultDomain_0&hash=item4d347dea29#shpCntId for \$14.85 with \$7.05 shipping for \$21.90 total. CIO

<888> 07/03/15 Friday 10:25 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Canada Dry Ginger Ale. CIO

<888> 07/03/15 Friday 8:55 P.M. I woke up at 5 P.M.. I ate a bag of microwave popcorn. I made my bed. I threw out the garbage. I went by the A&P Fresh. I bought a four pack of blueberry muffins for \$3.99 and 12 pack box of Oroville Rickenbacher butter microwave popcorn for \$5.29 and 60 cents can return for \$8.68 total. I then went further downtown, and I chatted with a couple of local walkers. I went by Zen Stationary, and I played an Ace's High scratch card for a dollar, but I lost. I sat out for a while downtown enjoying the slow evening. I then went by the Stop and Shop. I bought a chunk of Norwegian Jarlsberg cheese for \$6.99 a pound for \$9.30, a 59 ounce container of Tropicana orange juice with calcium for \$3, a 5 quart box of Stop and Shop powdered milk for \$7.29, a 42 ounce Quaker old fashioned oatmeal for \$4.99, buy one get one free of 12 ounce Eight O'clock ground hazelnut coffee for \$6.59 both, two 12 ounce generic honey for \$2.50 each, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$2.99, two 12 ounce packages of Perdue cutlets for \$2 each, a 2 pound bag of baby carrots for \$2.99, a 4 pack of tomatoes for \$2.49, a head of Cello iceberg lettuce for \$1.49, bananas for .49 a pound for \$1.49, two sweet potatoes for .99 a pound for \$2.09 for \$53.71 total. I then returned home, and I put away my groceries. CIO

<888> 07/03/15 Friday 2:45 P.M. Free shipping at www.arrowdirect.com . I watered the plants. I will now take a nap. CIO

<888> 07/03/15 Friday 2:20 P.M. I ate a delicious <http://scott-mike.com/em.htm> with a glass of cold filtered water. I tried <http://scott-mike.com/bf.htm> looking for any bargains on the internet, but there are none that I can find or need. I figured out that if Prime Interest rates go up anytime in the future for each one percent that the Prime Interest Rate goes up, it will probably be reflected by a 5% decrease in the stock market. Thus a 5% increase in the Prime Interest Rate would mean a 25% decrease in the stock market. CIO

<888> 07/03/15 Friday 1:25 P.M. I went outside, and I sat outside for a while, and I chatted with neighbors. I moved the Volvo wagon to its usual place. I picked up the mail. I guess today is not a Federal Holiday, since the mail arrived today. CIO

<888> 07/03/15 Friday 11:55 A.M. Men's slippers \$19.50 with free shipping <http://www.6pm.com/p/asin/B005AEPA3S> . I thought I needed a new pair of house slippers, but I remembered I have a pair new black Oleg Cassini house slippers which will do just fine. CIO

<888> 07/03/15 Friday 11:55 A.M. I woke up at 8:30 A.M.. I ate breakfast of oatmeal with honey and milk, a 12 ounce glass of punch and cold filtered water, a toasted English muffin

with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I chatted with a friend and a relative. I will now shower and clean up. CIO

<888> 07/03/15 Friday 1:55 A.M. I mailed two letters in the mail room downstairs. I sat outside briefly. I paid the town of Greenwich, Connecticut property tax with processing fee of total \$75.53 online for my 2005 Volvo XC 70 station wagon. I will now shut down the primary work computer, and I will go to bed. CIO

<888> 07/03/15 Friday 12:50 A.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. I ordered special renewal subscription offer for www.forbes.com magazine for 26 issues or a year for \$21.99. CIO

<888> 07/02/15 Thursday 10:40 P.M. Yesterday after I packed, I went for a drive with a relative along the waterfront in Kennebunkport to Cape Porpoise and back. I watched the evening news, and I ate blue cheese and crackers with watered down orange juice. For dinner, I ate 1.5 sixteen ounce Marie Callender mushroom chicken pot pies with watered down orange juice. I read the www.nytimes.com, and I chatted with a relative, and I went to bed at 9 P.M.. I woke up at 6:30 A.M. this morning. I ate breakfast of oatmeal with Truvia sweetener and milk and blue berries and sliced banana, a toasted multigrain English muffin with butter, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I made a ham, and Swiss cheese on pita bread with Hellmann's mayonnaise sandwich to bring with me. I showered, and I cleaned up. I striped the bed and started washing the sheets. I finished packing the Volvo wagon. I said good bye to my relatives. I left at 8:15 A.M.. I drove west on Route 9 to U.S. 1 West in Wells, Maine, and I stopped by the Amtrak station to use the bathroom. I took the Maine Turnpike I-95 South and I paid \$3 toll, and then a \$2 toll on the New Hampshire turnpike. I stopped at the Massachusetts welcome center. I then got on I-495 West, and I stopped at the Lowell rest area. I then got on I-290 West, and then the Massachusetts turnpike West at Webster Charlton exit, and I stopped at the Charlton rest area. I ate half of my sandwich, and I chatted with a relative. They now sell perfume and fragrances at the Charlton rest area going west. I bought \$16 of premium Gulf gasoline for \$3.159 a gallon for 5.066 gallons at odometer reading of 110699 miles for 136 miles since the previous fill up for 26.846 miles per gallon in mostly highway traffic. I then paid a 50 cent toll when I got on I-84 West. The Connecticut welcome center is now closed. I took I-91 South to I-15 Wilbur Cross Parkway West. I stopped at the North Haven rest area. I chatted with a computer engineer from Orange, California. I chatted with a couple that had visited Lake Forest, Illinois recently. I then stopped at the Fairfield rest area. I got off at North Street in Greenwich at 2:30 P.M.. I stopped by the Valley Road Post Office, and I picked up my mail. I went by the Wells Fargo Bank on Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I stopped by the www.chase.com bank at Deerfield Drive. I stopped by Putnam Shell, and I bought \$16.51 of self service premium V-Power gasoline for \$3.579 a gallon for 4.613 gallons at odometer reading of 110835 miles for 135.1 miles driving from the previous fill up for 29.287 miles per gallon in mostly highway traffic. I then returned home. I chatted with neighbors. I turned on the apartment air conditioners and fans and hot water. I ate my other half of the sandwich with a glass of cold filtered water. I unloaded the Volvo wagon. I chatted with two

relatives and two friends. I unpacked and set up the Dell E6400 laptop again. I went through my mail. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.cl-p.com/> electricity bill and my www.verizon.net bill. My current Optimum bill was about \$199, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$99 for premium Cable TV. However that includes \$25 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I printed out one copy of my Microsoft Sunset Income Versus Spending Report for June 2015, and I had already given another copy to an interested relative. CIO

<888> 07/01/15 Wednesday 3:25 P.M. I surfed the internet this morning. I ate lunch of turkey, ham, and Swiss cheese on pita bread with Hellmann's mayonnaise and salt and vinegar potato chips and potato salad and a watered down orange juice. I went out with a relative, and we went by the Kennebunkport post office. We then went by Hannaford's in Kennebunk, and we got groceries. We chatted with a neighbor. We then drove along the waterfront in Kennebunkport, and we saw two large wild turkeys coming out of the woods. We unloaded the groceries. I will now back my belongings along with my computer equipment and load up the Volvo wagon. I will not be posting anymore notes until tomorrow, whenever I return home to Greenwich, Connecticut. I will be leaving Kennebunkport tomorrow morning after breakfast. CIO

<888> 07/01/15 Wednesday 9:50 A.M. I went to bed at 9 P.M.. I woke up at 7:30 A.M.. I brought in the www.nytimes.com . I ate breakfast of oatmeal with Truvia sweetener and milk and blue berries, a toasted English muffin with butter, a blueberry muffin, watered down orange juice with vitamins and supplements, and a cup of coffee with Truvia sweetener and milk. I chatted with a relative from out of town. I made my bed. I will now shower and clean up. CIO

08/31/15 Monday 7:55 P.M. I watched the <http://www.abcnews.com/> which had a report from David Muir at the <http://www.vatican.va/> about the upcoming Papal Visit to the United States of America. I ate some spring beans and triscuits with dip and watered down orange juice. For dinner, I ate a 16 ounce Maria Callender chicken pot pie with mushrooms and cantalope chunks with watered down orange juice. I cleaned the kitchen and started the dishwasher machine. I will now watch some television before going to bed. CIO

08/31/15 Monday 6:15 P.M. I watched some of the business news. I drove with a relative along the entire length of the Kennebunk Beach and back, and we parked for a while at the west end of the east beach. One can park there without a parking permit after September 15. We then drove along the Kennebunkport waterfront. We went to Bradbury's in Cape Porpoise, and we bought a half pound of Boar's Head sliced deli roast beef for \$9.99 a pound for \$4.90. We then drove out to the point at Cape Porpoise and back to my relatives' house in Kennebunkport. I put the garbage can out by the street and the blue recycle bin for pickup tomorrow morning. CIO

08/31/15 Monday 3:40 P.M. I woke up at 2:20 P.M.. I watched some television. I surfed the internet. CIO

08/31/15 Monday 12:20 P.M. I surfed the internet. I watched some television. I chatted with a relative. I swept off the front porch. I watched some more television. I went downtown with a relative to the Kennebunkport post office. We returned back to my relatives' house. For lunch I ate a sliced turkey and Swiss cheese sandwich on whole wheat bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice. I will now take a nap. CIO

08/31/15 Monday 8:20 A.M. I woke up at 6:45 A.M.. I ate breakfast oatmeal with Truvia sweetener and milk and a sliced banana, a blueberry muffin, two cups of coffee with Truvia sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. In the bunk room downstairs, I tightened the small screw that holds the toilet paper roll bracket on the cabinet. I showered, and I cleaned up. CIO

08/30/15 Sunday 7:55 P.M. I watched the evening news and ate triscuits with dip and French cheese and watered down orange juice. For dinner, I ate barbecued marinated sirloin steak strips with potato salad and a ear of corn on the cob with butter and a glass of watered down orange juice. I watched the national news and then Sixty minutes. I will now go to bed. CIO

08/30/15 Sunday 4:55 P.M. I woke up at 4 P.M.. I put \$10 on my H2O Wireless Cell Phone, so I now have \$29.30 on it good until December 11, 2015. I thought I was out of time, so I put \$10 more on it, but maybe it was just the cellular connection through the AT&T network. I chatted with a neighbor down in Greenwich, Connecticut. CIO

08/30/15 Sunday 2:25 P.M. I went out with a relative. We went to the Ace's Hardware in Kennebunk, and I got a nine pattern hose watering wand for \$9.48 with tax. We then went

by <http://www.cvs.com/> . We got some items. We chatted with a neighbor. I then drove south from Kennebunk along the back beach road to the west end of the beach and back east along the busy beach at low tide. We then returned to my relatives', and we unloaded the purchases. I put the new nine pattern hose watering device on the front hose, and I watered the front flowers. I will now take a nap. CIO

08/30/15 Sunday 12:30 P.M. I moved my Volvo wagon off the front lawn onto the rear part of the driveway. I watched a little bit of television. I sprayed off the three rear green plastic chairs that had bird crap on them. I watered the rear flower box. I cut the spring bulbs back on the south end of the house. For lunch I ate a sliced turkey and Swiss cheese sandwich on whole wheat bread with Hellmann's mayonnaise and potato chips and a cup of clam chowder and a glass of watered down orange juice. I emptied the dishwasher. I folded some laundry and put it away. CIO

08/30/15 Sunday 10:45 A.M. I saw some relatives off. I went through my email. CIO

08/30/15 Sunday 8:55 A.M. I woke up at 7:30 A.M.. I ate breakfast oatmeal with Truvia sweetener and milk and a sliced banana, a toasted English muffin with butter, a cup of coffee with Truvia sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I will now make my bed, and I will then shower and clean up. CIO

08/29/15 Saturday 8:00 P.M. We watched the Travers race from Saratoga, New York. We went out to dinner at <http://boathouseme.com/dining/> . I had the sirloin steak medium rare with mashed potatoes and garlic rolls and a glass of iced tea. A relative also gave me some of their fish and chips. We returned back to my relatives' house. I will watch a bit of television before going to bed. CIO

08/29/15 Saturday 5:05 P.M. I woke up at 2:30 P.M.. I went with a relative, and we drove along the Kennebunkport waterfront to Goose Rocks beach and back. I chatted with a friend. CIO

08/29/15 Saturday 12:30 P.M. I folded the dry laundry and put it away. I watched some television. I went out with a relative, and we went by Port Lobster and got some crab meat, and then by the Kennebunkport hardware store. We then drove back and forth the whole length of the Kennebunkport beach. We returned to my relatives'. I went back out to the Kennebunkport post office and back. For lunch I ate a sliced turkey and Swiss cheese sandwich on whole wheat bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice. I will now take a nap. CIO

08/29/15 Saturday 8:05 A.M. I had a second cup of coffee with Truvia sweetener and half and half. I started a load of wash, and I just started the dry cycle. I watered the flowers in front, the rear, and the back deck. CIO

08/29/15 Saturday 6:50 A.M. I brought in the <http://www.nytimes.com/> . I ate breakfast oatmeal with Truvia sweetener and milk and a sliced banana, a toasted English muffin with

butter, a cup of coffee with Truvia sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I will now make my bed, and I will then shower and clean up. CIO

08/29/15 Saturday 6:15 A.M. Before going to bed at 8 P.M., I watched Rick Steve's program on Edinburgh, Scotland on <http://www.pbs.org/>. They said this Tuesday night at 9 P.M. on PBS, they are going to have a few words from Queen Elizabeth II. I finally woke up at 6 A.M.. CIO

08/28/15 Friday 7:35 P.M. I woke up at 6 P.M.. I watched the evening news and ate some baby carrots with dip along with a glass of watered down orange juice. For dinner, I ate lobster macaroni and cheese and potato salad and watered down orange juice. I will stay up another hour and then go to bed. CIO

08/28/15 Friday 3:30 P.M. I went out with a relative in my Volvo wagon. We went by the Kennebunkport post office. We then drove to Kennebunk. I got \$12 of self service premium gasoline at the Circle K Irving gasoline station for \$2.749 a gallon for 4.367 gallons at odometer reading of 111279 miles for 139 miles driven since the Massachusetts turnpike for 31.830 miles per gallon in highway traffic. I also paid \$5 for the Deluxe automatic car wash which cleans underneath the car for \$17 total. We then went by Hannaford's for groceries. We next went by CVS. I then drove south from Kennebunk along the back beach road to the west end of the beach and back east along the busy beach at low tide. We then returned to my relatives', and we unloaded the groceries. I will now take a nap. CIO

08/28/15 Friday 11:55 A.M. I reheated and ate two chicken tenders with cold slaw and potato salad and potato chips and watered down orange juice. I watched some television. I chatted with the lawn person. CIO

08/28/15 Friday 10:45 A.M. I did some Mickey Mouse maintenance on the Dell Latitude E6400 laptop. For some reason, it changed a little bit, so I put it back the way I like it. Frequently my travel laptop seems to get messed up in Kennebunkport for no particular reason, unless some snake in the grass from Camp Devens follows me up here, when I pass by them. Still, at the moment the system seems to be running up to snuff. CIO

08/28/15 Friday 9:40 A.M. The yard person is cutting the grass. I moved two of the family cars off the front lawn, so the grass can be cut underneath them. CIO

08/28/15 Friday 8:50 A.M. I watched some television. I chatted with two relatives. CIO

08/28/15 Friday 6:20 A.M. I brought in the <http://www.nytimes.com/>. I ate breakfast oatmeal with Truvia sweetener and milk and a sliced banana, a blueberry muffin, a cup of coffee with Truvia sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I will now make my bed, and I will shower and clean up. CIO

08/28/15 Friday 5:50 A.M. I woke up at 5.30 A.M..

\$39.93 with free shipping refurbished Toshiba Encore Mini WT7-C16 Z3735G Intel Atom A4 1.33GHz 1GB 16GB WebCam 7.0" Wind 8.1 White PDW0EU-001001 : Tablets & Tablet PCs

Today is my Dutch Irish friend from Syracuse, New York's 60th birthday. He was born on the same day that St. Augustine, Florida was founded.

Jeb Bush to scoop up campaign cash in Greenwich, New Canaan - GreenwichTime CIO

08/27/15 Thursday 8:10 P.M. I woke up at 6 P.M.. I watched the evening news while eating wheat thins with blue cheese and watered down orange juice. For dinner, I ate baked breaded sea scallops, with mixed green salad with blue cheese dressing, and a ear of corn on the cob with butter and watered down orange juice. I cleaned up the kitchen. I will now go to bed. CIO

08/27/15 Thursday 3:45 P.M. I went out with a relative for an appointment. While waiting for the relative, I went to <https://www.facebook.com/pages/Razors-Edge/132929110084598> , and I got my hair cut short for \$16 and \$4 tip for \$20 total. I now have shorter hair combed straight back. I chatted with somebody while waiting for my relative. We then returned back to my relative's house in Kennebunkport. I will now take a nap. CIO

08/27/15 Thursday 11:55 A.M. \$119.99 NeweggBusiness - Refurbished: DELL Desktop Computer Precision 690 Intel Xeon 5120 (1.86GHz) 4GB DDR2 160GB HDD Windows 7 Professional 64 Bit CIO

08/27/15 Thursday 11:25 A.M. I went with a relative for an appointment in Kennebunk. I chatted with a friend in Greenwich on my wireless telephone. After the appointment, we stopped by CVS in Kennebunk. We then drove the back way to the west end of the Kennebunk beach, and we drove along the Kennebunk beach. We parked briefly at the west end of the east beach and enjoyed the high tide view. We then drove along the Kennebunkport waterfront and back to my relatives' house. For lunch I ate a sliced turkey and Swiss cheese sandwich on whole wheat bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice. I emptied the dishwasher. We have another appointment in Kennebunk at 1:30 P.M.. It is not too busy in Kennebunkport with the New England schools going back soon, although there is still summer weather here. CIO

08/27/15 Thursday 8:10 A.M.. I sat with a relative while the relative had breakfast. I had another cup of coffee with Truvia sweetener and half and half. I threw out the garbage and started the dishwasher. A relative gave me a set of Queen size Main Street linens for my bed at home. The relative also gave me a Map of Magellan lamp with a white linen lamp shade. I chatted with a friend. CIO

08/27/15 Thursday 7:00 A.M.. I surfed the internet. I drank a cup of Dunkin Donuts brewed coffee which is quite good. They sell it in big bags at <http://www.samsclub.com/> . I watched part of Morning Joe on <http://www.msnbc.com/> . It seems to be a nice quiet sunny morning without much happening right now. A relative has a 9:30 A.M. appointment this morning, so that relative will be waking up shortly. One of my last friends in New York State is moving off of Long Island today to the quieter life in Northern Delaware horse country. Another friend is moving off of Long Island to New Jersey. I guess Long Island is getting to be so congested and busy a lot of the long time families are moving away. Alas Connecticut does not have that problem, because once one gets away from Fairfield County, Connecticut is still has its quiet New England settings. The apples are beginning to fall from the trees in Maine. I noticed one local resident has built a large wood pile. This winter in Maine is suppose to be severe this year. In Byram, the green crab apple tree across the street from the Mobil station on West Putnam Avenue is also dropping its apples. Since I grew up in the International Corporation Network of families, my viewpoint is somewhat different. Although I have met a great many people from England over the years, I have never actually visited England, Scotland, Wales, Northern Ireland, or Ireland; so my perspective is somewhat limited. I also have met quit a few Canadians over the years, so it is not like I am an unknown factor in the north country. Since I live at the Gateway to New England, I am now up in the heart of New England without my many New York City friends around to assist me in my daily activities. I suppose there are a lot of other tourists in Kennebunkport this time of year. The nearby Nonantum Hotel has power charging stations for three electric cars, if somebody is trying to drive an electric car this far. Since I spent my younger teenage and college years in the cold country, I am used to expecting cold weather to show up sooner or later. Still I have to deal with relatives that live in the warmer parts of the country in the winter, so they don't always understand my perspective. I spend a great deal of time inside in the winter, so even in the warmer summer weather, I try to keep focused on my computer work. The latest I have ever been in Kennebunkport is the third week of October. Back in April 1977, I did hitchhike up to Portland, Maine and north to Bowden college. I recall staying in the very nice Y.M.C.A. in Portland, Maine which I think had an indoor swimming pool. Since I had my south Florida tan from the previous winter, they might have thought I was Hispanic, but I do not know Spanish. I did go to the "No Nukes" Seabrook demonstration that spring with some friends from the University of New Hampshire which is not too far away from here. I recall in the Van Demon library somebody had donated thousands of books on trout fishing. CIO

08/27/15 Thursday 5:05 A.M.. I woke up at 3:30 A.M.. I surfed the internet for an hour. I ate breakfast of oatmeal with Truvia sweetener, milk, and sliced banana; a red velvet German chocolate muffin, and a glass of watered down orange juice with vitamins and supplements. I will drink a cup of coffee, when my relatives wake up and make coffee. The <http://www.nytimes.com/> arrived at about 4:45 A.M.. I will now make my bed and shower and clean up. CIO

08/26/15 Wednesday 7:35 P.M.. I woke up from my nap at 5:30 P.M.. I watched the evening news and ate baked Triscuit crackers with chutney with watered down orange

juice. For dinner, I had reheated baked boneless breast of chicken with artichoke sauce and cold slaw and a glass of watered down orange juice. I will now go to bed. CIO

08/26/15 Wednesday 3:30 P.M.. I went out with a relative, and we went by the Kennebunkport post office. We then drove to Kennebunk, and we filled up the family Volvo with gasoline at the Irvine gasoline station, and we got the deluxe car wash for \$5. We then went to Hannaford's and got groceries. We then returned to Kennebunkport, and we put away the groceries. I will now take a nap. CIO

08/26/15 Wednesday 12:50 P.M.. I had a tuna fish sandwich for lunch and a glass of cold filtered water and a cup of coffee with Truvia sweetener and milk. CIO

08/26/15 Wednesday 11:50 A.M.. I woke up at 2 A.M. this morning. I ate breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with olive oil, a cup of coffee with Splenda sweetener and milk, and a glass of 50% punch and 50% cold filtered water. I made my bed. I showered, and I cleaned up. I finished packing and cleaning out the refrigerator. I shut down the apartment. I left at 3:15 A.M.. I drove east on West Putnam Avenue to North Maple and up North Street to Merritt Parkway. The Merritt Parkway is one lane each way from Stamford to New Canaan, but there was no traffic at that time of the morning with the night time construction. I stopped at the new New Canaan rest area and used the bathroom. I used the bathroom at the Fairfield rest area and the North Haven rest area. I got on I-91 North, and I used the bathroom at the rest area there. I got on I-84 East, and I used the port-o-potty at the Massachusetts picnic area. I got on the Massachusetts turnpike, and I stopped at the Charlton rest area. I ate half of the ham and cheese sandwich that I brought with me. I used the bathroom there. I bought \$16.40 of self service premium gasoline for \$2.959 a gallon for 5.544 gallons at odometer reading of 111140 miles for 136.5 mile driven since the previous fill up for 24.622 miles per gallon in highway traffic. I then got off at the I-290 East exit and paid a 50 cent toll. I followed that to I-495 East, and I used the port-o-potty at the Lowell rest area. I chatted with a relative. I got on I-95 North. I used the bathroom at the New Hampshire welcome center. I chatted with a relative. I stopped at the New Hampshire liquor store, and I bought a 1.75 liter bottle of Absolute 80 proof Vodka for \$24.99 for a relative for \$8 off on sale. I paid a \$2 New Hampshire toll. I used the bathroom at the Maine welcome center. I got on the Maine turnpike, and I paid a \$3 toll. I got off at the Wells, Maine exit, and I drove south to U.S. 1 East to 9 East into Kennebunkport, Maine. I arrived at my relatives' house at 9:15 A.M. for 263 miles driving. I ate the other half of the ham and cheese sandwich. I unpacked and setup my laptop computer setup which took a while. CIO

08/25/15 Tuesday 5:15 P.M.. I watched America's Book of Secrets episode 29. On the HP Compaq, I did a Complete PC backup to the second hard drive, and then I did an Aomei backup to the second hard drive. I will now shut down both work computers. I will eat a red velvet German chocolate muffin, and then I will go to bed. Whenever, I wake up in the morning, I will get ready to leave. I will not post any more note, until after I arrive in Kennebunkport, Maine tomorrow. CIO

08/25/15 Tuesday 3:40 P.M.. I took the Dell B1160W laser printer from the bookcase at the kitchen entrance, where it was setup for the Dell Latitude E6400 laptop, and I have it set up for the HP Compaq. One has to turn it on and off with the switch on its top cover. I moved the Konica Minolta PagePro 1350W laser printer to the bookcase at the kitchen entrance to have available for the Dell Latitude E6400 laptop. The Dell laser printer is a little bit more reliable than the older Minolta laser printer. In my home office, I frequently move the equipment around depending on how I am configuring it, and what my needs are. CIO

08/25/15 Tuesday 3:05 P.M.. I watched America's Book of Secrets episode 28. I picked up the mail. I chatted with neighbors. I will try to stay up until 6 P.M., and then I will go to bed, and I will get up early in the morning and get ready to leave. CIO

08/25/15 Tuesday 1:55 P.M.. I threw out the garbage. I sat outside for a while. I chatted with a friend. CIO

08/25/15 Tuesday 1:15 P.M.. I am just about to eat a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CI

08/25/15 Tuesday 1:05 P.M.. I took the SIIG 5.1 audio card out of the IBM ThinkCentre in front of the Ocosmo TV, so it uses its motherboard audio, and I installed the SIIG 5.1 audio card in the HP Compaq, so it has much better audio. I also hooked up to the HP Compaq the Logitech Wave wireless keyboard and mouse from the Lenovo ThinkCentre to the right of the living room desk, and I put the Microsoft Wireless 800 keyboard and mouse on the Lenovo ThinkCentre. I put the Konica Minolta PagePro 1350 W laser printer on the right side of the CD bookcase at the hallway entrance hooked up to the HP Compaq. The Control panel left switch controls the laser printer, and the second switch from the left controls the speakers, and the right two switches control the monitor and CPU. I chatted with a relative. Thus the final setup of the HP Compaq is:

Scott39

HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW for \$89.99 and \$21.79 shipping for \$111.78 total

its specs <http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=5708938>

LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM for \$12.99 with free shipping with coupon code "EMCAWKW33", August 19, 2015

{Pre-Sale} Windows 8 Pro (1-License) [Boxed] | Staples® for \$69.99 less a \$20 off \$50 order online coupon and \$3.18 tax for \$53.17 total with free shipping, October 21, 2012

Amazon.com: Sapphire Radeon HD 5450 1 GB DDR3 HDMI/DVI-I/VGA PCI-Express Graphics Card 100292DDR3L: Electronics for \$34.98 with free shipping for \$35.00 total . It also has a \$15 mail in rebate [http://g-ecx.images-amazon.com/images/G/01/00/00/30/31/50/97/3031509710_V399381210 .pdf](http://g-ecx.images-amazon.com/images/G/01/00/00/30/31/50/97/3031509710_V399381210.pdf) for \$20 charge, December 4, 2012

TOSHIBA DT01ACA100 1TB 32MB Cache SATA 3 (6.0 Gb/S) 3.5" Internal Hard Drive Bare Drive for \$44.99 with coupon code "ESCAPAV32" with free shipping, March 8, 2015

Buy.com - Siig SoundWave 5.1 PCI for \$19.98 with free shipping, August 20, 2010.

Total: \$262.91

CIO

08/25/15 Tuesday 11:35 A.M.. I chatted with a relative and a friend. I finished packing. I drove a neighbor over to the Greenwich Hospital. CIO

08/25/15 Tuesday 8:40 A.M.. I threw out the garbage and the HP Compaq shipping box. I chatted with a neighbor. It appears to be another hot day. CIO

08/25/15 Tuesday 7:45 A.M.. I woke up at 7 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/24/15 Monday 10:00 P.M.. I will now shut down the primary work computers. I will go to bed in about 15 minutes, when the backups are complete. CIO

08/24/15 Monday 9:35 P.M.. I ate a red velvet German chocolate muffin with some cold filtered water. CIO

08/24/15 Monday 8:50 P.M.. I have the HP Compaq configured. I am doing a Complete PC backup to the second hard drive, and then I will do an Aomei backup to the second hard drive. I will then do a Complete PC backup to the Samsung 5 TB external USB SATA hard drive and then an Aomei backup to the same drive. I picked up my mail. I chatted with a relative twice. CIO

08/24/15 Monday 5:25 P.M.. I am just about ready to eat a Stouffer's 19 ounce meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

08/24/15 Monday 5:10 P.M.. The HP Compaq run just fine. I have the hardware installed as described below. I have Windows 8 Professional installed, and I am now installing Windows 10 Professional. Since it is an Intel i5 processor, it is a bit faster than what I am normally used to using.

The HP Compaq configuration is:

Scott39

HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW for \$89.99 and \$21.79 shipping for \$111.78 total

its specs <http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=5708938>

LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM for \$12.99 with free shipping with coupon code "EMCAWKW33", August 19, 2015

{Pre-Sale} Windows 8 Pro (1-License) [Boxed] | Staples® for \$69.99 less a \$20 off \$50 order online coupon and \$3.18 tax for \$53.17 total with free shipping, October 21, 2012

Amazon.com: Sapphire Radeon HD 5450 1 GB DDR3 HDMI/DVI-I/VGA PCI-Express Graphics Card 100292DDR3L: Electronics for \$34.98 with free shipping for \$35.00 total . It also has a \$15 mail in rebate [http://g-ecx.images-amazon.com/images/G/01/00/00/30/31/50/97/3031509710_V399381210 .pdf](http://g-ecx.images-amazon.com/images/G/01/00/00/30/31/50/97/3031509710_V399381210.pdf) for \$20 charge, December 4, 2012

TOSHIBA DT01ACA100 1TB 32MB Cache SATA 3 (6.0 Gb/S) 3.5" Internal Hard Drive Bare Drive for \$44.99 with coupon code "ESCAPAV32" with free shipping, March 8, 2015

Total: \$242.93

CIO

08/24/15 Monday 3:25 P.M.. I made my bed. I sat outside for a while enjoying the day and chatting with neighbors. The order with tracking number of "1ZY839R70396640905" at www.ups.com for HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW for \$89.99 and \$21.79 shipping for \$111.78 total just arrived. First I will make sure it works. Then I will put the additional parts in it. Then I will configure it. CIO

08/24/15 Monday 1:40 P.M.. I woke up at 1:30 P.M.. CIO

08/24/15 Monday 10:40 A.M.. I will now take a nap. CIO

08/24/15 Monday 10:15 A.M.. I chatted with a relative and a friend. The stockmarket was down a thousand points in the first few minutes it opened this morning, but it has rebounded a bit. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

08/24/15 Monday 9:25 A.M.. I chatted with a relative. CIO

08/24/15 Monday 9:15 A.M.. I threw out the garbage. I went out to the Shell Gasoline Station at 401 West Putnam Avenue, and I checked my tires all around for 32 PSI. I then bought \$9 of self service premium gasoline \$3.579 a gallon for 2.516 gallons at odometer reading of 110003 miles for 33.1 miles driven since Saturday August 15, 2015 for 13.156 miles per gallon in local traffic. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with a friend on my wireless telephone. I used the bathroom at www.starbucks.com. After my walk, I sat out for a while more. I then drove over to www.cvs.com on Greenwich Avenue, and I used the bathroom there, and I picked up three prescriptions, so I have enough to take with me to Kennebunkport, Maine this Wednesday. I don't know how long I will be gone. It depends on my relatives' plans, but from what I know it will be two weeks to a month give or take. I then returned home, and I chatted with a neighbor. CIO

08/24/15 Monday 4:25 A.M.. I woke up and I ate three ounces of mixed nuts. I finally woke up at 3:30 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go for a walk on Greenwich Avenue until 8 A.M.. CIO

08/23/15 Sunday 11:55 P.M.. I watched America's Book of Secrets episode 27. I will now shut down the two primary work computers and go to bed. CIO

08/23/15 Sunday 11:10 P.M.. I sat outside for a while. I put away the clean laundry. CIO

08/23/15 Sunday 9:50 P.M.. I have 55 minutes to go on one dry cycle. I sat outside briefly. CIO

08/23/15 Sunday 9:20 P.M.. I put clean linens on the bed. I have 20 minutes to go on one wash load. CIO

08/23/15 Sunday 8:50 P.M.. I made and ate a ham and baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy sour cream and onion potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. CIO

08/23/15 Sunday 8:25 P.M.. I chatted with a friend at 7 P.M.. I woke up at 8 P.M., and I chatted with a relative. CIO

08/23/15 Sunday 12:30 P.M.. I ate three ounces of mixed nuts. I currently weigh 238 pounds, so I have put on about 10 pounds of weight since I quit smoking cigarettes a month ago. I guess I will have to curtail some of my snacking. I don't think I eat that much, but it is an accurate scale, so I must have put on weight. I will now shut down the work computers. I will try to sleep until 4 A.M. tomorrow morning to get some complete rest, but I will have to see what I feel like when I finally wake up. I generally try to get a bit of rest before I travel a distance. CIO

08/23/15 Sunday 11:55 A.M.. I chatted with a relative. CIO

08/23/15 Sunday 11:35 A.M.. I watched America's Book of Secrets episode 26. CIO

End of Scott's Notes week of 08/23/15

08/23/15 Sunday 9:25 A.M.. When I went downtown this morning, my 2005 Volvo XC70 wagon just turned to 111,000 miles. I will now send out my weekly notes. CIO

08/23/15 Sunday 9:05 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

08/23/15 Sunday 8:35 A.M.. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by www.cvs.com , and I used the bathroom. I exchanged my \$10 roll of quarters for a \$10 bill. I then bought for cash two 12 inch House to Home oscillating fans for 75% off for \$4.99 each and .63 Ct. 6.35% sale tax for \$10.61 total. CVS has their summer items including fans and beach chairs for 75% off. They still have quite a few fans at the Greenwich Avenue store. The West Putnam Avenue store is sold out of fans. I sat out for a while after my walk. On the way back home I checked out the West Putnam Avenue CVS store, but they had not fans on sale, but other summer items were 75% off. I then returned home. I stored the two fans in their boxes on the far right window shelf in the living room. I have to get back on a daytime schedule, so I will try to stay up until 4 to 6 P.M. this afternoon. CIO

08/23/15 Sunday 4:55 A.M.. I watched America's Book of Secrets episodes 24 and 25. I ate three scoops of coffee ice cream. Once I am done in a little while with the backups, I will go downtown for an early morning walk. CIO

08/23/15 Sunday 1:50 A.M.. I am now backing up the second Dell Latitude D410 laptop the same three ways. CIO

08/23/15 Sunday 1:05 A.M.. I made and ate a ham and baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy sour cream and onion potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I will now drink a cup of coffee with Splenda sweetener and milk. From a recent television commercial about a new can opener, I learned that one can open a pickle jar just by using a bottle opener to release the vacuum on the lid, and the lid opens easily. For years I have been using a knife sharpening rod to tap around the lid to open it. CIO

!!!!!! 08/23/15 Sunday 12:25 A.M.. New baby panda in the Washington Zoo <http://nationalzoo.si.edu/animals/webcams/giant-panda.cfm> . CIO

08/22/15 Saturday 11:45 P.M.. I have to be back on a daytime schedule by Tuesday to pack and on Wednesday to drive up to Kennebunkport, Maine to visit with relatives. I am now doing an Aomei backup of both partitions on the Dell Latitude D410 laptop from the XP partition to the Samsung 5 TB USB external SATA hard drive. No Boo Radleys out tonight as far as I know. CIO

08/22/15 Saturday 11:20 P.M.. I am doing an Aomei backup of both partitions on the primary Dell Latitude D410 laptop to the Samsung 5 TB USB external SATA hard drive. I also took the flags down in the hallway from in front of the hallway bookcases and stored them in the Rubbermaid hamper underneath the Sony television in the bedroom. Now the hallway looks a little bit bigger. CIO

08/22/15 Saturday 10:25 P.M.. I woke up at 10 P.M.. I threw out the garbage. I sat outside for a while. I chatted with a neighbor. I picked up the mail. www.donaldjtrump.com is on the cover of www.time.com magazine. I will now make my bed. I will then shower and clean up. CIO

08/22/15 Saturday 6:05 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will not go downtown to the World Famous Greenwich Avenue. I think there are also Greenwich Street and Greenwich Avenue in nearby Greenwich Village, but those areas are a lot more expensive with lots of traffic. I will go back to sleep. CIO

08/22/15 Saturday 5:25 P.M.. I ate six ounces of Blue Diamond roasted almonds with sea salt before going to bed. I chatted with a friend at 8 A.M.. I woke up at 5 P.M., and I chatted with a relative.

<http://www.nbcnewyork.com/news/local/Bears-in-Pool-Rockaway-Township-New-Jersey-NJ-Swimming-Black-Bear-322493262.html> . CIO

08/22/15 Saturday 5:40 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computers. I will then go to bed. CIO

08/22/15 Saturday 4:55 A.M.. On Voice over IP for a penny a minute, I called up <http://www.nls.uk/contact> at 44-0131-623-3700, and I chatted with the reference librarian from Italy. They told me at their web site <http://www.nls.uk/> one can search one's family history. CIO

08/22/15 Saturday 3:55 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

08/22/15 Saturday 3:45 A.M.. I cleaned the Brita water filter holder that I keep in my refrigerator on its top shelf. I put in a new Brita water filter, and I am gradually filling it up. It holds about a gallon of water. It is not a pitcher, but a unit that I bought at the Greenwich Hospital Thrift Shop many years ago that is meant I think to fit on a refrigerator door, but not my particular refrigerator door. CIO

08/22/15 Saturday 2:55 A.M.. Since www.donaldjtrump.com has a grass roots northern republican campaign going, I wrote his campaign contact site a two page letter about some

political people I have dealt with. I also figured he will need some money, so I donated a dollar for his grass roots efforts. CIO

08/21/15 Friday 10:35 P.M.. I reheated and ate 9 ounces of Perdue short strips chicken beast fajita strips, and 14 ounce of creamed spinach, and a microwave potato with Smart Balance Spread and extra virgin olive oil, and a 12 ounce glass of Schweppes Ginger Ale, and a cup of green tea with Splenda sweetener and America's Choice lemon juice. CIO

08/21/15 Friday 9:55 P.M.. I threw out the garbage. I went by the A&P Fresh, and I bought a Vidalia onion for \$1.99 a pound for \$1.39 less 60 cents can return for .79 cost. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I went by www.cvs.com, and I bought a 15 ounce Alberto VO5 Kiwi and Lime shampoo for \$1.27 and a 15 ounce Alberto VO5 Kiwi and Lime conditioner for \$1.27 and 6.35% Connecticut sales tax of .16 for \$2.70 total. I sat out for a while after my walk. I used the bathroom at www.starbucks.com. I chatted with a local. I then returned back home. CIO

08/21/15 Friday 6:25 P.M.. I woke up at 6 P.M.. I chatted with a relative. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

08/21/15 Friday 3:05 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I might go back to bed for a while. CIO

08/21/15 Friday 2:20 P.M.. I woke up and started copying the final group of files between the two Toshiba external SATA USB drives. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I finally woke up at 1:30 P.M.. Copy the files from one Toshiba drive to the other was finished. The order with tracking number of "1ZX79947YW31715932" at www.ups.com on the order for LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM for \$12.99 with free shipping with coupon code "EMCAWKW33" arrived. I moved my Volvo wagon to one of its usual places. One of my two white stripes is not painted yet, since it might rain. CIO

08/21/15 Friday 3:05 A.M.. I watched America's Book of Secrets episode 23. I will keep copying the files between the two Toshiba external SATA USB drives while I go to bed. I will wake up in a while to start another batch in a couple of hours. CIO

08/21/15 Friday 2:05 A.M..

http://www.volcano.si.edu/reports_weekly.cfm CIO

08/21/15 Friday 1:40 A.M.. I put the 256MB IBM FIRE GL V7100 PCI-E 2D/3D DUAL-DVI 13M8400 | eBay for \$20.19 with free shipping, July 22, 2011 in the IBM ThinkCentre

along side the Ethan Allen recliner. I used the scotch tape method to expose only seven pins on the left side of the long part of the slot. It works just fine. There a molex connector for the fan. I took the [Amazon.com: Sapphire Radeon HD 5450 1 GB DDR3 HDMI/DVI-I/VGA PCI-Express Graphics Card 100292DDR3L: Electronics](#) for \$34.98 with free shipping for \$35.00 total . It also has a \$15 mail in rebate [http://g-ecx.images-amazon.com/images/G/01/00/00/30/31/50/97/3031509710_V399381210 .pdf](http://g-ecx.images-amazon.com/images/G/01/00/00/30/31/50/97/3031509710_V399381210.pdf) for \$20 charge, December 4, 2012 from the IBM ThinkCentre along side the Ethan Allen recliner, and I will use it in the HP Compaq computer. I also am transferring 1 TB of backup files from the Toshiba 1 TB SATA drive that I have been using for backup to the new Toshiba 3 TB SATA drive which now will be another backup drive. I will use the Toshiba 1 TB SATA drive in the HP Compaq. It will take a while to transfer the files.

The HP Compaq configuration will be:

Scott39

[HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW](#) for \$89.99 and \$21.79 shipping for \$111.78 total

its specs <http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=5708938>

[LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM](#) for \$12.99 with free shipping with coupon code "EMCAWKW33", August 19, 2015

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[TOSHIBA DT01ACA100 1TB 32MB Cache SATA 3 \(6.0 Gb/S\) 3.5" Internal Hard Drive Bare Drive](#) for \$44.99 with coupon code "ESCAPAV32" with free shipping, March 8, 2015

Total: \$242.93

CIO

08/20/15 Thursday 11:35 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano

cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a drained 4 ounce can of Bumble Bee crab meat, and I put Stop and Shop blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

08/20/15 Thursday 10:05 P.M.. I chatted with a relative. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at Starbucks. I chatted with a regular patron who uses two Apple devices after being a long time Windows user. I stopped by www.cvs.com and in the rear by the photo department lower right front counter they have Phillips ear buds for 75% off. I bought for 75% off four 43.7 yard CVS Intense Clean Dental Floss for .87 each and a 18 ounce Smuckers raspberry preserves for \$1.99 and 22 cent Connecticut 6.35% sale tax for \$5.69 total. There is a sign in one of the stores on Greenwich Avenue that this is tax free week on clothes in Connecticut, but I thought that was there last week. It was busy on lower Greenwich Avenue, but upper Greenwich Avenue was not too busy. I then returned home. They are white striping my parking place area, so I parked in a different location. CIO

08/20/15 Thursday 6:10 P.M.. I chatted with a relative while asleep about noon. I also had about ten other telemarketing telephone calls today while I was asleep which is a lot more than normal. I finally woke up at 5 P.M.. I picked up the mail. The order with tracking number of "1ZX79947YW31661151" at www.ups.com for the order for TOSHIBA DT01ACA300 3TB 7200 RPM 64MB Cache SATA 6.0Gb/s 3.5" Internal Hard Drive Bare Drive for \$79.99 with free shipping arrived. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/20/15 Thursday 4:45 A.M.. I will now shut down the two primary work computers. I will eat a velvet German chocolate muffin. I will then go to bed. There might be rain the next few days. CIO

08/20/15 Thursday 3:25 A.M.. University of Illinois UI opens railroad-focused laboratory . Well, Granddad Scott worked for the Illinois Central Railroad for 60 years. A local friend moving out of this area is related to the Osborne family that were major stock holders in the Illinois Central Railroad. However, the internet says that the Canadian National Railroad bought out the Illinois Central Railroad and a European Consortium owns the Canadian National Railroads and that Bill Gates is the largest stockholder in the Canadian National Railroad. Another Osborne family member related to a relative of mine was also president of the Northern Trust Bank. Alas out here around New York City, nobody is interested in small town news or business. Hollywood once covered down state Illinois in the movie "North by Northwest", when the actor Cary Grant was chased through a corn field by a crop duster biplane, so not much more is known about the area out there, except that Warren Buffet's son has a two thousand acre farm east of Decatur, Illinois. If one is not interested in farming, there is probably no point to exploring the

area. I think they also make Dixie Cups in Champaign, Illinois. The <http://illinois.edu> is a very fine big ten university with one of the best engineering schools in the country. At one time about 30 years ago, six of the top 10 Fortune 500 CEOs had engineering degrees from the University of Illinois. Thus they might know something out there, but I have been living out east for some many years, I really don't have any local experience or contacts out there. CIO

08/20/15 Thursday 1:45 A.M.. On the FIC server, I tried doing a Complete PC backup to the Samsung 5 TB USB external hard drive, but it fails. I am now doing an Aomei backup of the FIC server to the Samsung 5 TB USB external hard drive.

This is how I plan to have the refurbished Compaq HP computer configured and set up with the Dell 20 inch LCD monitor in front of the mahogany bureau.

Scott39

HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW for \$89.99 and \$21.79 shipping for \$111.78 total

its specs <http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=5708938>

TOSHIBA DT01ACA300 3TB 7200 RPM 64MB Cache SATA 6.0Gb/s 3.5" Internal Hard Drive Bare Drive for \$79.99 with free shipping, August 18, 2015

LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM for \$12.99 with free shipping with coupon code "EMCAWKW33", August 19, 2015

{Pre-Sale} Windows 8 Pro (1-License) [Boxed] | Staples® for \$69.99 less a \$20 off \$50 order online coupon and \$3.18 tax for \$53.17 total with free shipping, October 21, 2012

Total: \$257.93

Of course, since I have charged the cost of the HP Compaq computer and Toshiba hard drive, I will have to pay it off when I get my renter's rebate in October or November 2015. Such is life on the poor side of the internet. I might try to upgrade its video with a PCI Express video card that I have, but it needs molex connectors, which the HP supposedly does not have. If I switch another PCI Express card out of the IBM ThinkCentre along side the Ethan Allen recliner, I would not have video on the Ocosmo TV from it, but I would have video on the Ocosmo TV from the HP Compaq, but it is hard to see the Ocosmo TV from in front of the mahogany bureau. Technically I could try to set it up as my primary work computer, but I would not have the Microsoft Office 2010 suite that I have on my current slow primary work computer, which I don't use very much anymore for surfing the web because of hacking problems, and its slowness. So for now the HP Compaq will be a fast spare. I used to know somebody named Packard locally whom

might have been related to David Packard, but the last time I chatted with him several years ago, when I saw him on Greenwich Avenue at CVS, I suggested that he visit Norway. I do not know if he ever became high tech or not. CIO

CIO

08/20/15 Thursday 12:05 A.M.. Tracking number is "1ZX79947YW31715932" at www.ups.com on the order for LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM for \$12.99 with free shipping with coupon code "EMCAWKW33".

I reheated and ate 9 ounces of Perdue short strips chicken breast fajita strips, and 14 ounce of creamed spinach, and a microwave potato with Smart Balance Spread and extra virgin olive oil, and a 12 ounce glass of Schweppes Ginger Ale, and a cup of green tea with Splenda sweetener and America's Choice lemon juice. CIO

08/19/15 Wednesday 11:15 P.M.. I went out, and I tried stopping by the new Citarella grocery store on West Putnam Avenue, but they are opened from 7 A.M. to 10 P.M.. I went by the Stop and Shop. I bought Stop and Shop deli sliced white American cheese for \$4.99 a pound for \$5.39, Stop and Shop deli sliced ham for \$4.99 a pound for \$5.09, a 1.5 quart container of Edy's slow churn coffee ice cream for \$3.50, a 26 ounce jar of Mount Olive kosher dill pickles for \$2, two 8 ounce packages of Perdue short strips chicken breast meat Frihita style for \$2.99 each, two 14 ounce creamed spinach for \$2.99 each, two potatoes for .99 a pound for \$1.55 for \$29.49 total. I then sat downtown for a brief spell. It seemed perfectly normal downtown. I then returned home, and I put away my groceries. CIO

08/19/15 Wednesday 8:55 P.M.. I chatted with a friend and a relative. I put away the clean laundry. The people of Dutch background like doing house cleaning and keeping their household clean as best as they can afford.

There is tropical disturbance down south in the Caribbean <http://scott-mike.com/weather.htm> . CIO

08/19/15 Wednesday 7:35 P.M.. I have 50 minutes to go on two dry cycles. I sat outside briefly. CIO

08/19/15 Wednesday 7:10 P.M.. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash that are just about done. I threw out the garbage and the old periodical literature. I watered the plants. I chatted with a relative. CIO

08/19/15 Wednesday 5:50 P.M.. I threw out the garbage. I chatted with neighbors. I picked up the mail. CIO

08/19/15 Wednesday 5:15 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I will now shower and clean up. CIO

08/19/15 Wednesday 4:35 P.M.. I chatted with a relative. CIO

08/19/15 Wednesday 4:25 P.M.. I woke up while asleep and ate a blueberry muffin. I finally woke up at 3:30 P.M.. I chatted with two friends. The order tracking number is "1ZY839R70396640905" at www.ups.com for HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW for \$89.99 and \$21.79 shipping for \$111.78 total. CIO

08/19/15 Wednesday 3:45 A.M.. I watched America's Book of Secrets episode 22. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

08/19/15 Wednesday 1:45 A.M.. I ordered LITE-ON DVD Burner 24X DVD+R 8X DVD+RW 8X DVD+R DL 24X DVD-R 6X DVD-RW 16X DVD-ROM 48X CD-R 24X CD-RW 48X CD-ROM SATA Model iHAS124-14 - OEM for \$12.99 with free shipping with coupon code "EMCAWKW33" . I will put it as a second DVD/RW drive in the HP Compaq. CIO

08/19/15 Wednesday 12:55 A.M.. I woke up at 11:50 P.M.. I surfed the internet. I noticed in a recent obituary of a prominent local resident that Boca Grande, Florida on the West Coast of Florida was mentioned. However, since it seems somewhat remote, it might not have very good medical care as one gets older. However, it would be warmer than Greenwich, Connecticut in the winter. I ate three ounces of mixed nuts. CIO

08/18/15 Tuesday 10:40 P.M.. I will now take a nap. CIO

08/18/15 Tuesday 10:35 P.M.. http://www.zdnet.com/article/microsoft-releases-its-first-windows-10-pc-preview-build-post-rtm/?tag=nl.e589&s_cid=e589&ttag=e589&ftag=TRec64629f another Windows 10 release.

Tracking number is "1ZX79947YW31661151" at www.ups.com for the order for TOSHIBA DT01ACA300 3TB 7200 RPM 64MB Cache SATA 6.0Gb/s 3.5" Internal Hard Drive Bare Drive for \$79.99 with free shipping. CIO

08/18/15 Tuesday 10:20 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a drained 4 ounce can of Bumble Bee tiny shrimp, and I put Stop and Shop blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

08/18/15 Tuesday 9:45 P.M.. I went downtown, and I walked lower Greenwich Avenue as far as Mitchell's Department store. I then walked up to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then chatted with a relative on my wireless telephone. I then chatted with the same relative again on my wireless telephone. I then went further up the Avenue, and I chatted with a friend on my wireless telephone. I then toured CVS, and I used the bathroom. I sat out at various locations. The Greenwich Time reported today that Albertson's grocery store bought the two local A&P stores in Greenwich and the one in New Canaan, and the A&P is selling their 25 stores in Connecticut. I next went down to Steamboat Road, and they have repaved it, since I was last down there. The pier area was full. I then went by the Greenwich Library, and I chatted with one of the reference librarians. I then returned home, and I picked up my mail. CIO

08/18/15 Tuesday 5:30 P.M.. I woke up and ate three ounces of mixed nuts. I chatted with a relative at 1 P.M.. I finally woke up at 3:30 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown to people watch. CIO

08/18/15 Tuesday 3:00 A.M.. I watched America's Book of Secrets episode 21. I will now shut down the primary work computers, and I will eat a blueberry muffin and go to bed. CIO

08/18/15 Tuesday 2:00 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

08/18/15 Tuesday 1:35 A.M.. I ordered TOSHIBA DT01ACA300 3TB 7200 RPM 64MB Cache SATA 6.0Gb/s 3.5" Internal Hard Drive Bare Drive for \$79.99 with free shipping. I will put in the HP Compaq computer as the primary drive. CIO

08/18/15 Tuesday 12:50 A.M.. I woke up at 12:30 A.M.. I ate three scoops of coffee ice cream. CIO

08/17/15 Monday 10:55 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. I will now take a nap. CIO

08/17/15 Monday 10:10 P.M.. I went by the Stop and Shop. I bought four velvet muffins for \$2.99, buy one six pack get two six packs free of Thomas' English muffins for \$4.39 all, a package of eight large Stop and Shop eggs expire September 16, 2015 for \$2.39, a head of cello iceberg lettuce for \$1.49, bananas for .49 a pound for \$1.45 and a four pack of

tomatoes for \$2.49 for \$15.20 total. I then went downtown. I chatted with a relative on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I bought two 40 ounce Tide Simply fresh scent for \$2.94 each, and buy one get one 50% off of 16 yard by .75 Scotch Magic tape for \$4.19 and \$2.09 and .77 tax for \$12.93 total. I then finished my walk, and I sat out for a while. I then returned home, and I put away my purchases. CIO

08/17/15 Monday 7:20 P.M.. I have the IBM ThinkCentre from in front of the mahogany bureau hooked up on top of the other IBM ThinkCentre along side of the Ethan Allen recliner. I put a power strip to its right that one can turn off and on for power to the CPU, and the monitor works off the control panel. Its LAN is connected to the Netgear Wireless LAN to the right of the FIC server. It all seems to work fine. The microphone on the Logitech USB headset does not work, but the microphone on the Logitech USB web cam does work. I did not pull the PCI Express card from the original IBM ThinkCentre along side the Ethan Allen recliner, since I like having it also plugged into the big screen Ocosmo 32 inch TV to its right as a second monitor. Thus the HP Compaq will be set up in front of the mahogany bureau with the former IBM ThinkCentre accessories. I moved the Logitech wireless mouse from the Dell Optiplex 760 usff and also installed a generic USB keyboard on the IBM ThinkCentre that I moved. I chatted with a relative. I will now go downtown for a while. CIO

08/17/15 Monday 6:15 P.M.. I threw out the garbage. I sat outside for a while on a hot evening. I chatted briefly with a neighbor. I did not get any mail. I will now consolidate the two IBM ThinkCentres along side the Ethan Allen recliner to make room for the HP Compaq in front of the mahogany bureau. I will also try moving the PCI Express video card out of one computer in exchange for another to be available for the HP Compaq. There is no point sitting downtown on a hot bench on a hot evening playing Boo Radley or Cat on a Hot Tin Roof or Street Car Named Desire. I chatted with a friend from down south. CIO

08/17/15 Monday 4:30 P.M.. I ate three ounces of Blue Diamond roasted almonds with sea salt before going to bed. I woke up at 3:15 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/17/15 Monday 3:50 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computers, and I will go to bed. CIO

08/17/15 Monday 3:00 A.M.. I woke up from my nap at 1 A.M.. I ate a bag of microwave popcorn.

This is a page for a similar computer to the one that I ordered last night. It shows its specs <http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=5708938> . It can take a PCI Express video card. It does not have molex power connectors though. I

could put it on its side and put it where the IBM ThinkCentre is in front of the mahogany bureau, and move the IBM ThinkCentre there to on top of the other IBM ThinkCentre along side the Ethan Allen recliner. Possibly my spare PCI Express video card would work in the IBM ThinkCentre along side the Ethan Allen recliner, since it needs a molex connector, and I could move the PCI Express card from there to the new HP Compaq. CIO

08/16/15 Sunday 11:00 P.M.. I watched America's Book of Secrets episode 20. I ate three ounces of Blue Diamond roasted almonds with sea salt. I will now take a nap. CIO

08/16/15 Sunday 9:35 P.M.. I finished the Aomei restore on the Epox computer, and Windows XP Professional on it is working just fine. I am now doing an Aomei backup of it to the Samsung 5 TB USB external hard drive. I watched America's Book of Secrets episode 19.

I am just about to eat a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

08/16/15 Sunday 8:05 P.M.. On the primary Dell Latitude D410 laptop, I am doing a Complete PC backup of both partitions to the Samsung 5 TB USB external hard drive. CIO

08/16/15 Sunday 7:45 P.M.. On the Epox computer with Windows XP Professional, it is still running poorly. I am restoring the Aomei backup from the Seagate 1.8 TB USB external hard drive from last October which should run all right. I will then do an Aomei backup of the Epox comptuer to the Samsung 5 TB external USB hard drive. Mickey Mouse maintenance take a bit of time. CIO

08/16/15 Sunday 6:45 P.M.. I threw out the garbage. I sat outside for a while, and I chatted with a neighbor. CIO

08/16/15 Sunday 5:00 P.M.. I woke up, and I ate two ounces of mixed nuts and 8 ounces of Dannon low fat vanilla yogurt. I woke up again at 2 P.M., and I chatted with a relative. I finally woke up at 4 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

End of Scott's Notes week of 08/16/15

08/16/15 Sunday 2:20 A.M.. I watched America's Book of Secrets episode 18. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now send out my weekly notes. I will then shut down the primary work computer and go to bed. CIO

08/16/15 Sunday 12:20 A.M.. I bought HP Compaq 8100 Desktop | 3.20GHz Core i5 | 4gb PC3-10600 | 80gb | DVDRW for \$89.99 and \$21.79 shipping for \$111.78 total. I can

configure it with my copy of Windows 8 and upgrade it to Windows 10. I am not sure where I will put it yet. CIO

08/15/15 Saturday 11:10 P.M.. I woke up at 10:45 P.M.. I made my bed. I ate three scoops of coffee ice cream. CIO

08/15/15 Saturday 9:00 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

08/15/15 Saturday 8:25 P.M.. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS. I bought three 17.5 ounce cans of lightly salted deluxe mixed nuts for \$7.99 each for \$23.97 total. I then bought another 17.5 ounce can of lightly salted deluxe mixed nuts for \$7.99 less \$5 off with bonus bucks from the previous purchase for \$2.99 total. I then finished my walk, and I sat out for a while. I chatted briefly with two local walkers. I then went to the Stop and Shop, and bought buy one six pack of Thomas' English muffins for \$4.39 get two six pack free, a 8 ounce Stop and Shop parmesan and Romano grated cheese for \$2.99, and a head of cello iceberg lettuce for \$1.49 for \$8.87 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9.50 of V-Power self service premium gasoline for with a dime a gallon off with my Stop and Shop card for \$3.479 a gallon for 2.731 gallons at odometer reading of 110970 miles for 30.1 miles driven since Thursday August 6, 2015 for 11.022 miles per gallon in mostly local traffic. I then returned home, and I picked up the mail. I got my Renter's Rebate grant letter, and I will received about \$435 after October 15 to November 15, 2015. I will probably use most of it for automobile insurance payments. I put away my groceries. CIO

08/15/15 Saturday 5:15 P.M.. I will now throw out the garbage and go downtown to Rue de Greenwich for an exercise walk. There is such a vast variety of people always showing up on Greenwich Avenue, nobody every tries to figure out what is going on. CIO

08/15/15 Saturday 3:25 P.M.. I woke up at 2:30 P.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/15/15 Saturday 3:45 A.M.. I will now shut down the primary work computers and go back to sleep. CIO

08/15/15 Saturday 2:45 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

08/15/15 Saturday 2:05 A.M.. I woke up at 12:30 A.M.. I ate three scoops of coffee ice cream. CIO

!!!!!! 08/15/15 Saturday 2:05 A.M.. \$101.99 with free shipping and no operating system, such a deal <http://www.ebay.com/itm/HP-Compaq-6200-Pro-SFF-3-3GHz-Intel-Core-i3-2120-4GB-RAM-500GB-HDD-/121723777846?hash=item1c574d7336> . CIO

08/14/15 Friday 8:55 P.M.. I did some regular internet surfing. I connected up the Hipo weather device to the Dell Optiplex 740 tower, and it works just fine. The www.weatherdirect.com devices seems to have ended its useful life. I chatted with a relative. I ate three ounces of mixed nuts. I will now shut down the primary work computers. I will eat 8 ounces of Dannon low fat vanilla yogurt, and then I will go to bed. Outside a few friends and family nobody seems to be interested in my internet activity or my lifestyle. However as people get older with less income, they begin to have the same lifestyle as I enjoy. I studied that lifestyle when I lived around the hoards of retired people in Florida in the mid 1970s, so when I reached that age I would know what best to do to survive. CIO

08/14/15 Friday 6:55 P.M.. <http://www.ebay.com/itm/Dell-OptiPlex-980-Intel-i5-660-3-33GHz-4GB-160GB-HD-DVD-RW-Windows-7-LP-Desktop-/111741011582?hash=item1a0448867e> the seller also has a couple of cheap apple computers.

<http://www.ebay.com/itm/Dell-OptiPlex-980-Intel-i5-660-3-33GHz-4GB-250GB-HD-DVD-RW-Windows-7-LP-Desktop-/111741011587?hash=item1a04488683>

<http://www.ebay.com/itm/DELL-VOSTRO-430-INTEL-CORE-i5-750-QUAD-CORE-2-66GHz-4GB-DDR3-500GB-WIN-7-DESKTOP-/221851228403?hash=item33a75d18f3>

I made and ate a ham and baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy sour cream and onion potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

08/14/15 Friday 6:15 P.M.. I went to my 1:30 P.M. appointment early. While waiting I chatted with a local Scottish worker. I also chatted with somebody about the Au business. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the www.apple.com store, and I tested my web site on one of their desktops. I gave them another history lecture. I stopped by Winston Florists for a change, and I chatted about flowers and horticulture. I told them that on orchids, one only needs to put five ice cubes on them once a week. I chatted with a Nikon photographer from San Francisco and from Armenia who is a business software programmer. I stopped by www.cvs.com and I bought buy one get one free of 6 ounce Blue Diamond roasted salted almonds for \$5.49 both. Bitteridge Jewelers has now moved to their new store at the southeast corner of Greenwich Avenue and East

Elm Street to a much larger store. I chatted with somebody from Okemo, Vermont. I chatted with a British visitor who had just returned from the Bahamas. I told him that Bemini was the secret unspoiled island in the Bahamas. I sat out for a while after my walk. I then returned home. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%20%20%20%20%209405511699000930242504> on the order for E-Z Ink™ Compatible Toner Cartridge Replacement For Brother TN630 TN660 High Yield (1 Black) for \$14.90 with free shipping arrived. CIO

08/14/15 Friday 12:25 P.M.. If one searches www.ebay.com for "Intel i5 Desktop", one can find a Dell i5 refurbished for about \$190 with shipping. Of course, one has to have wampum. I will now head out to my 1:30 P.M. appointment. CIO

08/14/15 Friday 11:10 A.M.. I threw out the garbage. I sat outside for a while, and I chatted with neighbors. I have a 1:30 P.M. appointment this afternoon. CIO

08/14/15 Friday 9:45 A.M.. I woke up at 8:30 A.M.. I chatted with a friend. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/13/15 Thursday 11:35 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computers and go to bed. I have a 1:30 P.M. appointment on Friday afternoon. CIO

08/13/15 Thursday 10:25 P.M.. I woke up at 9:30 P.M.. I ate two dried pineapple rings and two scoops of coffee ice cream.

http://www.volcano.si.edu/reports_weekly.cfm CIO

08/13/15 Thursday 8:35 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I ate one dried pineapple ring. I will now take a nap. CIO

08/13/15 Thursday 8:00 P.M.. I have the Brother HL-L2300D laser printer setup on both Dell Optiplex computers, so one can switch the USB cable between them to use it on either computer. It turns on and off with the top left front panel button. I chatted with a relative. I put the Brother driver CD and literature on the top bookcase CD shelf at the hallway entrance. I stored the box temporarily behind the Ethan Allen recliner. I will probably throw out the box in a week or two. CIO

08/13/15 Thursday 6:35 P.M.. I sat outside for a while chatting with neighbors and a next door neighbor. The order with tracking number of

- "1ZX799390353721522" at www.ups.com on the order for with coupon code "EMCAWKK42" for \$8 off Brother HL-L2300D Monochrome Laser Printer for \$41.99 and .99 shipping for \$42.98 total arrived. I will now set it up on the FIC server connected to the Optiplex 740 tower and the Dell Optiplex 760 usff to have available for use. CIO

08/13/15 Thursday 5:30 P.M.. \$55.95 and \$18.35 shipping Dell Optiplex 780 Desktop PC w/ Core 2 Duo E7500 2.93GHz, 3GB & 500GB HDD CIO

08/13/15 Thursday 4:35 P.M.. I did some bottom fishing at <http://scott-mike.com/bf.htm>. The Chinese are affluent in the summer, so they do not discount a lot of their items like they do in February when times are tough. I sat outside for a while, and I chatted with neighbors. The grey squirrel that lingers in front of the building looks like it is pregnant or has recently had babies. CIO

08/13/15 Thursday 2:40 P.M.. I sat outside for a while, and I chatted with neighbors. CIO

08/13/15 Thursday 1:45 P.M.. While asleep, I woke up and ate three months of mixed nuts. I finally woke up at 1 P.M.. I chatted with a friend. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/13/15 Thursday 3:10 A.M.. Tracking is https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=%20%20%20%209405511699000930242504 on the order for E-Z Ink™ Compatible Toner Cartridge Replacement For Brother TN630 TN660 High Yield (1 Black) for \$14.90 with free shipping. I will now shut down the primary work computers. I will eat a blueberry muffin and go to bed. CIO

08/13/15 Thursday 1:35 A.M.. I moved the Konica Minolta PagePro 1350W laser printer from on top of the FIC server to on top of the Ricoh laser printer on the right side of the bedroom desk, so it is available to used there. I ate two scoops of coffee ice cream.

Best deal on a \$50 desktop without Windows 7, but with Linux and free shipping <http://www.ebay.com/itm/Dell-OptiPlex-745-Desktop-Intel-Core-2-Duo-1-86GHz-4GB-RAM-250GB-HDD-Ultra-SFF-/291533373588?hash=item43e0be4094> . CIO

08/12/15 Wednesday 11:55 P.M.. I put away the clean laundry. CIO

08/12/15 Wednesday 10:50 P.M.. I have 50 minutes to go on two dry cycles. CIO

08/12/15 Wednesday 10:20 P.M.. I put clean linens on the bed. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

08/12/15 Wednesday 9:20 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 4 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I ate two dried pineapple rings and a cup of Eight O'clock Columbian Peaks coffee with Splenda sweetener and milk. CIO

08/12/15 Wednesday 8:40 P.M.. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar Store, and I bought an Ace's High scratch card for a dollar, and I won another free card which I lost on. I chatted with the movie theatre usher about the old Cannon Ball Run movies, where they would hold a rally across country. I toured www.apple.com, and they were not interested that last weekend, I saw a Steve Jobs look alike. I chatted with two people from www.rh.com about Paris Disco music. I chatted with tree youths gathered around a Camaro. I toured www.cvs.com. I chatted with somebody from Greece that works for the phone company. I chatted with somebody from the Ukraine about Russians in this area. I sat out for a while downtown. The have installed the new parking vending machine at the Board of Education parking lots, but they have not activated it yet. I then went by the Stop and Shop. I bought Stop and Shop deli sliced white American Cheese for \$4.99 a pound for \$4.89, a 19 ounce Stouffer's meat and tomato lasagna for \$3, two 16 ounce Wish Bone blue cheese dressing for \$2 each, a 15 ounce Prego home-style Alfredo sauce for \$2.79, a 8.5 ounce container of www.auroranatural.com dried pineapple rings for \$3.99, bananas for .49 a pound for .63, and a bulb of garlic for .50 for \$19.80 total. I then returned home, and I chatted with a neighbor. I put away my groceries, and I chatted with a relative. CIO

08/12/15 Wednesday 4:40 P.M.. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9361289949059186728260 on the order for Camping Lantern, Super Bright Camping Light, TaoTronics Battery Powered Led Lantern for Emergency (5W Cree, 300 Lumen) for \$10.99 and \$5.58 shipping for \$16.57 total arrived. I chatted with neighbors. I put three alkaline D batteries in the lantern, and I set it on the IBM ThinkCentre in front of the Oscomo television in the living room to have available for emergency lighting. I will now go downtown for a walk. CIO

08/12/15 Wednesday 3:55 P.M.. A neighbor knocked on my door, and wanted me to drive him to a real estate flip your house conference in back country Stamford, but I don't drive out of my local area, because there is too much traffic, except for my two round trips during the summer to Kennebunkport, Maine. Once in a blue moon, I drive to Port Chester, and I might be driving to Stamford Volvo after I return from Kennebunkport in late September in order to get my inside driver's side door handle fixed. However, in Kennebunk, Maine, they have Swedish Motors where I might get it fixed there, where I would have a relative to pick me up, when I drop it off and drive me to pick it up.

For the Brother HL-L2300D laser printer, I ordered E-Z Ink™ Compatible Toner Cartridge Replacement For Brother TN630 TN660 High Yield (1 Black) for \$14.90 with free shipping. The Brother HL-L2300D laser printer comes with a 700 sheet starter cartridge, and the one that I ordered is good for about 2700 sheets which should last for a while. I have printed out about 3500 sheet on the old Konica Minolta PagePro 1350W laser printer, and I think its toner cartridge is still half full. I am not sure where I will put it, once I receive the other Brother laser printer. CIO

08/12/15 Wednesday 2:40 P.M.. Tracking number is

- "1ZX799390353721522" at www.ups.com on the order for with coupon code "EMCAWKK42" for \$8 off Brother HL-L2300D Monochrome Laser Printer for \$41.99 and .99 shipping for \$42.98 total. CIO

08/12/15 Wednesday 2:30 P.M.. I sat outside for a while, and I chatted with neighbors. CIO

08/12/15 Wednesday 1:10 P.M.. I woke up, and I ate a http://scott-mike.com/em.htm with a glass of cold filtered water. I woke up later, and I ate two ounces of mixed nuts. I finally woke up at noon, and I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/11/15 Tuesday 11:25 P.M.. I moved the Konica Minolta PagePro 1350W laser printer to on top of the FIC server hooked up the Dell Optiplex 740 tower for now. I moved the Brother HL-2240 laser printer from on top of the FIC server to the printer stand to the right of the primary work computers hooked up to the primary work computer. It turns on with the Minolta button on the control panel. I will now shut down the primary work computers. I will eat 8 ounces of Dannon low fat vanilla yogurt and go to bed. CIO

08/11/15 Tuesday 10:30 P.M.. I ordered with coupon code "EMCAWKK42" for \$8 off Brother HL-L2300D Monochrome Laser Printer for \$41.99 and .99 shipping for \$42.98 total. I will use it for my Dell Optiplex 740 tower and 760 usff, and move the other fairly new Brother laser printer from on top of the FIC server to where the Minolta PagePro 1350W is, which still works, but it has some broken features. CIO

08/11/15 Tuesday 9:35 P.M.. I watched America's Book of Secrets episode 16. I ate a bag of microwave popcorn. CIO

08/11/15 Tuesday 8:35 P.M.. I woke up at 8 P.M.. I ate three scoops of butter pecan ice cream. CIO

08/11/15 Tuesday 7:10 P.M.. I chatted with a relative. I will now take a nap. CIO

08/11/15 Tuesday 6:15 P.M.. I made and ate a ham and baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

08/11/15 Tuesday 5:40 P.M.. The Epox computer would not work. I fiddled with it for a while, and when I opened up the case, it had a lose IDE cable and a memory chip which was not seated properly. However, although it works fine now; in trying to attempt to restore a backup to it, none of the Aomei methods of restoring or paragon methods of restoration would work, so if I ever have to restore a backup to Windows XP Professional on it, it will have to be a Windows XP Automatic System Recovery backup which I also have. Still it works fine for now. CIO

08/11/15 Tuesday 1:50 P.M.. I threw out the garbage. I sat outside for a while. I chatted with neighbors. I picked up the mail. CIO

08/11/15 Tuesday 12:30 P.M.. I woke up while sleeping and ate a blueberry muffin. I finally woke up at 11:30 A.M., and I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/10/15 Monday 10:30 P.M.. I finished the backups. I watched America's Book of Secrets episodes 15. I will now shut down the primary work computers, and I will go to bed.

Tracking is

https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9361289949059186728260 on the order for Camping Lantern, Super Bright Camping Light, TaoTronics Battery Powered Led Lantern for Emergency (5W Cree, 300 Lumen) for \$10.99 and \$5.58 shipping for \$16.57 total. CIO

08/10/15 Monday 8:30 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I chatted with a relative. I am doing an Aomei backup to the Samsung 5 TB USB external hard drive from the IBM ThinkCentre along side the Ethan Allen recliner. I then do an Aomei image backup to the Samsung drive. I will now eat three scoops of butter pecan ice cream. CIO

08/10/15 Monday 7:10 P.M.. I woke up at 7 P.M.. CIO

08/10/15 Monday 5:05 P.M.. I threw out the garbage. I went downtown to CVS on Greenwich Avenue, and I picked up a prescription. I then went further downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at the Senior and the Arts Center. I stopped by CVS again, and I bought a double role package of 3M Scotch tape for \$7.99 and .51 tax for \$8.50 total. I use the Scotch tape for holding the nicotine patches on my skin. I chatted with a local walker. I then returned home. I picked up my mail. I made and ate a ham

and baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. I will now take a nap. CIO

08/10/15 Monday 12:45 P.M.. I woke up at noon. I chatted with a relative. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

08/10/15 Monday 2:55 A.M.. I ate 8 ounces of Dannon low fat vanilla yogurt. I noticed some visitors from down south somewhere the other evening. The African American men were wearing starched bright white cotton suits, and they sort of looked like ice cream vendors. The suits were of a modern cut, but that used to be a look in colonial times, particularly when there was a lot of cotton around. Of course they are hard to keep clean. I will go to bed once the final backup is completed. I now have Windows 10 installed on nine of my 19 computers <http://scott-mike.com/computer.htm> . I don't think there are anymore that I can install it on. The IBM ThinkCentre along side the Ethan Allen recliner still has Windows 7 and Windows 8 on it in dual boot configuration, but I am not sure how reliable its Aomei backup is, since it is odd partitioning. I will not try to install Windows 10 on either of its partitions, since it might mess up the other partition, if you get my drift. I still have a number of computers to make backups on the new Samsung 5 TB external USB hard drive. When I lived on Steamboat Road between June 1984 and December 1988, I bought a 15 inch Samsung color television from Woolworths on Greenwich Avenue for \$89, so they have been in business for a while. CIO

08/10/15 Monday 2:10 A.M.. The IBM ThinkCentre in the bedroom is configured with Windows 10 Home 32 bit. I am doing a Complete PC backup of it to the Samsung 5 TB USB external hard drive, and then I will do an Aomei backup to the Samsung external USB hard drive. On the Microsoft Money Sunset program, the registry key change is in a different location for the Windows 10 Home 32 bit install, which I noted here <http://scott-mike.com/sunw10.htm> . CIO

08/09/15 Sunday 11:40 P.M.. I ate one ounce of mixed nuts and a bag of microwave popcorn. CIO

08/09/15 Sunday 11:20 P.M.. I tried doing a Complete PC backup of the IBM ThinkCentre in front of the Ocosmo HDTV in the living room to the Samsung 5 TB USB external hard drive, but it would not work either, so I am doing an Aomei backup of the Windows 7 partition. Complete PC backups used to work on both of those IBM ThinkCentres that I just mentioned, so possibly something in the Windows 7 updates changed the function, or it does not work with the Samsung 5 TB external USB hard drive. It might be that I had the Samsung external drive set to Cache. After I finish the Aomei backup, I will try a Complete PC backup without the Cache enabled on the Samsung 5 TB USB external hard drive. CIO

08/09/15 Sunday 10:20 P.M.. I tried to do a Complete PC backup of the Windows 7 partition on the IBM ThinkCentre on the oak dining table to the Samsung 5 TB external USB hard drive, but it would not work, because of partitioning. I am thus doing an Aomei backup of it to the Samsung 5 TB external USB hard drive.

<http://www.freebooknotes.com> CIO

08/09/15 Sunday 9:00 P.M.. I am putting Windows 10 Home X32 on the IBM ThinkCentre in the bedroom which has Windows 7 Home X32 activated on it. I think it is the one that I bought from Blair Technology for \$45 with free shipping around Christmas Time 2014. CIO

08/09/15 Sunday 8:10 P.M.. I chatted with two relatives. My relatives are entertaining guests from www.llbean.com . L.L. Bean are about the only people left awake at night in America anymore, since more people like being out in the daytime. I paid the \$119.99 expense for the order with promo code "EMCAVPK29" for \$10 off this item \$119.99 with free shipping SAMSUNG D3 Station 5TB USB 3.0 3.5" Desktop External Hard Drive STSHX-D501TDB Black , so it is now paid off, and I don't owe any money. It has a three year warranty, and seems to work just fine for my multiple backups. It has backup programs on the drive, which I have not tried yet. I will now make and drink a cup of coffee with Spenda sweetener and milk. I think I should try to stay awake a bit at night, since that is my normal schedule. CIO

08/09/15 Sunday 6:30 P.M.. I made and ate a ham and baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. I will now take a nap. CIO

08/09/15 Sunday 5:30 P.M.. I threw out the garbage. I went by the A&P Fresh, and I bought a four pack of blueberry muffins for \$4.49 and a Vidalia onion for \$1.49 a pound for \$1.27 and 15 cent can return for \$5.61 total. I went downtown, and I mailed the change automobile letter to the Greenwich Housing Authority at the central Greenwich Post Office. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$25 for \$24 profit. I stopped by the Greenwich Cigar store, and I bought another Ace's High scratch card for a dollar, and I won a free Ace's High scratch card, and I lost on that. I stopped by www.cvs.com , and I used the bathroom there. I bough a 10 pack of blue Papermate Write Brothers ball point pens for \$1.29 and a dollar off with a CVS coupon machine coupon and .2 cents tax for 31 cents total. I chatted with a regular walker. I sat out one on of the benches at the newly restored Greenwich Common. They have the new benches and street light there now. One is not allowed to walk on the new sod. I then went by the Stop and Shop. I bought a 42 ounce Quaker Old Fashioned oatmeal for \$4.99, a 72 bag box of Tetley green tea bags for \$3, two 9.5 ounce Utz sour cream and onion wavy potato chips for \$3 each, a 24 ounce B&G kosher dill pickles for \$2, two 15 ounce Bertolli Alfredo sauce for \$2 and

bananas for .49 a pound for .84 for \$20.83 total. I then returned home, and I carried up and put away my purchases. CIO

08/09/15 Sunday 1:20 P.M.. I have the Greenwich Housing Authority change of automobile form ready to mail to them with a 49 cent forever stamp. I will now throw out the garbage and go downtown for a walk. CIO

08/09/15 Sunday 12:40 P.M.. I cleaned the bathroom sink area, toilet area, and bath tub shower area. I also put a new blue 8 ounce Nice! blue toilet tank cleaner in the toilet tank. I chatted with a relative. I will now shower and clean up. CIO

08/09/15 Sunday 11:15 A.M.. I woke up, and I ate a blueberry muffin. I finally woke up at 10 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

End of Scott's Notes week of 08/08/15

08/08/15 Saturday 9:50 P.M.. I watched America's Book of Secrets episodes 15. I ate three ounces of mixed nuts. I will now send out my weekly notes. I will then shut down the two primary work computers, and I will go to bed. CIO

08/08/15 Saturday 8:20 P.M.. I am just about to eat a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

08/08/15 Saturday 8:05 P.M.. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various places. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I toured the www.apple.com store. I used the bathroom at www.starbucks.com. I stopped by www.cvs.com, and I bought four 14 ounce Ajax cleaning powder for .88 each and four 15 ounce Ajax orange dishwashing detergent for .88 each and .45 6.35 Connecticut Tax for \$7.49 total. I chatted with two local walkers after my walk. The benches are now back in the restored Greenwich Common. I went to the Stop and Shop, and I bought Stop and Shop deli sliced cooked ham for \$4.99 a pound for \$5.89, two 19 ounce Stouffer's frozen meat lasagnas for \$3 each, and a 12 ounce generic honey for \$2.50 for \$14.39 total. I then bought two 64 ounce Stop and Shop concentrated liquid bleach with lemon scent for \$2.29 each and .29 tax for \$4.87 total. I then returned home, and I picked up the mail and put away my purchases. CIO

08/08/15 Saturday 4:55 P.M.. I woke up at 4:30 P.M., and I chatted with a relative. I will now go downtown for a walk. CIO

08/08/15 Saturday 3:15 P.M.. Big Time computer reseller <http://stores.ebay.com/Tech-Deals-Now?trksid=p2047675.l2563> and today's bargain

<http://www.ebay.com/itm/MICOMP-Dell-Tower-Desktop-Computer-PC-Core-2-Duo-3-0Ghz-4GB-1TB-Win-7-64-WIFI/271563487621?hash=item3f3a71f985> . I will now take a nap. CIO

08/08/15 Saturday 2:55 P.M.. I made and ate a baloney and cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise with Utz wavy potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I repaired the Microsoft Money Sunset program on the Dell Optiplex 740 tower, the Dell Optiplex 760 ssff, and the Dell Latitude E6400 laptop. CIO

!!!!!! 08/08/15 Saturday 1:45 P.M.. Registry Repair Link for Microsoft Money Plus Sunset to work with Windows 10 final edition <http://scott-mike.com/sunw10.htm> . I chatted with a friend and a relative. CIO

08/08/15 Saturday 12:35 P.M.. I am just about finished with the two different sets of backups. I rested for an hour. I ordered Camping Lantern, Super Bright Camping Light, TaoTronics Battery Powered Led Lantern for Emergency (5W Cree, 300 Lumen) for \$10.99 and \$5.58 shipping for \$16.57 total. The item seems to be deeply discounted. CIO

08/08/15 Saturday 9:25 A.M.. I woke up at 8 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I am doing a Complete PC backup of the Dell Latitude E6400 laptop to the Samsung 5 TB USB external hard drive. I will then an Aomei backup to the same drive. I then will do the same two backups of the Asus netbook. CIO

08/07/15 Friday 8:55 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer and go to bed. CIO

08/07/15 Friday 8:40 P.M.. I chatted with a relative. The Asus Netbook is configured with Windows 10 Home X32, and it runs just fine. On both the Asus Netbook and the Dell Latitude E6400 laptop both of which have Windows 10, I updated Microsoft Silverlight. The Optimum App for Laptops also works on both of them, so I can watch my Cable TV channels on both of them. I did not get any mail today. I went outside briefly, and I chatted with neighbors. CIO

08/07/15 Friday 6:00 P.M.. On the Dell Latitude E6400 laptop, Windows 10 Professional X64 is restored, and the Store Apps now works, but I won't try to load 200 apps at one time anymore. The Asus Netbook is just about setup with Windows 10 Home X32. CIO

08/07/15 Friday 4:35 P.M.. On the Dell Latitude E6400 laptop, I was not able to fix the Windows 10 Store Apps problem, so I am restoring the Aomei backup from July 31, 2015, which I made right after installing Windows 10. Hopefully the Store Apps problem does not exist in that backup. The Asus Netbook is installing Windows 10 still. CIO

08/07/15 Friday 3:25 P.M.. On the Windows 10 Home X32 install on the Asus Netbook, it failed because I did not have the power turned on, and the battery ran out, so I had to start it again with the power turned on. I am still trying to fix the store apps problem on the Dell Latitude E6400 laptop. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 4 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Kraft blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a friend. CIO

08/07/15 Friday 12:25 P.M.. I chatted with a relative. CIO

08/07/15 Friday 12:10 P.M.. I went through <http://scott-mike.com/bf.htm> . I chatted with a friend. Not much seems to be happening around here on a daytime schedule, but I do have the computers to maintain which takes a while. Alas, a lot of people who watch television seem to be focused on politics, so I guess they have nothing better to do, when they watch television. I guess politics is important to some people, but from my experience it has not done me much good based on my experience. Of course being a protestant republican is a catholic democrat state is not too much to my advantage. Still I manage to survive by keeping busy with what I know how to do. Alas, computer maintenance know how comes from experience, but the local New York City community seems to prefer networking around the many women's fashion shops on Greenwich Avenue, so I guess the local www.apple.com store in that neck of the woods caters to the fashion crowd. I have never used the Apple devices except an Apple IIe many moons ago. I guess with the warmer weather we might have some visitors from down below the Mason Dixon line or out from the southwest, but they do not seem to network with me, so I guess they have a different sense of reality. More than likely they will not be here during the colder months, when we still have to survive in our local Nordic wilderness. Since I have a lot of experience in the North Country, I find it sort of strange that nobody bothers to network with me. I guess they prefer their television reality. CIO

08/07/15 Friday 11:30 A.M.. I threw out the garbage. I chatted with neighbors. On the Asus Netbook, I am updating Window 7 to Windows 10 Home X32 which will take a while. CIO

08/07/15 Friday 9:45 A.M.. I woke up and ate three ounces of mixed nuts. I chatted with a friend at 7 A.M.. I woke up at 8:30 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/06/15 Thursday 9:35 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

08/06/15 Thursday 9:20 P.M.. I went downtown to www.cvs.com on Greenwich Avenue. I picked up two prescriptions. I then sat out for a while further downtown. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. It was a very slow evening. I then went by the Stop and Shop. I bought a loaf of Pepperidge Farm 15 grain bread for \$4.29, a 59 ounce Tropicana orange juice with calcium for \$3, deli sliced German baloney for \$2.99 a pound \$3.08, deli sliced Stop and Shop white American cheese for \$4.99 a pound for \$4.89, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Ocean Spray crangrape juice for \$2.99, a five quart box of Stop and Shop powdered milk for \$7.29, two 16 ounce Stop and Shop chunky blue cheese dressing for \$1.99 each, a 7 ounce Healthy One deli sliced honey ham for \$2.50, a four pack of tomatoes for \$2.49, a head of cello iceberg lettuce for \$1.49 and 50 cent can return for \$38.49 total. I then put my groceries in the back of the Volvo wagon, and I returned back to the store. I bought a 8 pack of Stop and Shop large eggs expire September 13, 2015 for \$2.39 and a two pack of dishwashing wand refills for \$2.99 and .19 tax for \$5.57 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.10 of V-Power self service premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.479 a gallon for 2.327 gallons at odometer reading of 110940 miles for 29.4 miles driven Friday September 31, 2015 for 12.635 miles per gallon in local traffic. I then returned home, and I carried up my groceries, and I put them away. CIO

08/06/15 Thursday 6:40 P.M.. I finished the six double backups of Windows 10 computers. I was not able to do a Complete PC backup of the IBM ThinkCentre in front of the mahogany bureau, since it has an odd partition, but I got an Aomei backup of it. I chatted with two relatives. I will not go downtown for a brief spell. CiO

08/06/15 Thursday 5:25 P.M.. I ate three scoops of butter pecan ice cream.

http://www.volcano.si.edu/reports_weekly.cfm CIO

08/06/15 Thursday 5:00 P.M.. I have the backups done mentioned below. I am now doing the same backups on the IBM ThinkCentre in front of the mahogany bureau. I was not able to get the apps to install on the Dell Latitude E6400 laptop, so I will have to look into that later. I watched America's Book of Secrets episodes 13 and 14. I picked up the mail. CIO

08/06/15 Thursday 12:25 P.M.. On the Dell Optiplex 740 tower, I did a complete PC backup to the Samsung 5 TB USB external hard drive and then an Aomei backup. I did the same for the Dell Optiplex 760 usff. I installed the apps on the Lenovo ThinkCentre on the oak dining table, and I am now doing the same backups on its Windows 10 setup. I will do the same on the Lenovo ThinkCentre to the right side of the Dell Optiplex 760 usff and then the Dell Latitude E6400 laptop computer.

I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 4 ounces of Norwegian

Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and Kraft blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

08/06/15 Thursday 8:35 A.M.. I woke up at 8:15 A.M.. I will now drink a cup of coffee with Splenda sweetener and milk. I will then make my bed and shower and clean up. CIO

08/06/15 Thursday 5:00 A.M.. I put away the clean laundry. I will now go back to bed. CIO

08/06/15 Thursday 3:55 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I have 20 minutes to go on two dry cycles. CIO

08/06/15 Thursday 3:05 A.M.. Before going to bed, I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I woke up at 2:15 A.M.. I put clean linens on my bed. I started two loads of wash that are about done. I threw out the garbage and the old periodical literature. I watered the plants. CIO

08/05/15 Wednesday 6:15 P.M.. I ate a blueberry muffin and a glass of cold filtered water. I chatted with a friend and a relative. I will now shut down the primary work computer, and I will go to bed. CIO

08/05/15 Wednesday 4:35 P.M.. I went downtown, and I went by the www.chase.com bank at Deerfield Place. I then sat out downtown for a while. I then returned to Chez Mike. It is real slow downtown like everyone has gone away on vacation. We get a few people coming out from Manhattan, so it manages to seem like there is still a little bit of activity downtown. Nothing unusual to report. When I have time, with the 5 TB external hard drive, I will be making Complete PC backup and Aomei backups of all of my 19 computer systems <http://scott-mike.com/computer.htm> . Some of my Complete PC backups do not show up on the smaller external backup drives, when I have tried to restore them in the past. CIO

08/05/15 Wednesday 3:10 P.M.. I finished the backups. I sat outside, and I chatted with neighbors. I picked up the mail. The order with tracking number of "1ZX79947YW31229502" at www.ups.com for the order with promo code "EMCAVPK29" for \$10 off this item \$119.99 wih free shipping SAMSUNG D3 Station 5TB USB 3.0 3.5" Desktop External Hard Drive STSHX-D501TDB Black arrived. I will now go downtown. CIO

08/05/15 Wednesday 2:10 P.M.. I made and ate a rare roast beef and American cheese sandwich with a quarter of a pound of roast beef interlaced with white American cheese on toasted 15 grain bread with Hellmann's mayonnaise, sliced Vidalia onion, horse radish sauce, Montreal steak seasoning, Italian spices and celery salt with Utz wavy potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. CIO

08/05/15 Wednesday 1:30 P.M.. I went outside, and I chatted with neighbors, and I walked around the building. On the Dell Optiplex 760 usff with Windows 10 Home X64 configured, I am doing a Complete PC backup to the Seagate Free Agent 465 GB external hard drive. I will then do an Aomei backup to the same external hard drive. The Microsoft Reader works on this installation. CIO

08/05/15 Wednesday 12:20 P.M.. I pretty much have the Dell Optiplex 760 usff configured with Windows 10 Home X64. I am just now installing the Store apps, which is about the last thing to do. I need to tweak some setting and then back it up a little later on. CIO

08/05/15 Wednesday 11:05 A.M.. I threw out the garbage. I chatted with neighbors. I am still configuring Windows 10 Home X64 on the Dell Optiplex 760 usff. I chatted with a relative. CIO

08/05/15 Wednesday 9:50 A.M.. On the Dell Optiplex 760 usff, I have Windows 10 Home X64 installed and activated. I now have to configure it. CIO

08/05/15 Wednesday 9:15 A.M.. My www.eversource.com electricity bill for July 2015 was \$289.15 for 1786 kWh for 63.79 kWh per day over 28 days with an average temperature of 76.7 degrees Fahrenheit. For July 2014 it was \$350.34 for 2086 kWh for 63.21 kWh per day over 33 days with an average temperature of 73.9 degrees Fahrenheit. CIO

08/05/15 Wednesday 8:35 A.M.. I woke up at 7 A.M. On the Dell Optiplex 760 usff, I did a low level format with the Seagate Utilities. I then installed Windows 7 Home X64 and activated it. I am now installing Windows 10 Home X64 which takes about three hours. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will make up a fresh batch of punch. I will now shower and clean up. CIO

08/04/15 Tuesday 9:35 P.M.. I watched "America's Book of Secrets" episode 12. I ate some Utz wavy potato chips. I will now shut down the primary work computer, and I will go to bed. CIO

08/04/15 Tuesday 8:20 P.M.. With the <http://bimbobakeriesusa.com/> commercial bakery nearby in Byram, we have a near endless supply of Thomas English muffins, when they are on sale. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

08/04/15 Tuesday 7:25 P.M.. I woke up at 6:30 P.M.. I picked up the mail. I chatted with neighbors. I chatted with a relative. Where the Koch brothers had the republican conference at Dana Point, I think is at the Ritz Carleton there. I used to surf cast there, when it was a deserted beach on a hill side, when I was out in California about four or five times from 1978 to 1980. I did meet a few people out there including the head of Xerox Parc who had a beach house in Laguna Beach. Alas personal computers and the internet had not taken off yet. www.fluor.com back then was headquartered in Newport Beach, before they moved to Irvine, Texas. I saw on television here, they recycle sewage water to

make regular water in Orange County. Alas, if one is used to using a lot of water, that is not the place to live, but if one has arthritis with the dry weather, one feels a lot better. Still I am still a creature of the northeastern winter tundra. CIO

08/04/15 Tuesday 3:00 P.M.. I made a rare roast beef and American cheese sandwich with a quarter of a pound of roast beef interlaced with white American cheese on toasted 15 grain bread with Hellmann's mayonnaise, sliced Vidalia onion, horse radish sauce, Montreal steak seasoning, Italian spices and celery salt with Utz wavy potato chips, a dill pickle slice, and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

08/04/15 Tuesday 12:05 P.M.. I went to the Greenwich Town Hall, and I paid a dollar to park there for two hours. I saw my social worker and filled up the Renter's Rebate form and signed it. I used the bathroom on the first floor of the town hall. I then went to the Stop and Shop. I bought an 8 ounce container of Stop and Shop grated parmesan and Romano cheese for \$2.99, a Bermuda red onion for \$1.99 a pound for \$1.73, and Stop and Shop deli sliced roast beef for \$10.99 a pound for \$5.60 for \$10.32 total. I then returned home.

08/04/15 Tuesday 12:05 P.M.. I threw out the garbage. I have a 1 P.M. appointment, I should head out to now early. CIO

08/04/15 Tuesday 11:40 A.M.. On the Dell Optiplex 740 tower, I installed the Windows 10 apps from the Store. I made the same four backups as last night with the Store apps included. I restored the Complete PC backup to the Dell 760 usff desktop computer. Although product activation does not work on it, it works well enough as a demo computer for now, until product activation does something else. I could always restore the latest beta to it. I have spare copies of Windows 7 and 8 that I can eventually put on it, when I have more time. Still it is a handy demo for now. I chatted with a relative. CIO

08/04/15 Tuesday 8:15 A.M.. I woke up at 7:30 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/04/15 Tuesday 12:15 A.M.. I finished the backups. I will now shut down the computers and go to bed. I have a 1 P.M. appointment today. CIO

08/03/15 Monday 11:25 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

08/03/15 Monday 10:50 P.M.. On the Dell Optiplex 740 tower, I have Windows 10 Home Configured. I am now doing a Complete PC backup to the second internal hard drive. I will then do an Aomei backup to the second internal hard drive. I will then do the Complete PC backup to the Seagate 1 TB SATA drive in the Rosewill SATA external USB drive holder and an Aomei backup to the 1 TB Seagate SATA drive in the Rosewill SATA

external USB drive holder. For some reason in this install of Windows 10, the Microsoft Reader and its Update will not install no matter what. CIO

08/03/15 Monday 8:45 P.M.. On the Dell Optiplex 740 tower, I have Windows 10 Home X64 installed and running just fine and activated. I am in the process of configuring it. I had extra licenses for Norton Internet Security and Norton Utilities 16, so I installed those programs first. I have the device drivers installed. I now will install my collection of free programs that I install. If one looks at my December 2014 notes and search "reader", one will find a list of the free programs that I install. I also copy my music from thumb drives. I chatted with two friends. CIO

08/03/15 Monday 5:20 P.M.. I chatted with a relative. I picked up the mail. On the Windows 10 Home X64 install, I am on the second round of updates about 22% completed. Then it has to install them. It takes at least three hours to install Windows 10 as an upgrade. I guess the ever busy younger generation might not have the patience to wait for such a lengthy upgrade time. I have an appointment with my social worker at the Greenwich Town Hall tomorrow at 1 P.M. to apply for my Renter's Rebate. I will use the Renter's Rebate when it comes around October 2015 to help pay my automobile insurance and the new backup hard drive. Playing scratch cards is not really helping out. Even when I don't smoke downtown, nobody networks with me, since even though www.ibm.com has a minor presence in the area, people are not really interested too much in computers from my perspective. Still I have become pretty good at the Windows Operating Systems perspective and configuring my inexpensive computers with the latest operating systems. Alas there are probably more people at the local beaches enjoying the warm weather whom really could not give a dang about Windows 10. Still it is like the ants and the grasshopper, and it is better to keep busy in the summer. CIO

08/03/15 Monday 4:15 P.M.. Although the Dell Optiplex 740 tower came with Windows 7 Professional X64 installed but with a product key label for Windows 7 Home Premium X64, I was able to get a *.iso file for Windows Home Premium X64 before Microsoft took them off the net, and the www.arrowdirect.com Windows 7 Home Premium X64 product key worked with my installation, so it is now activated. I am now installing Windows 10 Home X64 which takes a while. I then have to configure it and back it up. Possibly since each product key is good for two computers, I can also install it on the Dell Optiplex 760 usff, but if not I have a unused copy of Windows 7 Home and one of Windows 8 Ultimate. CIO

08/03/15 Monday 3:35 P.M.. Tracking number is "1ZX79947YW31229502" at www.ups.com for the order with promo code "EMCAVPK29" for \$10 off this item \$119.99 wih free shipping SAMSUNG D3 Station 5TB USB 3.0 3.5" Desktop External Hard Drive STSHX-D501TDB Black . CIO

08/03/15 Monday 2:50 P.M.. I woke up at 2:30 P.M., when a telemarketer tried to sell me a home security system. On the Dell Optiplex 740 Tower, I am now installing the OEM Windows 7 Home Premium X64, and then I will upgrade it to Windows 10 Home X64 and configure it, and once configured, I will back it up. This will take a bit of time. CIO

08/03/15 Monday 1:00 P.M.. On both sides of the roast beef sandwich, I put Hellmann's mayonnaise, Vidalia onion, horse radish sauce and Montreal steak seasoning, and I ate it with Lays jalapeño potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. I will now take a nap. CIO

08/03/15 Monday 12:20 P.M.. I threw out the garbage. I went by the www.chase.com bank at Deerfield Place. I then went by the Wells Fargo Bank at Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I then went downtown. I used the bathroom at the senior and the arts center. They have finished the repaving the water main break area on lower Greenwich Avenue including striping the parking places, so it looks pretty much back to normal. I then walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I bought an Ace's high scratch card for a dollar, but I lost. I showed the counter person using an Acer laptop the Windows 10 Upgrade link. I used the bathroom at the senior and the arts center again. I stopped by www.cvs.com , and I bought a 7.52 ounce liquid softsoap with CVS machine coupon for .79 and a 12 pack of CVS disposable razor blades for \$8.99 and a 7 ounce CVS sensitive skin shave gel for \$2.99 less \$4 off CVS machine coupon on a \$10 shaving products coupon for .56 tax for \$9.42 total. I then stopped by the Chase Bank at the top of Greenwich Avenue, and I got a \$10 roll of quarters that I left in between the Volvo wagon seats to have available for parking. I then finished my walk. I then went by the Stop and Shop, and I bought buy one get one free of six packs of Thomas' English muffins for \$4.39 both, a chunk of Norwegian Jarlsberg cheese for \$6.99 a pound for \$10.21, a 1.75 ounce container of Friendly coffee ice cream for \$2.50, a 42 ounce Quaker old fashioned oatmeal for \$4.99, a quart jar of Mount Olive kosher dill spears for \$2, a 12 ounce generic honey for \$2.50, bananas for .49 a pound for \$1.24, and a prepared roast beef sandwich for \$3.99 for \$31.82 total. I then returned home, and I put away my purchases. CIO

08/03/15 Monday 8:05 A.M.. I will now venture downtown to pay my rent. CIO

08/03/15 Monday 5:55 A.M.. I woke up and ate a blueberry muffin. I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/02/15 Sunday 6:20 P.M.. I will now shut down the primary work computer. I will then go to bed. CIO

08/02/15 Sunday 5:40 P.M.. I ate a bag of microwave popcorn. CIO

08/02/15 Sunday 5:25 P.M.. I put together the paper work for my Renter's Rebate. I emailed my social worker to schedule me an appointment to file the renter's rebate. CIO

08/02/15 Sunday 4:40 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

08/02/15 Sunday 3:45 P.M.. I woke up at 2:30 P.M., and I chatted with a relative. For backing up my computers, I ordered with promo code "EMCAVPK29" for \$10 off this item \$119.99 wih free shipping SAMSUNG D3 Station 5TB USB 3.0 3.5" Desktop External Hard Drive STSHX-D501TDB Black CIO

08/02/15 Sunday 10:50 A.M.. I will now take a nap. CIO

08/02/15 Sunday 10:25 A.M.. I am just about to eat a Stouffer's 19 ounce meat lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

08/02/15 Sunday 10:10 A.M.. I threw out the garbage. I went downtown to Greenwich Avenue. www.burnsconstruction.com is repaving lower Greenwich Avenue where the water main leak was along www.rh.com down to www.apple.com on the west lane of Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by www.cvs.com and I bought a 12 roll package of Charmin extra strong toilet paper for \$9.99 and a 8 ounce Folgers's instant coffee for \$3.99 and .63 tax for \$14.61 total. I used the bathroom at CVS. I sat out for a while, and then I finished my walk. I noticed a Bentley Couple does not seem to have lug nuts, so they must have a secret way to tag the tires off. It was the usual Sunday morning crowd of coffee drinkers and dog walkers. I then drove back to CVS, and I used the bathroom again. I bought three 12 packs of 12 ounce Schweppes Ginger Ale for \$10 and \$1.80 can deposit and .63 6.35% Connecticut sales tax for \$12.43 total. I then bought a 8 ounce Folgers's instant decaffeinated coffee for \$3.99 less \$2 bonus bucks on the previous purchase for \$1.99 total. I then returned home, and I used my little folding cart from the back of the Volvo wagon to brink up the ginger ale, and I put the folding carts in the back of the Volvo wagon. CIO

End of Scott's Notes week of 08/02/15

08/02/15 Sunday 6:25 A.M.. I will now send out my weekly notes. I will then go downtown to Greenwich Avenue for a walk. CIO

08/02/15 Sunday 5:25 A.M.. I woke up at 4 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

08/01/15 Saturday 3:25 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will now shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed. I ate a http://scott-mike.com/em.htm with a glass of cold filtered water. CIO

08/01/15 Saturday 2:30 P.M.. More refurbished computers
http://stores.ebay.com/Internet-Super-Mall

Buy from Area 51 <http://stores.ebay.com/EPC-Vegas> . CIO

08/01/15 Saturday 1:00 P.M.. I chatted with a relative. I woke up at 12:45 P.M.. CIO

08/01/15 Saturday 10:50 A.M.. I chatted with a relative. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces in a large soup bowl with one sliced tomato and part of diced Vidalia onion. I seasoned it with garlic powder, ground black pepper, Italian spices, celery salt, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 3 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces and I put Ken's blue cheese dressing and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

08/01/15 Saturday 9:45 A.M.. I went downtown. I mailed the Microsoft Sunset Income versus Spending report at the central Greenwich Post Office. I then went further downtown. Lower Greenwich Avenue is all torn up with a water main break that is being repaired. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar. There was a thousand dollar prize, but I did not beat the dealer's nine. I chatted with a friend on my wireless telephone. I used the bathroom at Starbucks. I stopped www.cvs.com , and I bought buy one get one free of CVS odorless 1000 mg fish oil 120 softgels for \$13.79 both and a two package of rolls of Scotch tape for \$7.99 and .51 tax for \$22.29 total. I then stopped by the www.greenwichhardware.org , and I bought a 12 inch 32 watt round florescent SATCO bulb for \$9.99, and a national spring clamp for \$2.99, and a leather scent Christmas tree scent card for \$1.49 and .92 tax for \$15.39 total. I then hung the scent card on the hook behind the driver's seat in my Volvo wagon. I sat out for a while after my walk. I then returned home to Chez Michel. I ate three ounces of mixed nuts. CIO

08/01/15 Saturday 5:35 A.M.. I sorted out the magazine rack on the far side of the Ethan Allen recliner. I threw out the old magazines and other periodicals. I will now go downtown for a walk of Greenwich Avenue. CIO

08/01/15 Saturday 3:20 A.M.. I woke up, and I ate five ounces of mixed nuts. I finally work up at 2:15 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a 12 ounce glass of punch and cold filtered water, a toasted English muffin with extra virgin olive oil, and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO