

09/30/15 Wednesday 10:35 P.M. I chatted with a relative. I drank a cup of coffee with Splenda sweetener and milk. I went through <http://scott-mike.com/bf.htm> . I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and a 1.75 ounce tin of Bumble Bee sardines with oil and a peeled and sliced ripe avocado. 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 a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I printed out two copies of my Microsoft Money Sunset income versus spending report for September 2015, and I used one 49 cent to mail one copy to an interested relative. I mailed it in the mail room downstairs. I will now take a nap. CIO

09/30/15 Wednesday 7:05 P.M. I threw out the garbage. I went downtown. I chatted with a neighbor. I used the bathroom at the Senior and the Arts Center. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured CVS. I used the bathroom at CVS. After my walk I sat out for a while. I used the bathroom at Starbucks. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost. I sat out some more, and I chatted with a relative on my wireless telephone. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$6.50 of self service V-Power premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.279 a gallon for 1.982 gallons at odometer reading of 111732 miles for 19.4 miles driven since Saturday September 26, 2015 for 9.789 miles per gallon in local traffic. I then returned home to my apartment. CIO

09/30/15 Wednesday 3:35 P.M. I will go downtown for a walk soon. CIO

09/30/15 Wednesday 2:25 P.M. I woke up at 1:45 P.M.. I picked up the mail. The order with tracking of [https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404361906070&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404361906070&cntry_code=us) on the order for Classic Blue in Big 3XL for \$33.42 with free shipping with coupon code "KSZSHIP" <http://www.kingsizedirect.com/large-size/Adirondack-Carcoat.aspx?Pfid=447899&DeptId=24011&ProductTypeId=1&ppos=2&Spl=1&StyleNo=0266> for \$33.42 total arrived. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=92748901146325543400431225](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=92748901146325543400431225) on the order for <http://www.pipingrock.com/niacin/niacinamide-500-mg-b-3-1264> for \$10.49 and \$2.95 shipping for \$13.44 total arrived. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

09/30/15 Wednesday 3:00 A.M. I am going to take a nap for a while. CIO

09/30/15 Wednesday 2:30 A.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and six sliced fresh mushrooms and a 1.75 ounce tin of Bumble Bee sardines with oil and a peeled and sliced ripe avocado. 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 a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

09/30/15 Wednesday 1:55 A.M. I put the HP Compaq computer on the right side of the primary work setup where the Dell Optiplex 740 tower was, and I moved the Dell Optiplex 740 tower to in front of the mahogany bureau where the HP Compaq was. They are both setup the same, and they work just fine. CIO

09/29/15 Tuesday 11:15 P.M. I drank a cup of coffee with Splenda sweetener and milk.  
[http://slickdeals.net/f/8134876-norwegian-air-flights-from-248-round-trip-west-and-east-coast-to-oslo-london-berlin-copenhagen-stockholm-jan-feb-2016?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+Slickdeals+netForums-9+%28Hot+Deals+-+Slickdeals+Forums%29](http://slickdeals.net/f/8134876-norwegian-air-flights-from-248-round-trip-west-and-east-coast-to-oslo-london-berlin-copenhagen-stockholm-jan-feb-2016?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Slickdeals+netForums-9+%28Hot+Deals+-+Slickdeals+Forums%29) . CIO

09/29/15 Tuesday 10:15 P.M. After the last note, I ate a bowl of goldfish crackers and two ounces of mixed nuts. I then went back to bed until 9:45 P.M..

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100011733836&Type=4> on the order for D-Link GO-SW-8G Switch for \$17.99 with free shipping

[http://www.newegg.com/Product/Product.aspx?Item=N82E16833127422&cm\\_re=d-link\\_go-sw-8g--33-127-422--Product](http://www.newegg.com/Product/Product.aspx?Item=N82E16833127422&cm_re=d-link_go-sw-8g--33-127-422--Product) . CIO

09/29/15 Tuesday 6:10 P.M. The Rosewill LAN card is in the HP Compaq computer. I chatted with a relative. Is raining outside, so I will not be going out for a walk. CIO

09/29/15 Tuesday 4:10 P.M. I picked up the mail. The order with tracking of [https://www.fedex.com/apps/fedextrack/?tracknumbers=74899998734322189526&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=74899998734322189526&cntry_code=us) on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16833166017> for \$11.99 with free shipping arrived. I will put in the HP Compaq after I drink my coffee.

The final configuration 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.

face plate [http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp\\_olp\\_new?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp_olp_new?ie=UTF8&condition=new) for \$6.99 with free shipping, September 20, 2015

card reader <http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?trksid=p2054897.c100204.m3164&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520> for \$15.99 with free shipping, August 28, 2015

sata to molex connector [http://www.monoprice.com/Product?p\\_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPQ&kpid=107642](http://www.monoprice.com/Product?p_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPQ&kpid=107642) for \$1.19 each and \$.81 shipping for \$2.00 total, August 28, 2015

two 4 gb memory chips <http://www.ebay.com/itm/141543173139> \$22.98, August 28, 2015

**CompUSA.com: Hauppauge WinTV-HVR-1600 ATSC NTSC Hybrid Video Recorder TV Tuner - 1178 - Computer Upgrades » TV Tuners** and **WinTV-HVR-1600** for \$100 with \$20 mail in rebate plus \$7 tax for \$107 total February 2007 and final cost of \$87 after rebate, installed February 2007, uninstalled from the primary Vista computer, because the remote control feature does not work. I tested it on another computer, and it did not work on that either. It has a two year warranty, so I will get an RMA and return it. I received email that they will send me a new remote control receiving unit. May 19, 2008

PCI LAN Card <http://www.newegg.com/Product/Product.aspx?Item=N82E16833166017> , \$11.99 with free shipping, September 24, 2015

<http://www.ebay.com/itm/256GB-Micro-SD-XC-Card-with-FREE-Adapter-10-Class-Universal-TF-Flash-Memory-Card-/251934822114?hash=item3aa87c4ee2> for \$11.87 with free shipping, September 26, 2015

Total September 26, 2015: \$416.75

CIO

09/29/15 Tuesday 3:55 A.M. I ate a bowl of goldfish crackers before going to bed, and I woke up and ate another bowl. I finally woke up at 3 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

09/29/15 Tuesday 3:55 A.M. I will now shut down the primary work computers, and I will go to bed. CIO

09/29/15 Tuesday 3:05 A.M. You can see the baby Panda right now <http://nationalzoo.si.edu/animals/webcams/giant-panda.cfm> . I will now eat two scoops of coffee ice cream. CIO

09/29/15 Tuesday 2:40 A.M. Tracking is <https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404361906070&cntrycode=us> on the order for Classic Blue in Big 3XL for \$33.42 with free shipping with coupon code "KSZSHIP" <http://www.kingsizedirect.com/large-size/Adirondack-Carcoat.aspx?Pfid=447899&DeptId=24011&ProductTypeId=1&ppos=2&Spl=1&StyleNo=0266> for \$33.42 total.

If one looks at <http://www.royal.gov.uk/> , one can see how members of the British Royal family manage to stay thin. I guess my half Dutch genes are similar to German genes, so I genetically am fatter, although I do not think I eat that much food. Possibly sitting in front of the computer all of the time leads to a lack of exercise. If I tried swimming at 238 pounds, I am afraid I might sink like a stone. I have been walking quite a bit since I got back from Kennebunkport, Maine. However, after 10 PM at night on Greenwich Avenue, Starbucks and CVS on Greenwich Avenue are closed, so there is no place to go to the bathroom, which I might frequently need. I guess one could walk into one of the local restaurants or pubs, but I do not feel comfortable doing that. Much the same until when Starbucks opens at 6 AM in the morning and CVS at 7 AM. It is the nature of getting older, one has to go to the bathroom more frequently. That is also why I do not drink liquids when I go out of my apartment. The solitude on a night schedule is what I am most used to. One could always stop by the nearby all night CVS to see if anything is happening there, but mostly I see people in a rush there. At age 65, one does not go to discos at 2:30

AM in the morning to try to stay in shape. There are probably still flight personnel that stay up all night in the area and return on their early morning flights to where ever they flew in from. Well, it is awake time in the morning in Europe, but not here yet. CIO

09/29/15 Tuesday 1:55 A.M. I ate a bag of microwave popcorn. It is quite the norm here for nobody to heard talking in public. Thus one is left trying to figure out whom speaks English and what dialects, and whom is from other parts of the world that is not familiar with English. We are a large international community here, so the limited few people that speak English are left trying to figure out whom the other people might be that have settled into our suburban community close to New York City. We have so many ethnic varieties, it can be all quite confusing. Thus having lived here since around June 1962, I am used to the various ways of the local individuals whom tend to be very reserved. We read about a tiny few people in the local paper, but there is a far larger group that makes up the community, and since they can afford to live here, they are obviously busy with other endeavors that are not noticed. From my perspective, there are a lot of people whom live here that are involved in the financial markets, but that is part of my focus, and may not be the reality. We also always have a large group of people visiting and traveling through the community all of the time, so it can be hard to figure out whom lives here, and whom is just a casual visitor. Also a lot of the residents tend to be private, so they are not conspicuous downtown in the more public areas. Half the town of Greenwich, Connecticut is supposed to be under 16 years of age, so that younger group keeps the rest of the population busy. Of course a lot of people look like other people whom are better known, so that can even lead to more confusion. CIO

09/29/15 Tuesday 1:10 A.M. Tracking number is "1ZW0375VYW12557294" at [www.ups.com](http://www.ups.com) on the order for With coupon "IKV160513" , I ordered [http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=9085870&sku=UHI-102501857&SRCCODE=LINKSHARE&cm\\_mmc\\_o=-ddCjC1bELltzywCjC-d2CjCdwwp&utm\\_source=Linkshare&utm\\_medium=Affiliate&utm\\_campaign=WxHRnc oD05Y&AffiliateID=WxHRncoD05Y-N1.DW6\\_YmyTVP9OHfS5hCQ](http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=9085870&sku=UHI-102501857&SRCCODE=LINKSHARE&cm_mmc_o=-ddCjC1bELltzywCjC-d2CjCdwwp&utm_source=Linkshare&utm_medium=Affiliate&utm_campaign=WxHRnc oD05Y&AffiliateID=WxHRncoD05Y-N1.DW6_YmyTVP9OHfS5hCQ) for \$11.99 with free shipping.

Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=92748901146325543400431225](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=92748901146325543400431225) on the order for <http://www.pipingrock.com/niacin/niacinamide-500-mg-b-3-1264> for \$10.49 and \$2.95 shipping for \$13.44 total. CIO

09/29/15 Tuesday 12:30 A.M. I think today is Michaelmas, where it is legal to steal a horse in Scotland. I ate a blueberry muffin. I watch the last episode 32 of "America's Book of Secrets". What was strange about Greenwich Avenue this past evening, is that the usual group of pub crawlers were not out watching Monday Night Football, so something else must be keeping them busy. Perhaps, there is some sort of new activity on the internet that I do not know about. I am just maintaining my simple internet routines maintaining my vintage computer equipment network setup. Since nobody ever communicates outside a few family members and friends, there does not seem to be very much going on in the

world in general, particularly if one does not watch too much television. The United States of America is a fairly large country with about 340 million people, so being near the largest metropolitan area, we always see a few visitors traveling around our simple rural community. I think we also get a few curious international visitors, particularly during the warmer months. Alas winter will be back with us in a couple of months, so we will have even more time to be stuck inside. I do not have the option of spending the winter in warmer areas, since that is costly and would disrupt my normal routine. From what I can tell, it does not seem like as many people are awake in this area on a night schedule, but it might be still the same usual busy activity in nearby Manhattan at night. We have a mild drought in this area, so the rain we are suppose to get the next couple of days is needed. CIO

09/28/15 Monday 11:00 P.M. I went out, and I went by the A&P Fresh. I bought three ripe avocados for \$5 and a four pack of blueberry muffins for \$3.50 for \$8.50 total. I then went downtown. I chatted with a regular at Starbucks. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. It was not busy out at all. I then returned back home, and I sat outside for a while. I will now have a cup of coffee with Splenda sweetener and milk. CIO

09/28/15 Monday 9:20 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now go downtown. CIO

09/28/15 Monday 8:45 P.M. This item is still available  
<http://www.amazon.com/AMERICAN-CONVERSION-APC-5-Outlet-Suppressor/dp/B00C2CLSZK> . It is a flat panel control panel like they used to use in the old days. They are very hard to find. CIO

09/28/15 Monday 8:05 P.M. I chatted with a relative. I ordered in size 9.5 in white Cole Haan Men's Falmouth Fashion Sneaker for \$39.99 and \$2.54 tax for \$42.53 total with free shipping. CIO

09/28/15 Monday 7:00 P.M. I ordered D-Link GO-SW-8G Switch for \$17.99 with free shipping  
[http://www.newegg.com/Product/Product.aspx?Item=N82E16833127422&cm\\_re=d-link\\_go-sw-8g\\_-33-127-422\\_-Product](http://www.newegg.com/Product/Product.aspx?Item=N82E16833127422&cm_re=d-link_go-sw-8g_-33-127-422_-Product) . I use it as a spare for my network. CIO

09/28/15 Monday 6:20 P.M. I threw out the garbage. I sat outside for a while. I chatted with neighbors and the building custodian. I picked up the mail.

Tracking is  
[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511699000349613919](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511699000349613919) on the order for Logitech Wireless Combo MK710 Cordless Desktop Keyboard & Laser Mouse for PC for \$27.98 with free shipping.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699937932355199> on the order for <http://www.ebay.com/itm/256GB-Micro-SD-XC-Card-with-FREE-Adapter-10-Class-Universal-TF-Flash-Memory-Card-/251934822114?hash=item3aa87c4ee2> for \$11.87 with free shipping. CIO

09/28/15 Monday 5:10 P.M. I went back to bed after the last note. I woke up at 4:45 P.M.. I ate a bowl of goldfish crackers. I drank a cup of coffee with Splenda sweetener and milk. I made my bed again. I will now shower and clean up. I guess I am back on a night schedule again. CIO

09/28/15 Monday 12:45 P.M. I woke up and ate a bowl of goldfish crackers. I chatted with a relative at 9 A.M.. I finally woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

09/27/15 Sunday 11:55 P.M. I watched "America's Book of Secrets, episode 31. I ate three bowls of goldfish crackers. I will now shut down the primary work computers and go to bed. CIO

09/27/15 Sunday 10:40 P.M. I bought Logitech Wireless Combo MK710 Cordless Desktop Keyboard & Laser Mouse for PC for \$27.98 with free shipping. I will use it as a spare. I put a new 12 inch SATCO circular florescent bulb in the fixture above the bathroom sink. I will now eat two scoop of coffee ice cream. CIO

09/27/15 Sunday 8:50 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and six sliced fresh mushrooms and a 1.75 ounce tin of Bumble Bee sardines with oil and a peeled and sliced ripe avocado. 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 a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. I chatted with a friend. CIO

09/27/15 Sunday 7:35 P.M. I went downtown, and I walked lower Greenwich Avenue as far south as Zen Stationary, where I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at Starbucks. I sat out for a while. I walked upper Greenwich Avenue, and I stopped by CVS, and I used the bathroom. I bought three 12.5 ounce Alberto VO5 Kiwi and Lyme shampoo for \$1 each, and three 12.5 ounce Alberto VO5 Kiwi and Lyme conditioner for \$1 each, and four 1.75 ounce Bumble Bee sardines in oil for a \$1 each, and buy one get one free of 200 capsule flush free Niacin for \$15.99 both for \$24.90 total. I then finished my walk, and I sat out for a while. I chatted with a couple of local walkers. I then went by the Stop and Shop. I bought a 15 ounce Smart Balance extra

virgin olive oil spread for \$3.99, a 9 ounce Triscuits rosemary and olive oil crackers for \$2, a 30 ounce Pepperidge Farm Flavor enhanced cheddar goldfish crackers for \$8.99, a quart jar of Vlassic kosher dill pickles for \$2, bananas for .49 a pound for .69, a 1 pound bag of baby carrots for \$1.89, a head of cello iceberg lettuce for \$1.49, a Bermuda red onion for \$1.99 a pound for \$1.43, and a ripe Hass avocado for \$1.25 for \$24.73 total. I then returned home to Chez Mike's, and I put away my purchases. CIO

09/27/15 Sunday 4:30 P.M. There are refurbished Dell Latitude E6410 Core i7 laptops here for about \$160

<http://www.ebay.com/sch/buybest13/m.html?item=311445015044&hash=item488391ca04&rt=nc&trksid=p2047675.l2562> . I will now go downtown. CIO

09/27/15 Sunday 3:05 P.M. Intel i5 computer deal \$166.40 with free shipping

[http://www.newegg.com/Product/Product.aspx?Item=9SIA5HA36D7670&nm\\_mc=AFC-dealnews&cm\\_mmc=AFC-dealnews--NA--NA--9SIA5HA36D7670](http://www.newegg.com/Product/Product.aspx?Item=9SIA5HA36D7670&nm_mc=AFC-dealnews&cm_mmc=AFC-dealnews--NA--NA--9SIA5HA36D7670) . CIO

09/27/15 Sunday 2:40 P.M. I trimmed the Golden Pathos plant on the living room window. I also trimmed the miniature palms on the mahogany bureau. I threw out the garbage. I sat outside for a while. I chatted with a couple of neighbors. CIO

09/27/15 Sunday 1:05 P.M. I woke up, and I ate a blueberry muffin. I finally woke up at noon, and I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water 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 09/26/15

09/26/15 Saturday 11:50 P.M. I ate a bag of microwave popcorn and four ounces of mixed nuts. I will now send out my weekly notes. I will then go to bed. CIO

09/26/15 Saturday 11:10 P.M. I ordered <http://www.pipingrock.com/niacin/niacinamide-500-mg-b-3-1264> for \$10.49 and \$2.95 shipping for \$13.44 total.

Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=%209400109699937930208916](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=%209400109699937930208916) on the order for <http://www.ebay.com/itm/Samsung-EVO-64GB-microSDXC-micro-SD-SDXC-UHS-microSD-Class-10-card-Retail-Packag-/281803124682?hash=item419cc66fca> for \$14.99 with free shipping. CIO

09/26/15 Saturday 10:35 P.M. I went out, and I stopped by the A&P Fresh. I was told they will be changing to an Albertson's supermarket in mid October 2015. I bought two 12 packs of Oroville Rickenbacher microwave butter popcorn for \$2.99 each and a quart of America's Choice lemon juice for \$2.39 for \$8.37 total. I then went downtown. I used the bathroom at Starbucks. The men's room door does not lock. I chatted with a regular. I walked upper Greenwich Avenue. I stopped by CVS, and I bought three 40 count boxes of



Lipton green tea bags for \$3 each box for \$9 total. I then finished my walk. It was not too busy out. I then returned home. I made a copy of the Swedish Imports maintenance record from Kennebunk, Maine, and I put the original with my Volvo paper work on the folding oak table in front of the Rubbermaid hamper in the bedroom. I will put the copy in the glove box of the Volvo wagon. While in Kennebunkport, Maine, I was asked in the Kennebunkport post office, where I got my suspenders. They come from <http://www.americanworkwear.com> where one searches for suspenders. I have 78 cents left on my Pirelli Visa rebate card. CIO

09/26/15 Saturday 7:50 P.M. All systems go. I will now venture out downtown to Greenwich Avenue. CIO

09/26/15 Saturday 7:15 P.M. I ate 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed baby carrots a microwaved 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.

From the primary work Dell Optiplex 760 tower, I moved the Microsoft headset and web cam to the HP Compaq setup. From the HP Compaq setup, I moved the Logitech headset and web cam to the Dell Optiplex 760 tower. CIO

09/26/15 Saturday 5:15 P.M. I picked up the mail. I sat outside briefly chatting with neighbors. The order with tracking of [USPS.com](http://www.usps.com)® - [USPS Tracking](http://www.usps.com)® on the order for face plate [http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp\\_olp\\_new?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp_olp_new?ie=UTF8&condition=new) for \$6.99 with free shipping arrived. I used it to install the 3.5 inch Rosewill card reader in the HP Compaq. I did not have to use the SATA to Molex connector, since the Rosewill card reader came with a SATA connector. It all works just fine.

I photographed the setup:

<http://scott-mike.com/hpi5/>

<http://mikelouisscott.com/hpi5/>

I chatted with a relative. CIO

09/26/15 Saturday 3:25 P.M. I threw out the garbage. I moved the Volvo wagon to its usual place. I chatted with neighbors.

With coupon "IKV160513" , I ordered [http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=9085870&sku=UHI-102501857&SRCCODE=LINKSHARE&cm\\_mmc\\_o=-ddCjC1bELltzvwCjC-d2CjCdwwp&utm\\_source=Linkshare&utm\\_medium=Affiliate&utm\\_campaign=WxHRnc](http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=9085870&sku=UHI-102501857&SRCCODE=LINKSHARE&cm_mmc_o=-ddCjC1bELltzvwCjC-d2CjCdwwp&utm_source=Linkshare&utm_medium=Affiliate&utm_campaign=WxHRnc)

oD05Y&AffiliateID=WxHRncoD05Y-N1.DW6\_YmyTVP9OHfS5hCQ for \$11.99 with free shipping. CIO

09/26/15 Saturday 1:35 P.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

09/26/15 Saturday 12:55 P.M. I woke up at noon. I chatted with a relative. I will put the Samsung 64GB microSD card with the Dell Optiplex computer memory card reader. For the HP Compaq computer, I ordered <http://www.ebay.com/itm/256GB-Micro-SD-XC-Card-with-FREE-Adapter-10-Class-Universal-TF-Flash-Memory-Card-/251934822114?hash=item3aa87c4ee2> for \$11.87 with free shipping. CIO

09/26/15 Saturday 2:50 A.M. I ate five ounces of mixed nuts and a blueberry muffin. I will now shut down the primary work computers, and I will go to bed. CIO

09/26/15 Saturday 2:10 A.M. For the HP Compaq memory card reader, I bought <http://www.ebay.com/itm/Samsung-EVO-64GB-microSDXC-micro-SD-SDXC-UHS-microSD-Class-10-card-Retail-Packag-/281803124682?hash=item419cc66fca> for \$14.99 with free shipping. CIO

09/25/15 Friday 11:55 P.M. I ordered in Classic Blue in Big 3XL for \$33.42 with free shipping with coupon code "KSZSHIP" <http://www.kingsizedirect.com/large-size/Adirondack-Carcoat.aspx?Pfid=447899&DeptId=24011&ProductTypeId=1&ppos=2&Splt=1&StyleNo=0266> for \$33.42 total. CIO

09/25/15 Friday 10:35 P.M. I ate a bag of microwave popcorn. The problem with trying to sort out the truth in the New York City area is that a lot of the local citizens are not too well informed, so frequently whatever their view point of any sort of truth on any number of subject matters is opened to interpretation based on the local situations. CIO

09/25/15 Friday 10:15 P.M. I toured the new Citrella grocery store on West Putnam Avenue. They also have a wine store that closes at 8 P.M.. The store has a large variety of ready made products. It is a bit expensive, but I guess busy people will like the ready made foods of their choice. I next went downtown. I chatted with a relative on my wireless telephone. I chatted with a regular at [www.starbucks.com](http://www.starbucks.com) . I used the bathroom there. I walked lower Greenwich Avenue and the train station area. I sat out for a while. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$13 of self service premium V-Power gasoline for \$3.379 a gallon for 3.846 gallons at odometer reading of 111713 miles for 47.2 miles drive since last Saturday June 19, 2015 for 13.969 miles per gallon in local traffic. I then returned home. I can hear loud Hispanic cha cha music being played out in the neighborhood from across the street this evening. CIO

09/25/15 Friday 7:40 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I ate two scoops of coffee ice cream and a cup of coffee with Splenda sweetener and milk. I chatted with a relative.

Some similar to mine

[http://www.ebay.com/sch/i.html?LH\\_BIN=1&from=R40&sacat=0&nkw=HP+8100+Elite+2.8GHz+QC+i5&sop=15](http://www.ebay.com/sch/i.html?LH_BIN=1&from=R40&sacat=0&nkw=HP+8100+Elite+2.8GHz+QC+i5&sop=15). I will now go downtown to observe the Christian pilgrims. CIO

09/25/15 Friday 6:25 P.M. While at the bottom of Greenwich Avenue today, I saw a flat bed truck carrying a fairly new grey Bentley Coupe with the entire front end smashed in. The rear license plate was a Florida license plate. CIO

09/25/15 Friday 5:50 P.M. I found this for \$69.99 and \$14.50 shipping <http://www.ebay.com/itm/HP-COMPAQ-Elite-8000-Ultra-Slim-Desktop-3-16GHz-E8500-4GB-250GB-Windows-10-Pro-/252101520660?hash=item3ab26bed14>. However, there might be cheaper similar ones.

I went out, and I went to my 1:30 appointment. I chatted with a former neighbor. I chatted with a relative on my wireless telephone. I then went downtown, and I used the bathroom at the Senior and the Arts Center. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. There were a half dozen people lined up in front of the [www.apple.com](http://www.apple.com) waiting for the Iphone 6. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I won a free card that I lost on. I stopped by the new Bitteridge Jewelry store, but they were busy. I chatted briefly with the Shreve Krump and Lowe jewelry store. I used the bathroom at CVS. I wanted to get vitamins there, but the did not have CVS Niacin. I finished my walk. I went by the Stop and Shop. I bought a loaf of Pepperidge Farm 15 grain bread for \$2.50, a 42 ounce Quaker Old Fashioned oatmeal for \$4.99, two 16 ounce Wish Bone blue cheese dressing for .99 and \$1.99, a 12 ounce generic honey for \$2.50, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.99, two 8 ounce Perdue Italian short cuts of cooked white chicken breast meat for \$2.99 each, two potatoes for .99 a pound for \$1.71, a four pack of tomatoes for \$2.49, and bananas for .49 a pound for .44 for \$26.57 total. I then went to the A&P Fresh, and I got my \$4.29 back on the extra ice cream they charged me for yesterday. However, yesterday they had a sign up saying two for \$5, which is now the price this week for 1.5 quart Turkey Hill ice cream. I bought two 5.75 ounce Wise Jalapeño potato chips for \$2 each for \$4 total. I then went by the CVS on West Putnam Avenue, and they do not have CVS Niacin or Niacinamide also. I bought buy one get one free of CVS 1000 mg capsule MSM for \$8.49 each, CVS B-12 1500 mcg 120 capsule for \$7.99 both, CVS Vitamin C 500 mg 100 capsule for \$5.79 both less a \$5 off \$15 CVS internet coupon for \$17.27 total. I then returned home. I picked up the mail. I gave a neighbor a package. CIO

09/25/15 Friday 11:40 A.M. I threw out the garbage. I sat outside for a while enjoying the day. I have a 1:30 P.M. appointment this afternoon. CIO

09/25/15 Friday 10:40 A.M. I woke up at 9:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

09/24/15 Thursday 11:25 P.M. I watched the rest of the Prince Charles Garden Tour <https://www.youtube.com/watch?v=LbJgNXgppkI> . I will now shut down the primary work computers, and I will eat a blueberry muffin, and then I will go to bed. CIO

09/24/15 Thursday 10:25 P.M. I chatted with a neighbor. I put away the clean laundry. CIO

09/24/15 Thursday 9:00 P.M. Tracking is [https://www.fedex.com/apps/fedextrack/?tracknumbers=74899998734322189526&cntry\\_co de=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=74899998734322189526&cntry_co de=us) on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16833166017> for \$11.99 with free shipping.

[http://www.volcano.si.edu/reports\\_weekly.cfm](http://www.volcano.si.edu/reports_weekly.cfm)

I have 55 minutes to go on two dry cycles. CIO

09/24/15 Thursday 8:35 P.M. I put the new white Queen size linens on the bed. I started two loads of wash, and I have 20 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

09/24/15 Thursday 7:40 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and part of diced Bermuda red onion and sliced fresh mushrooms and a four ounce can of Bumble Bee crab meat. 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 Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

09/24/15 Thursday 7:05 P.M. I went by the Greenwich Hospital Thrift shop, and I toured the store's display. They have gotten a bit more expensive. I then took the Shore Road Detour in Belle Haven, and I drove around Grass Island. I then went downtown. I used the bathroom at the Senior and the Arts Center. 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 a Ace's High scratch card for a dollar, and I won another free Ace's High scratch card that I lost on. I stopped by CVS, and I used the bathroom and picked up a prescription. I finished my walk. I then went by the A&P Fresh, and I bought three 12 packs of Schweppes Ginger Ale for \$10 and \$1.80 can deposit, a two liter can of Botticelli extra virgin olive oil for \$18.59, four 19 ounce Stouffer's meat

and tomato lasagnas for \$3 each, bananas for .79 a pound for .66, a red Bermuda onion for \$1.99 a pound for \$1.57, a 1.5 quart Turkey Hill Columbian coffee ice cream for \$4.29 and a four pack of blueberry muffins for \$3.50 for \$56.69 total, because they charged me an \$4.29 for another ice cream that I did not buy.. I will get my refund tomorrow. I then returned home. I used my little folding cart from the rear of the Volvo wagon to carry up the groceries. I then put it back in the rear of the Volvo wagon. I picked up the mail and put away the groceries. CIO

09/24/15 Thursday 2:50 P.M. I ate a bag of microwave popcorn. I will now go downtown. CIO

09/24/15 Thursday 2:30 P.M. For the HP Compaq computer, I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16833166017> for \$11.99 with free shipping. CIO

09/24/15 Thursday 1:40 P.M. I threw out the garbage. I sat outside for a while, and I chatted with neighbors and the building custodian. Not much happens out here in the remote wilderness of greater southwestern Connecticut. It must be a warmer fall, since I have yet to see any Canadian Geese flying south for the winter. CIO

09/24/15 Thursday 12:10 P.M. I went back to bed until noon. I made my bed. I will now have another cup of coffee with Splenda sweetener and milk. I will then shower and clean up. CIO

09/24/15 Thursday 9:30 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

09/24/15 Thursday 8:55 A.M. I had a bother tech pirate call at 7:30 A.M. this morning. I finally woke up at 8:30 A.M., when my bedroom NOAA weather radio went off with a Tsunami Warning from Delaware to New Haven. I checked with the local police department, and they told me there is no warning, and the internet does not show a warning. CIO

09/23/15 Wednesday 11:10 P.M. I watched "America's Book of Secrets" episode 30. I ate a blueberry muffin. I will now shut down the primary work computers. I will then go to bed. CIO

09/23/15 Wednesday 9:00 P.M. I chatted with a friend. I printed out the last four months of Scott's Notes which are 171 pages long that I put in two clamp binders on the [www.harvard.edu](http://www.harvard.edu) chair at the hallway entrance.

They are available at:

May to August 2015, "mlsnote34.docx" , pages 11472 - 11642

May to August 2015, "mlsnote34.docx" , pages 11472 - 11642

<http://scott-mike.com/mlsnote34.pdf>

<http://mikelouisscott.com/mlsnote34.pdf> CIO

09/23/15 Wednesday 6:10 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and part of diced Bermuda red onion and sliced fresh mushrooms. 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 Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

09/23/15 Wednesday 5:30 P.M. I took a nap from 2 P.M. to 4:30 P.M.. I chatted with a friend. I picked up the mail. CIO

09/23/15 Wednesday 1:55 P.M. I threw out the garbage. I chatted with neighbors. CIO

09/23/15 Wednesday 1:10 P.M. I chatted with a relative. CIO

09/23/15 Wednesday 12:15 P.M. I woke up at 11 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

09/23/15 Wednesday 12:45 A.M. There is this monitor deal for a \$100 [http://www.officedepot.com/a/products/124774/Acer-S230HL-23-Widescreen-LED-Monitor/?cm\\_mmc=Affiliates\\_-CJ\\_-1066642\\_-11272891](http://www.officedepot.com/a/products/124774/Acer-S230HL-23-Widescreen-LED-Monitor/?cm_mmc=Affiliates_-CJ_-1066642_-11272891). I moved the NEC 23 inch LED monitor from the primary work computer to the HP Compaq computer with an HDMI cable. I move the 20 inch Dell 2000 monitor from the HP Compaq computer to the primary work computer. I will now shut down the primary work computer, and I will eat a blueberry muffin, and then I will go to bed. CIO

09/22/15 Tuesday 9:45 P.M. I ate 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

09/22/15 Tuesday 8:40 P.M. I went downtown, and I mailed the letter to a relative at the central Greenwich Post Office. I then went by CVS, and I returned the Phillips HDTV antenna for \$10.62 cash. I then went further downtown, and I used the bathroom at [www.starbucks.com](http://www.starbucks.com) , and then I walked lower Greenwich Avenue and the train station area. After my walk, I sat out for a while people watching the usual evening crowd of the simple village people going about their ordinary routines. Alas in the evening, one does not see as many senior citizens, since they do not have the disposable income the younger

generation has. I then returned back home. Also on Monday, I put the new [www.geico.com](http://www.geico.com) insurance card in my glove box of the Volvo wagon for the policy that begins on October 8, 2015. CIO

09/22/15 Tuesday 6:50 P.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now go back downtown. CIO

09/22/15 Tuesday 6:30 P.M. I had a cup of coffee with Splenda sweetener and milk. I got a letter ready with some paper work to send to a relative. I used one 49 cent forever stamp on it. CIO

09/22/15 Tuesday 5:20 P.M. I went out, and I drove by the Greenwich Hospital Thrift Shop, but there was no parking. I tried to drive out to Grass Island, but there is construction on the bridge underpass leading to it. Instead, I drove down Steamboat Road, but there was no parking on the waterfront. However, I did see all of the new construction in the daytime. I lived down there during Hurricane Gloria. The Showboat parking lot and the Island beach parking lot flooded, but the old Manero's parking lot where the new condos are did not flood, so they are on higher ground. However, Hurricane Gloria was a mild hurricane. I next for a change just walked upper Greenwich Avenue. I chatted with two regular walkers. I toured CVS. On the way down Greenwich Avenue, I stopped by the Greenwich Hardware store, and I bought two 2 packs of 15 watt [www.ge.com](http://www.ge.com) bent tip bulbs for \$8.98 and .51 tax less .90 cent 10% discount for \$8.59 total. I then finished my walk, and I sat outside for a while. I then used the bathroom at the senior and the arts center. I next went by the Stop and Shop on West Putnam Avenue. I bought buy one six pack get one six pack free of Thomas' English muffins for \$4.39 both, a chunk of Norwegian Jarlsberg cheese for \$6.99 a pound for \$8.04, a eight pack of large eggs expire October 28, 2015 for \$2.59, a 59 ounce medium pulp Simply Orange orange juice for \$2.50, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Ocean Spray crangrape juice for \$2.99, a 8 ounce box of mushrooms for \$1, a head of cello iceberg lettuce for \$1.49 for \$37.72 total. I then returned home. I picked up my mail. I put away the groceries. I chatted with two different relatives. CIO

09/22/15 Tuesday 2:05 P.M. For lunch I ate a sliced ham and American cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. CIO

09/22/15 Tuesday 12:30 P.M. I threw out the garbage. I chatted with neighbors. CIO

09/22/15 Tuesday 11:10 A.M. I drank a cup of coffee with Splenda sweetener and milk. I then will shower and clean up. I will contemplate whether I should go back downtown to the far reaches of Greenwich Avenue for a walk or not. CIO

09/22/15 Tuesday 10:25 A.M. I went back to bed until 10 A.M.. I chatted with a relative twice. I will now make my bed. CIO

09/22/15 Tuesday 6:00 A.M. I woke up at 5 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

09/21/15 Monday 9:40 P.M. I ate three scoops of coffee ice cream.

Prince Charles Garden Tour <https://www.youtube.com/watch?v=LbJgNXgppkI> , but on my computer the sound stopped after a while. [www.highgrovegardens.com](http://www.highgrovegardens.com) . I ate four ounces of mixed nuts. I will now shut down the primary work computers, and I will go to bed. Have a good night. I think this product <http://www.homedepot.com/p/Schultz-8-oz-All-Purpose-Plant-Food-S-1012/204813145> is sold out everywhere or very expensive, because possibly the new breed of gardeners out west have found it yields larger plants. CIO

09/21/15 Monday 7:55 P.M. Tracking is [USPS.com](http://USPS.com)® - [USPS Tracking](http://USPS.com)® on the order for face plate [http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp\\_olp\\_new?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp_olp_new?ie=UTF8&condition=new) for \$6.99 with free shipping.

### The Dental Features of Dinosaurs CIO

09/21/15 Monday 7:10 P.M. I chatted with a relative. I put the new memory in the HP Compaq computer, so it now has 8 GB of memory. I installed the SATA to Molex adapter cable, so once I get the drive holder, I can install the memory card read that I have received. I moved the Hauppauge HVR 1600 TV card from the Epox computer to the HP Compaq, and I installed its program. I have the Digital Cable Box Coaxial cable connected it, so it will have Cable box TV. With its video card, I also have the HP Compaq connected to the Ocosmo HDTV HDMI hub for large screen viewing.

The current setup of the HP Compaq computer 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.

face plate [http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp\\_olp\\_new?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp_olp_new?ie=UTF8&condition=new) for \$6.99 with free shipping, September 20, 2015

card reader [http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?\\_trksid=p2054897.c100204.m3164&\\_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520](http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?_trksid=p2054897.c100204.m3164&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520) for \$15.99 with free shipping, August 28, 2015

sata to molex connector [http://www.monoprice.com/Product?p\\_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPQ&kpid=107642](http://www.monoprice.com/Product?p_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPQ&kpid=107642) for \$1.19 each and \$.81 shipping for \$2.00 total, August 28, 2015

two 4 gb memory chips <http://www.ebay.com/itm/141543173139> \$22.98, August 28, 2015

**CompUSA.com: Hauppauge WinTV-HVR-1600 ATSC NTSC Hybrid Video Recorder TV Tuner - 1178 - Computer Upgrades » TV Tuners** and **WinTV-HVR-1600** for \$100 with \$20 mail in rebate plus \$7 tax for \$107 total February 2007 and final cost of \$87 after rebate, installed February 2007, uninstalled from the primary Vista computer, because the remote control feature does not work. I tested it on another computer, and it did not work on that either. It has a two year warranty, so I will get an RMA and return it. I received email that they will send me a new remote control receiving unit. May 19, 2008

Total September 20, 2015: \$392.89

CIO

09/21/15 Monday 5:40 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and part of diced Bermuda red onion and sliced fresh mushrooms. 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, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, and I put Stop and Shop blue cheese dressing on it with

balsamic vinegar and extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

09/21/15 Monday 5:05 P.M. I disconnected the power line and the telephone lines to the AT&T two line telephone in the living room, and I removed the three backup AAA alkaline batteries, one of which was corroded, and I put new ones in. The answering system now works just fine on the phone, so I have activated it again. CIO

09/21/15 Monday 4:40 P.M. I chatted with the Greenwich Housing Authority representative again. I went out to the [www.chase.com](http://www.chase.com) bank at Deerfield Place. I then went by the Greenwich Housing Authority, and I picked up my rent statement. I then went by the Wells Fargo Bank, and I paid my rent to the Greenwich Housing Authority. I then went by the [www.shell.com](http://www.shell.com) station across the street from the Y.M.C.A., and I got my emissions test done on the Volvo wagon for \$20. I then went by Entree Computer, and they don't carry the 5.25 inch to 3.25 inch adapter that I have ordered. Until I get it, I can not install the memory card reader in the HP Compaq. I then went by the Greenwich Library, and I briefed a local politician. I then returned home. CIO

09/21/15 Monday 1:10 P.M. I threw out the garbage. I went by the Valley Road Post Office, and I picked up my mail. My rent statement from the Greenwich Housing Authority was not in the mail. I called them up to have them send me the rent statement.

The order with tracking of [USPS.com](http://USPS.com)® - [USPS Tracking](http://USPS.com)® on the order for <http://www.newegg.com/Product/Product.aspx?Item=9SIA7FK34G5152> for \$16.99 with free shipping arrived.

The order with tracking of [USPS.com](http://USPS.com)® - [USPS Tracking](http://USPS.com)® on the order for [http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?\\_trksid=p2054897.c100204.m3164&\\_trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520](http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?_trksid=p2054897.c100204.m3164&_trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520) for \$15.99 with free shipping arrived.

The order with tracking of [USPS.com](http://USPS.com)® - [USPS Tracking](http://USPS.com)® on the order for three [http://www.monoprice.com/Product?p\\_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPQ&kpid=107642](http://www.monoprice.com/Product?p_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPQ&kpid=107642) for \$1.19 each and \$2.50 shipping for \$6.07 total arrived.

The order with tracking of [USPS.com](http://USPS.com)® - [USPS Tracking](http://USPS.com)® on the order for 4 gigabyte more of memory for the HP Compaq for \$22.98 with free shipping <http://www.ebay.com/itm/141543173139> arrived.

I also got my Pirelli \$60 new tire rebate, but when I went by the [www.chase.com](http://www.chase.com) bank at Deerfield Place, it was a Visa Gift card that I have to activate, and I can not deposit it. I then went downtown, and I walked the entire length of Greenwich Avenue and the train

station area. It was pretty quiet downtown. I stopped by the Senior and the Arts Center, and I used the bathroom. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I chatted with a couple of locals. I toured the [www.apple.com](http://www.apple.com) store. I stopped by [www.cvs.com](http://www.cvs.com) and I picked up a prescription. After my walk, I sat out for a while enjoying the day. I then went by the A&P Fresh. They are installing new high speed LAN cables for the new Alberstons store. I bought a four pack of blueberry muffins for \$3.50 and a Stouffer's 19 ounce meat lasagna for \$3 less 45 cent can return for \$6.05 total. I then returned back to Chez Michael's. I has a message from the Greenwich Housing Authority representative, and I called them back and left a message. For some reason my AT&T two line answering system quit working, so I turned on the Panasonic two line answering system in the kitchen. CIO

09/21/15 Monday 8:00 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I will now shower and clean up. I will then go downtown. CIO

09/21/15 Monday 7:20 A.M. I woke up during the night, and I ate four ounces of mixed nuts and a new batch of punch. I finally woke up at 6:30 A.M., and I chatted with a friend. CIO

09/20/15 Sunday 9:40 P.M. I chatted with another relative. I tried the Phillips HDTV digital antenna on the Ocosmo TV, but it did not recognize any air channels. I tried to use it with the Digital converter, but the Digital converter does not work. I will decide later whether to return the Phillips antenna. I ate a Barrila 9 ounce penne pasta tomato basil dinner with a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computers, and I will go to bed. CIO

09/20/15 Sunday 7:40 P.M. I chatted with a friend and a relative. I was told we now have a royal Prince that has a house in Greenwich, but he is well known so he can do his own public relations. The royal Prince is not from a European country, but more than likely he can also afford a house in Europe. In Greenwich, we try to protect the privacy of some of our celebrity residents, but with so many people from nearby New York City visiting all of the time, one never really knows what is going on. It does help to work the grape vine. So little happens in the United States of America anymore, there are not too many people interested in our public media. I guess the bored people in the hinterlands are looking for something to amuse themselves, while they wait to harvest the corn. CIO

09/20/15 Sunday 5:00 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and part of diced Bermuda red onion and sliced fresh mushrooms. 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, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, and I put Stop and Shop blue cheese dressing on it with

balsamic vinegar 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

09/20/15 Sunday 4:15 P.M. I went out, and I threw out the garbage. The construction barrier for the new freight elevator in the building is gone, and the freight elevator is installed, but it is not yet working. I went by [www.cvs.com](http://www.cvs.com) on Greenwich Avenue. I exchanged a bottle of Vitamin E with the pills stuck together for a good bottle. I picked up a prescription. I got my flu and pneumonia shots. I need a follow up on the pneumonia shot in six months to a year. I bought for 75% off a Phillips High Definition HDTV antenna for \$9.99 and .63 Connecticut 6.35% sales tax for \$10.32 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. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I toured the [www.apple.com](http://www.apple.com) store. I stopped by CVS again. I bought two 9 ounce Barilla pasta penne tomato and basil meals for \$2 each and four 230 count boxes of Equal sweetener for \$2.99 each box for \$15.96 total. After I finished my walk, I sat out for a while enjoying the day with a lot of regular pedestrian traffic. The new paid parking machine is installed at the Board of Education parking lot. It looks like one needs a credit card to use it. They also installed picnic tables on the south side of the refurbished Greenwich Common, but I guess one has to bring their own chairs. I chatted with two regular walkers. I then went to the Stop and Shop, and I bought two 19 ounce Stouffer's meat and cheese lasagnas for \$3 each, a five quart box of powdered milk for \$7.29, a 16 ounce Kraft blue cheese dressing for \$2, a 4.25 ounce McCormick whole peppercorns for \$6.39, a 2.32 ounce McCormick Montreal Spicy steak seasoning for \$2.79, a head of cello iceberg lettuce for \$1.49, a 8 ounce package of mushrooms for a \$1, a four pack of tomatoes for \$2.49, a 1 pound bag of baby carrots for \$1.89, bananas for .49 a pound for .98, a Bermuda red onion for \$1.99 a pound for a dollar and a bulb of garlic for .50 for \$33.82 total. I then returned back to my apartment and put away the groceries that I brought up. CIO

09/20/15 Sunday 11:30 A.M. I went through <http://scott-mike.com/bf.htm> . I drank a cup of coffee with Splenda sweetener and milk. I made my first of four payments over the first four months of the six month policy for [www.geico.com](http://www.geico.com) that begins October 8, 2015. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

09/20/15 Sunday 10:05 A.M. I went back to bed until 10 A.M.. I will make my bed. CIO

09/20/15 Sunday 6:10 A.M. I ate a bowl of oatmeal with honey and milk, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

09/20/15 Sunday 5:30 A.M. I woke up at 4:30 A.M.. For the HP Compaq computer, I ordered [http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp\\_olp\\_new?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B009MGGWQE/ref=dp_olp_new?ie=UTF8&condition=new) for \$6.99 with free shipping. CIO

End of Scott's Notes week of 09/19/15

09/19/15 Saturday 7:45 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. I will now send out my weekly notes. I will then go to bed. CIO

09/19/15 Saturday 6:45 P.M. I watched the evening news on Friday night and ate triscuit crackers with cheese and chutney and watered down orange juice. For dinner, I ate the chicken alfredo with grated parmesan cheese on it and watered down orange juice. I went to bed at 7:15 P.M., and I woke up at 7 A.M. today. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a toasted English muffin with butter, a cup of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I said hello to the relatives that arrived during the night before. I made a ham and cheese sandwich to take with me. I striped the bed. I showered, and I cleaned up. I finished packing. I said "Good Bye" to my relatives. I left the house at 8:15 A.M. I drove out of Kennebunkport on Route 9 West to US 1 west to Wells, and north to the Wells Amtrak station. I tried to used the bathroom there, but it was busy. I got on the Maine Turnpike South, and I paid a \$3 toll. I got on the New Hampshire turnpike South, and I paid a \$2 toll. I stopped at the Massachusetts welcome center. I got on I-495 West, and I stopped at the Lowell rest area I got on I-290 West, and I got on the Massachusetts turnpike, and I stopped at the Charlton rest area. I chatted with a relative on my wireless telephone. I used the bathroom. I ate half of my ham and cheese sandwich that I brought with me. I bought \$15.80 of self service Gulf Premium for \$2.819 a gallon for 5.606 gallons at odometer reading of 111534 miles for 136 miles since the previous fill up before leaving for 24.26 miles per gallon in highway traffic. I got off at the I-84 West exit, and I paid a 50 cent toll. I got on I-91 South to I-15 West. I stopped at the North Haven and Fairfield rest areas. I got back into Greenwich at about 1:45 P.M.. I stopped at the Deerfield Place [www.chase.com](http://www.chase.com) bank. I stopped at Putnam Shell at 401 West Putnam Avenue, and I bought \$16.06 of self service V-Power gasoline for \$3.479 a gallon for 4.615 gallons at odometer reading of 111665 miles for 131 miles driven since the previous fill up for 28.386 miles per gallon in highway traffic. I went by the Valley Road Post Office, but it was closed at 1 P.M.. I returned home, and I unloaded my car. I ate the other half of the ham and cheese sandwich. I chatted with two relatives and two friends. I unpacked and setup the Dell Latitude E6400 laptop in its usual place. I was given a lamp with the map of Magellan on it that I put on the file cabinet in the corner of the bedroom. It turned on with the power strip switch by the central bedroom desk computer. I ate a bag of microwave popcorn. CIO

09/18/15 Friday 4:55 P.M. I watched the Bloomberg News. The yard person finished cutting the lawn. I did not eat lunch, because I had indigestion from the big meal last night. I left with a relative at 12:30 P.M.. We went by the Kennebunkport post office. We then drove over to Route 111 in Biddeford and west to Sanford, Maine for my relative's appointment. I chatted with a relative on my wireless telephone. The appointment ended at 3:30 P.M. We drove east on Route 111 and south on Route 35 south to Kennebunk. We stopped by CVS in Kennebunk. We then returned to my relatives' house. I will disconnect and pack my computer setup, and I will not be posting any notes until tomorrow evening or afternoon when I get back to Greenwich, Connecticut. I will also pack up my other items and load them in the Volvo wagon, so I can leave early in the morning for the six hour

journey. We have other relatives showing up about 9:30 P.M. this evening. I plan to have the reheated chicken alfredo with watered down orange juice for dinner. I might go to be early about 7 P.M., and get up at 7 A.M. tomorrow morning and leave about 9 A.M. after breakfast. CIO

09/18/15 Friday 10:25 A.M. I am going with a relative for a 1:30 P.M. appointment in Sanford, Maine this afternoon. After I return to my relatives' house in Kennebunkport, I will pack to leave tomorrow morning after breakfast. CIO

09/18/15 Friday 10:00 A.M. I watered the flowers in front and in the rear flower box and on the rear deck. The lawn person is cutting the lawn. CIO

09/18/15 Friday 8:50 A.M. I went to bed at 8:30 P.M., and I woke up at 8 A.M.. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a toasted English muffin with butter, two cups of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up. CIO

09/17/15 Thursday 8:10 P.M. I woke up from my nap at 4 P.M.. I folded the laundry. I went out with a relative, and we sat out for a while at the Kennebunk beach, and we also drove the entire length and back of the beach and parked midway in the east section for a while. We then drove along the Kennebunkport waterfront and back. I watched the evening news while eating cheese and triscuits and other crackers with watered down orange juice. For dinner, I ate a 14 ounce medium rare barbecue rib eye steak marinated with olive oil and Montreal Steak Seasoning and topped off with gorgonzola cheese along with two ears of corn on the cob with butter and steamed broccoli crowns with butter and watered down orange juice. I cleaned up the kitchen. I will watch some television before going to bed. CIO

09/17/15 Thursday 3:10 P.M. I watched the Bloomberg News. I put the laundry in the drier. I went out with a relative. We went by the Kennebunkport post office. We then went by <http://www.cvs.com/> in Kennebunk. We then went by the package place on the west of Ace Hardware in Kennebunk. We then went to Hannaford's and bought groceries. We returned back to my relatives' house. I put away the purchases. I will now take a nap. CIO

09/17/15 Thursday 12:25 P.M. I started a load of wash. For lunch I ate a sliced ham and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice and a Italian Christmas cookie. CIO

09/17/15 Thursday 11:25 A.M. I package up at FedEx box for a relative. We will drop it off in Kennebunk later today. I chatted with a friend in Manhattan.  
<http://www.greenwichtime.com/business/article/Cablevision-acquired-by-French-co-6510814.php> . CIO

09/17/15 Thursday 10:10 A.M. I went to bed at 8 P.M., and I woke up at 9 A.M.. I chatted with the relative that left yesterday, and the relative arrived back home safely. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a toasted English muffin with butter, two cups of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up. CIO

09/16/15 Wednesday 7:35 P.M. I watched the evening news, and I ate triscuit crackers with cheese and watered down orange juice. For dinner, I ate baked Sam's Club chicken Alfredo with grated parmesan cheese and a glass of watered down orange juice. I cleaned up the kitchen, and I started the dishwasher. I will watch a little bit of television before going to bed. CIO

09/16/15 Wednesday 5:40 P.M. I slept from after the last note until 3:45 P.M.. I went out with a relative. We drove along the entire length of the Kennebunk beach and back, and we parked midway at the east beach. We then drove along the Kennebunkport waterfront and back. CIO

09/16/15 Wednesday 2:05 P.M. For lunch I ate a sliced ham and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice. CIO

09/16/15 Wednesday 1:25 P.M. I sat out back for a while. I watched Bloomberg News. I left with a relative at 10:15 A.M., and we drove up to Biddeford on U.S. 1, and we got on I-95 North to the Scarborough, Maine exit, and we drove north the Portland Jetport. I stopped by the Hilton Garden Hotel next to the Jetport to use the bathroom. I dropped a relative off at the Delta airlines terminal. I then returned south to <http://www.samsclub.com/>. I returned a parcel for a relative. I got premade chicken Alfredo and 18 ounces of blueberries. I looked at the electronics department, but there was nothing that I could afford. I used the bathroom. I then returned back south on I-95 to Biddeford, Maine, and south on U.S. 1 to Kennebunk. I stopped by the Irvine gasoline station, and a relative paid for \$17 of premium gasoline for \$2.549 a gallon for 6.67 gallons at odometer reading of 111398 miles for 119.3 miles since the previous fill up for 17.887 miles per gallon in mixed traffic. At the convenience shop there, I got a half gallon of 2% milk for \$2.79. I also got the deluxe car wash for \$5 that my relative paid for. I stopped by to see a relative at an appointment. I then returned to my relatives' house. They are having new blinds put in the house in some rooms. CIO

09/16/15 Wednesday 8:20 A.M. I went to bed at 8 P.M.. I woke up at 7:30 A.M.. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a toasted English muffin with butter, two cups of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up. CIO

09/15/15 Tuesday 7:25 P.M. While watching the evening news, I ate baked miniature quiche with watered down orange juice. For dinner, I ate macaroni, lobster, and cheese

with watered down orange juice. I will now watch some television before going to bed.  
CIO

09/15/15 Tuesday 6:05 P.M. I woke up at 4 P.M.. I sat outside in the back yard for a while. I then drove the entire length of the Kennebunk beach and back. I then went back out with relatives, and we drove by the breakwater in front of the Colony Hotel, and then we drove the entire length of the Kennebunk beach and back. We parked midway at the east part of the beach. It was 82 degrees Fahrenheit at the beach, and it was full of people enjoying the extreme low tide. We then returned back to my relatives' house.

09/15/15 Tuesday 2:50 P.M. For lunch, I ate reheated baked breaded haddock, potato salad, some egg salad, and a glass of watered down orange juice. I went out with relatives, and we went by the Kennebunkport Post Office. There are about 8 tour buses in town setting lose passengers from the 85 cruise ships that Portland, Maine gets in the fall. We drove the entire length and beyond west along the waterfront of the Kennebunk beach and back. The beach is quite busy. We returned back to my relatives' house. I will now take a nap. CIO

09/15/15 Tuesday 1:05 P.M. I sat outside back for a while, and then I cleaned the stove top and the broiler tray for the toaster over. I sat outside back some more. The house painter is painting the repair patch on the north side of the garage by the garage door. I guess when I turned 65 years old last spring, I got older and slowed down a bit. Still I keep active on the internet. As my plans stand now, I will be returning to my apartment in Greenwich, Connecticut on Saturday, September 19,2015. Of course my plans depend on another relative's plans.

09/15/15 Tuesday 10:50 A.M. I went to bed at 8:30 P.M.. I woke up at 10 A.M.. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a toasted English muffin with butter, two cups of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up.

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09/14/15 Monday 8:00 P.M. I watched the evening news and ate triscuit crackers with chutney and cheese and a glass of watered down orange juice. For dinner, I ate baked breaded haddock with two ears of corn on the cob with butter and steamed broccoli crowns with butter and a glass of watered down orange juice. I cleaned up the kitchen and started the dishwasher. I will watch some television before going to bed.

My <http://www.eversource.com/> electricity bill for August 2015 was \$234.95 for 1421 kWh and 49 kWh per day over 29 days with an average temperature of 75.4 degrees Fahrenheit. For August 2014, it was \$183.07 for 1029 kWh and 33.19 kWh per day for 31 days with an average temperature of 72.3 degrees Fahrenheit. CIO



09/14/15 Monday 6:20 P.M. I slept until 2:45 P.M.. I went out with a relative. We drove over to Kennebunk. We dropped off two pairs of my relative's shoes at the Salvation Army donation bin. I then dropped my relative off at an appointment. I then went to the Irvine gasoline station, and I filled up the relatives' car. I then went to Hannaford's, and I bought some groceries. I used the bathroom at Hannaford's. I then waited for my relative at the appointment place. We left at 5 P.M.. We drove along the main route to the Kennebunk beach. We drove the whole length of the beach and back. We parked for a brief period at the west end of the east beach. This evening at extreme low tide at 74 degrees Fahrenheit at about 5:15 P.M., there was hardly anyone around. As of this Wednesday September 16, 2015, one does not need a beach parking permit until next summer. We drove along the Kennebunk waterfront and back. I brought in the groceries. I put the garbage can and recycle bin out by the street earlier in the day for pickup, and I just added some more garbage, and I also cleaned four ears of corn on the cob. CIO

09/14/15 Monday 1:45 P.M. I sat outside behind the house. I went out with a relative to Port Lobster. While waiting for the relative, I tested my Volvo wagon radio. I still get Sirius Satellite radio, so I guess I am on my relative's radio plan still. We then went to the Kennebunkport post office. For lunch, my relative bought me the extra large \$18.99 lobster roll which I ate with a glass of watered down orange juice and potato chips. I will now take a nap. CIO

09/14/15 Monday 11:10 A.M. I went to bed at 8:45 P.M.. I woke up at 10:15 A.M.. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a blueberry muffin, two cups of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up.

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[http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?\\_trksid=p2054897.c100204.m3164&\\_trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520](http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?_trksid=p2054897.c100204.m3164&_trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520) for \$15.99 with free shipping.

I was told by a local relative that a lot of people tend to sleep more by the ocean, when they visit here. CIO

09/13/15 Sunday 8:00 P.M. I woke up at 4 P.M.. I watched a former episode of Downton Abby. I ate some crackers and cheese and watered down orange juice, while I chatted with relatives. We drove over to Biddeford, Maine, and we ate dinner at the Olive Garden restaurant. We had a \$25 gift coupon a relative had given us. I had the steak Gorgonzola Alfredo medium rare for \$16.99, with mixed salad with vinaigrette dressing, and several bread sticks, and a glass of iced tea. We just now returned back to my relatives' house in Kennebunkport. It is raining heavily outside. I will now watch some television before going to bed. CIO

09/13/15 Sunday 2:45 P.M. I went through <http://scott-mike.com/bf.htm> . With the weak dollar, there are not many bargains on the internet anymore. I watched some television. I sat out in the backyard. I ate about 8 ounces of Port Lobster macaroni, cheese and lobster along with mixed salad with balsamic vinegar and watered down orange juice. I went out for a drive. H.B. Provisions did not have the Sunday New York Times. I drove the whole length of the Kennebunk beach and back. It was not very busy at high tide, and it was 64 degrees Fahrenheit at the beach. There were about a dozen surfers out on moderate waves. I then found a free hour parking place opposite the Kennebunkport post office. I walked around downtown Kennebunkport Dock Square area. The Colonial Pharmacy does not sell newspapers. The "This Is It" clothing store has an additional 40% off summer clothes. It was pretty busy on an overcast day. I used the free public bathroom by the \$3 an hour public parking. I then returned to my relatives' house. The dead squirrel has disappeared. I will now take a nap. CIO

09/13/15 Sunday 11:55 A.M. The Sunday <http://www.nytimes.com/> did not arrive today. I cleaned the library powder room toilet and the downstairs bunk room toilet. I chatted with a friend. CIO

09/13/15 Sunday 11:00 A.M. I went to bed at 8:45 P.M.. I woke up at 10 A.M.. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a blueberry muffin, two cups of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up. CIO

09/12/15 Saturday 7:50 P.M. I chatted with a friend who is living in Manhattan. The friend told me on a visit to the new urban center in lower Manhattan, there are a lot of blank steel walls on the streets. The new subway from Queens to West 34th street is also opened. The friend also told me tomorrow's <http://www.nytimes.com/> Arts Section has an Arts section for the upcoming season. I watched the evening news drinking watered down orange juice. For dinner, I had seasoned chicken and noodles with steam broccoli with butter and mixed green salad with balsamic vinegar dressing and watered down orange juice. I helped clean up the kitchen. I will watch a little bit of television before going to bed. CIO

09/12/15 Saturday 4:40 P.M. I ordered [http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?\\_trksid=p2054897.c100204.m3164&\\_trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520](http://www.ebay.com/itm/New-Rosewill-75-in-1-USB-2-0-3-5-Internal-Card-Esata-Card-Reader-RDCR-13001/231682372371?_trksid=p2054897.c100204.m3164&_trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20140407115239%26meid%3D1b7d565aef374b07b0f2835c715832b2%26pid%3D100204%26rk%3D11%26rkt%3D13%26sd%3D171236741520) for \$15.99 with free shipping. CIO

09/12/15 Saturday 4:30 P.M. For lunch I ate a sliced ham and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato chips and potato salad and a glass of watered down orange juice. I sat out behind the house for a while. I took a nap from 2:30 P.M. to 4 P.M.. I sat behind the house for a while. CIO

09/12/15 Saturday 1:25 P.M. The order for the second Rosewill card reader was cancelled. I will wait until I get home in about a week to think about ordering another one. This one is available

[http://www.amazon.com/dp/B007YDJJFS/ref=asc\\_df\\_B007YDJJFS3891259?smid=ATVPDKIKX0DER&tag=cnet-pc-20&linkCode=df0&creative=395093&creativeASIN=B007YDJJFS](http://www.amazon.com/dp/B007YDJJFS/ref=asc_df_B007YDJJFS3891259?smid=ATVPDKIKX0DER&tag=cnet-pc-20&linkCode=df0&creative=395093&creativeASIN=B007YDJJFS) . CIO

09/12/15 Saturday 12:40 P.M. I chatted with a friend. I sat outside behind the house for a while. I emptied the dishwasher. I went out with a relative to the Kennebunkport Post Office. We then went by Patten's Berry Farm and got a pint of blueberries for \$3.99 and a half gallon of Hood 2% milk for about \$3.49. We then went by Port Lobster. My relative on a bigger budget buys the larger lobster roll for \$18.99 which I think has twice as much lobster meat as the regular \$11.99 lobster roll. We then returned back to my relatives' house. Some black crows are eating a dead squirrel on the street. There are a lot of bicycle riders on the Kennebunkport harbor road, like a large bicycle rally or some other event. CIO

09/12/15 Saturday 10:15 A.M. I went to bed at 8:30 P.M., and I woke up at 9:30 A.M.. I ate breakfast oatmeal with Splenda sweetener and milk and a sliced banana, a blueberry muffin, a cup of coffee with Splenda sweetener and half and half, and a glass of watered down orange juice with vitamins and supplements. I made my bed. I will now shower and clean up. CIO

09/11/15 Friday 7:40 P.M. The carpenter finished the repair on the side, and now it needs to be painted. We watched the evening news and ate cheddar cheese popcorn, and I had watered down orange juice. For dinner, I ate five spare ribs with barbeque sauce, an ear of corn on the cob with butter, and sautéed zucchini with onion and mushrooms and a glass of watered down orange juice. I helped clean up the kitchen. I will now watch some television before going to bed. CIO

09/11/15 Friday 5:50 P.M. I woke up at 3 P.M.. I watched the Bloomberg Business News. I went out with relatives, and we drove along the entire length and back of the Kennebunk beach. There were quite a few people out there on the sunny evening. We then drove by the Kennebunkport Police Station, and we brought cans and bottles to return at the can and bottle deposit dumpster. It is only for cans and bottles with a return value. We then went by Bradbury's and we got corn on the cob. We then went by Sanborne's and we got zucchini. We then returned back to my relatives' house. A carpenter is working on the north side of the house replacing some rotten wood near the garage door corner. CIO

09/11/15 Friday 1:30 P.M. I sat out back for a while looking at the wild ducks on the marsh pond. I started a loaf of wash that is now drying. I watched the Bloomberg News on channel 207 on Time Warner Cable Television here. For lunch I ate a sliced ham and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato chips and potato salad and a glass of watered down orange juice. I went downtown to the Kennebunkport post office. I then went by Patten's Berry Farm, and I bought a pint of blueberries for \$3.99. I then drove the entire length of the Kennebunk beach and back,

and then I returned to my relatives' house. There is nobody at the beach on a nice day. I will now put clean sheets on my bed and take a nap. CIO

09/11/15 Friday 11:00 A.M. I ordered <http://www.newegg.com/Product/Product.aspx?Item=9SIA7FK34G5152> for \$16.99 with free shipping. CIO

09/11/15 Friday 9:55 A.M. I went to be at 8:30 P.M., and I woke up at 9 A.M.. It is cooler and damp out today. 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 made my bed. I will now shower and clean up. CIO

09/10/15 Thursday 7:10 P.M. I watched the evening news and ate some cheese and crackers and watered down orange juice. I moved my Volvo wagon off the grass and back on to the driveway, so the grass will get wet from tonight's rain. For dinner, I ate a rotisserie chicken leg and thigh and two slices of white breast meat, two ears of corn on the cob with butter and steamed broccoli with butter, a slice of raspberry pie and watered down orange juice. We then watched more evening news. I will now watch some television before going to bed. CIO

09/10/15 Thursday 4:10 P.M. I went out with a relative to an appointment in Kennebunk. We then went by the Kennebunkport post office. I ate lunch of two reheated barbecued marinated chicken breasts with mixed rice and watered down orange juice. I then went out with a relative to another appointment to Kennebunk. While the relative was the appointment, I went to Hannaford's, and I got some groceries. I chatted with three friends on my wireless telephone. We then drove the back way to the west end of the Kennebunk beach and along east along the Kennebunk beach at low tide which was deserted on a overcast day at 74 degrees Fahrenheit. We put the groceries away. CIO

09/10/15 Thursday 9:45 A.M. I went to bed at 8:30 P.M., and I woke up at 9 A.M.. 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 made my bed. I will now shower and clean up. CIO

09/09/15 Wednesday 7:55 P.M. My relative who uses Apple devices is not impressed with Windows 10, but that relative has more wampum. We watched the evening news and I ate crackers with blue cheese and watered down orange juice. For dinner, I ate 1.5 barbecue marinated Perdue chicken breasts with a rice mixture and two ears of corn on the cob with butter and watered down orange juice. I helped clean up the kitchen. I will watch some television before going to bed. CIO

09/09/15 Wednesday 4:55 P.M. Tracking is [USPS.com® - USPS Tracking®](http://www.monoprice.com/Product?p_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPO&kpid=107642) on the order for three [http://www.monoprice.com/Product?p\\_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPO&kpid=107642](http://www.monoprice.com/Product?p_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPO&kpid=107642) for \$1.19 each and \$2.50 shipping for \$6.07

total. The previous order was cancelled, so I reordered  
[http://www.rakuten.com/prod/rosewill-rcr-im5001-flash-reader-75-in-1-75-in-1-cfast-card-type-i/228277195.html?listingId=364712308&scld=pla\\_google\\_SpicyBomb&adid=29963&rmatt=tsid:1012713|cid:232720129|agid:13676215369|tid:kwd-82798346809|crid:60879539929|nw:g|rnd:4297306122837952239|dvc:c|adp:1o4&gclid=CJHeoLXo6scCFZYWHwod9aQM0A](http://www.rakuten.com/prod/rosewill-rcr-im5001-flash-reader-75-in-1-75-in-1-cfast-card-type-i/228277195.html?listingId=364712308&scld=pla_google_SpicyBomb&adid=29963&rmatt=tsid:1012713|cid:232720129|agid:13676215369|tid:kwd-82798346809|crid:60879539929|nw:g|rnd:4297306122837952239|dvc:c|adp:1o4&gclid=CJHeoLXo6scCFZYWHwod9aQM0A) for \$13.99 with free shipping. CIO

09/09/15 Wednesday 4:30 P.M. For lunch I ate a sliced ham and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato chips and a glass of watered down orange juice. I went out with a relative to the Kennebunkport post office. We then went to <http://www.cvs.com/> in Kennebunk. We drove the back way to beach o the way back and drove along the Kennebunk beach at extremely lowest tide. We returned to my relatives' house. I took a nap from 2:30 P.M. to 4 P.M.. I chatted with two friends. CIO

09/09/15 Wednesday 11:55 A.M. I chatted with a friend. I drove over to Port Lobster with a relative. I watched the Bloomberg News. I sat out behind the house for a while. I helped a relative make a relative's bed. CIO

09/09/15 Wednesday 9:35 A.M. I went to bed at 8:30 P.M., and I woke up at 9 A.M.. 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 made my bed. I will now shower and clean up. CIO

09/08/15 Tuesday 7:50 P.M. I watched the evening news while eating triscuits with chutney and cheese and cup crackers with salsa dip, and I drank watered down orange juice. For dinner, I ate a 16 ounce Marie Callender chicken pot pie with mushrooms, a small left over of the shrimp and grits meat from last night and a glass of watered down orange juice. I cleaned up the kitchen. I will now watch some television before going to bed. CIO

09/08/15 Tuesday 6:20 P.M. I woke up at 4:40 P.M.. I drove with relative over to Kennebunk beach. We sat out for a while enjoying the beach. We then drove the whole length of the beach and back. It is pretty slow after the holiday. CIO

09/08/15 Tuesday 2:55 P.M. For the HP Compaq, I ordered [http://www.amazon.com/gp/offer-listing/B003WLZNH4/ref=dp\\_olp\\_new?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B003WLZNH4/ref=dp_olp_new?ie=UTF8&condition=new) for \$14.58 with free shipping. I ordered three [http://www.monoprice.com/Product?p\\_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPO&kpid=107642](http://www.monoprice.com/Product?p_id=7642&gclid=CJq5-bSL6McCFcaRHwodSUAFPO&kpid=107642) for \$1.19 each and \$2.50 shipping for \$6.07 total. I will now take a nap. CIO

09/08/15 Tuesday 2:00 P.M. I sat out in back for a while. I brought the tower fan up from the bunk room to the kitchen to provide more cooling for the kitchen. I watered the plants in the rear flower box, on the rear deck, and the front of the house. I sat outside at the rear of the house for a while. I went downtown with a relative to the Kennebunkport post

office. We then went by Port Lobster. I had lunch of reheated eye round of pork and potato salad and a glass of watered down orange juice. I called up the Greenwich Housing Authority at 1-203-869-1138 to let them know that I would not be back until later in the month. CIO

09/08/15 Tuesday 10:35 A.M. I watched the Antiques Road Show on <http://www.pbs.org/>, and I went to bed at 9 P.M.. I woke up at 9:50 A.M.. 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 made my bed. I will now shower and clean up. CIO

09/07/15 Monday 7:50 P.M. I watched the evening news eating triscuit with cheese and chutney and a glass of watered down punch. For dinner, I had sauteed shrimp with grits and mushrooms and cheese and a slice of raspberry pie with watered down orange juice. I cleaned up the kitchen. I will watch some television before going to bed. CIO

09/07/15 Monday 6:30 P.M. I woke up at 4:40 P.M.. I went out with a relative, and we drove over to the Kennebunk beach. We sat out for a while watching all of the dog walkers after 5 P.M., and it was still 86 degrees Fahrenheit on the waterfront and the water was 66 degrees Fahrenheit. There were lots of people walking the Kennebunk beach. We then drove the entire length and back along the Kennebunk beach and returned back to my relatives' house in Kennebunkport. There are lots of holiday people in downtown Kennebunkport. This week is suppose to continue warmer. CIO

09/07/15 Monday 3:40 P.M. For lunch, I ate three reheated slices of David's pizza that a relative brought home yesterday morning along with a glass of watered down orange juice. I went out with relatives. We picked up a decorative pink booeys for a relative's house. We went by the Kennebunk Irvine gasoline station, and we filled up the family car and got the deluxe car wash for \$5. We then drove to T.J. Maxx's in Biddeford, and my relatives shopped there. While there, I looked at the electronics department of <http://www.target.com/>. It was a 100 degrees Fahrenheit over there. We then did some grocery shopping at Hannaford's in Kennebunk. We then went by Petten's berry farm and bought a pint of blueberries for \$3.99. We then returned to my relatives' house and unloaded the groceries. It is 94 degrees Fahrenheit along the waterfront in Kennebunkport. I will now take a nap. CIO

09/07/15 Monday 11:45 A.M. I drove a relative over to Port Lobster and back. CIO

09/07/15 Monday 11:15 A.M. I sat outside behind the family house enjoying the view. The relative that departed today uses <http://www.apple.com/> devices. Apparently the relative has a high speed internet connection, and when Apple releases a device, he buys it in the first two or three seconds before it sells out, and then he resells it on Ebay for three or four times the price. Of course he has to wait until he takes delivery before he reships it. I guess the younger generation are quicker and more adept on the internet. I have a lot of computer parts <http://scott-mike.com/computer.htm>, however I think the postage to sell them would be my profit over expenses. The only thing someone has tried to buy from me

over the internet are Christmas Time lemon and orange Altoids that I happened to have. There are other things in Greenwich, Connecticut and Kennebunkport like expensive real estate, but the younger generation probably can not afford it. My friends from Sea Island, Georgia returned to Manhattan yesterday for their winter adventures. Of course my other relative is still there keeping an eye on the big city. That relative lives near the Apple store on West 14th street. My long time friend on Island has moved with his family to Northern Delaware horse country for a quieter relaxing life in retirement. My other friends on Long Island where I built the garage apartment are moving to Summit, New Jersey after close to a hundred years on Long Island. I guess the grass is always greener. I have tried networking with a few people on the internet, but the Microsoft people are more focused on India as opposed to New Yorkers. I guess they are afraid of the huge <http://www.ibm.com/> presence in the New York metropolitan area which I never seem to notice. My viewpoint from Steamboat Road pier watching the Thomas Watson, Victor Borge, and Donald Trump homes has been replaced by a lot of new money hedge fund people in the area. I suppose there is a bit of Boston money in Kennebunkport, Maine. Well time for bottom fishing <http://scott-mike.com/bf.htm> . CIO

09/07/15 Monday 9:35 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 made my bed. I will now shower and clean up. CIO

09/06/15 Sunday 9:10 P.M. We ate blue cheese and French cheese and crackers while we watched the evening news. We went to the Wayfarer in Cape Porpoise for dinner. I ate a 16 ounce rib eye steak with mushroom gravy and garlic mashed potatoes and two dinner rolls with butter and a few fried calamaris and several glasses of ice water. We returned back to my relatives' house. I will now go to bed for the night. CIO

09/06/15 Sunday 5:20 P.M. I woke up at 4 P.M.. I chatted with relatives. We said goodbye to one group of relatives departing. I sat out behind the house for a while enjoying the view. CIO

09/06/15 Sunday 1:50 P.M. I will now take a nap. CIO

09/06/15 Sunday 1:25 P.M. Relatives took the dining table and chairs off the back deck and put them in the garage for the winter. They watered the back flower box and the front flowers. I sat out back for about 45 minutes enjoying the view. For lunch I ate two barbecued hotdogs with barbecued buns with mustard and chopped onion and potato chips and a glass of watered down orange juice. I did the barbecuing on the gas grill. I watered the flowers on the rear deck. CIO

09/06/15 Sunday 10:15 A.M. I watched the entire program on <http://www.pbs.org/> about Queen Elizabeth II. I went to bed at 9:15 P.M., and I woke up at 9:15 A.M.. 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 made my bed. I will now shower and clean up. CIO

09/05/15 Saturday 7:50 P.M. I sat outside on the rear deck with relatives and ate crackers and blue cheese and another cheese along with watered down orange juice. We watched the evening news. Apparently the redwood trees in California need water, but they will probably survive. For dinner, I ate 8 ounces of reheated barbecued shell steak with Lea and Perrins Worcestershire sauce and A1 steak sauce and reheated Boston baked beans and a mixed salad with blue cheese dressing and a piece of reheated raspberry pie with a glass of watered down orange juice. I emptied the dishwasher and helped clean up the kitchen people. I am told that one sleeps more, when one is by the ocean. CIO

09/05/15 Saturday 5:10 P.M. Tracking is USPS.com® - USPS Tracking® on the order for 4 gigabyte more of memory for the HP Compaq for \$22.98 with free shipping <http://www.ebay.com/itm/141543173139>. CIO

09/05/15 Saturday 4:35 P.M. I woke up at 4:15 P.M.. As it stands now, but not for sure, I might be returning to Greenwich, Connecticut around Saturday, September 19, 2015. However, we are not sure about the other relative's plans. CIO

09/05/15 Saturday 3:05 P.M. I rested about 45 minutes. I ate the reheated chicken alfredo with watered down orange juice. I went out with a relative. We drove over to the Kennebunk beach and picked up a relative, and when we drove along the Kennebunk beach to Route 9 and back to Kennebunkport. We stopped by H.B. Provisions, and my relatives got two coconut ice cream cups for \$4 each. We then drove along the waterfront in Kennebunkport and back to my relatives' house. I will now take a nap. CIO

09/05/15 Saturday 12:20 P.M. I sat outside back behind the house in one of the three green plastic Adirondack chairs enjoying the nature of the local area. I think a hawk flew by. I watched the activity on the street below. The marsh pond below has some medium size fish of undetermined origin. I chatted with relatives, and we decided to eat left overs for dinner tonight. It is supposed to warm up again this coming week. CIO

09/05/15 Saturday 10:20 A.M. I woke up at 9:30 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. I will now shower and clean up. CIO

09/04/15 Friday 8:15 P.M. The rest of the relatives arrived. We chatted, and I ate cheese and blue cheese and crackers and watered down orange juice. We watched a bit of the evening news. For the big family dinner, I had a 9 ounce of barbecued shell steak, two 3/8th inch slices of baked eye round of pork, homemade Boston baked beans, mixed tossed green salad with blue cheese dressing, and a piece of raspberry pie and watered down orange juice. I helped the relatives clean up the kitchen. My relatives are going to watch Mad Max, so I will probably go to bed early. CIO



09/04/15 Friday 5:15 P.M. I drove over to the Kennebunk beach with relatives, and we chatted a while enjoying high tide. On the way back we stopped at the local farm stand Patten's and bought a raspberry pie for \$15 and a pint of local blueberries for \$4. I chatted with two friends. One friend has just moved in a new house in northern Delaware horse country with his family. We are waiting for other relatives to arrive for the holiday weekend. The house where I built the garage apartment 33 years ago is for sale for a million dollars [http://www.zillow.com/homedetails/21-Circle-Dr-Manhasset-NY-11030/31083824\\_zpid/](http://www.zillow.com/homedetails/21-Circle-Dr-Manhasset-NY-11030/31083824_zpid/) . It is a convenient commute to Penn Station, but I don't think it has a garage. Saudi Arabians used to visit the neighborhood in the late 1940s, when they first became a country. CIO

09/04/15 Friday 3:25 P.M. I woke up at 1:50 P.M., and I chatted with a relative. I sat outside in the back yard watching the harbor traffic. A large yacht "Four Wishes" from Jamaica is in port in the harbor. Another relative arrived to visit. CIO

09/04/15 Friday 1:05 P.M. A relative watered the flower box on the rear side of the house this morning. I put a new vinyl washer gasket in the front hose in between the front end and the spray attachment removing the old black rubber one. Thus it no longer leaks when it is turned on. I watered the front flowers. I ate the reheated vermicelli and tomato meat sauce with grated parmesan cheese and watered down orange juice. I planted a sweet potato that a relative had sprouted by the front lawn daisy row by the rock ledge. I started the dishwasher and cleaned up the kitchen. I watered the plants on the rear deck. I will now take a nap. CIO

09/04/15 Friday 11:30 A.M. I watched the Business News and <http://www.usatoday.com/story/news/nation/2015/09/03/saudi-king-salman-visit-president-obama-royal-fashion-and-goes-big/71655868/> . CIO

09/04/15 Friday 9:10 A.M. Before going to bed, I read the article in Downeast magazine about Kennebunk and Kennebunkport. Apparently the area is becoming more upscale. I went to bed at 9 P.M., and I woke up at 8:15 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. I will now shower and clean up. The yard person is here to cut the grass. CIO

09/03/15 Thursday 7:50 P.M. I watched the evening news, and I ate baked triscuits with chutney and watered down orange juice. For dinner I ate reheated vermicelli and tomato meat sauce with grate parmesan cheese and watered down orange juice. I cleaned up the kitchen. I will watch a little bit of television before going to bed. CIO

09/03/15 Thursday 5:40 P.M. I bought 4 gigabyte more of memory for the HP Compaq for \$22.98 with free shipping <http://www.ebay.com/itm/141543173139> . Thus the system will have 8 GB of memory. CIO

**09/03/15 Thursday 5:15 P.M.** I woke up at 3 P.M.. I went for a drive with relative along the entire length of the Kennebunk beach and we parked for a while at the west end of the east beach. We then drove along the Kennebunkport waterfront and back. CIO

**09/03/15 Thursday 12:20 P.M.** For lunch I ate a sliced ham and Swiss cheese sandwich on whole wheat bread with Hellmann's mayonnaise and potato salad and a cup of clam chowder and a glass of watered down orange juice. I started a load of mixed wash, and I am now on the dry cycle. I will now take a nap. CIO

**09/03/15 Thursday 11:30 A.M.** I watched some of the business news. I sat outside for a while. I drove over to Swedish Imports with my relatives. The total repair bill on my 2005 Volvo XC70 was \$724.94 which my relative paid. The oil and filter change was \$34.48 in parts and \$18.34 in labor, \$87.92 in labor to repair the left inside front door latch, two rear springs cost \$156 each, and \$203.20 labor, replace marker light \$3.47, sales tax \$21.66 for \$724.94 total. I then returned back to my relatives' house. My 2005 Volvo XC70 is running a lot smoother with the new springs, and the door latch works just fine. CIO

**09/03/15 Thursday 8:35 A.M.** I woke up at 7 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. I will now shower and clean up. CIO

**09/02/15 Wednesday 7:55 P.M.** I watched the evening news and ate some triscuits with cheese dip with watered down orange juice. For dinner, I ate chicken alfredo with steamed asparagus with butter and watered down orange juice. I cleaned up the kitchen. I will now go to bed. CIO

**09/02/15 Wednesday 6:35 P.M.** For lunch I ate a roast beef and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato salad and a glass of watered down orange juice. I went out with a relative at 12:30 P.M., and we went by the Kennebunkport post office. My relative went to an appointment in Kennebunk. I chatted with a friend on my wireless telephone. I used the bathroom nearby at Dunkin Donuts. I stopped by the Ace Hardware store, and I bought a package of 10 vinyl hose washers for \$2.42. My relative was done with the appointment at 2 P.M.. I called up Swedish Imports, and they told me my Volvo wagon will be done later today. I will pick it up tomorrow. The charge will be \$688 for replacing the two rear suspension springs, repairing the driver's side inside door latch, and a oil and filter change. A relative will pay for the repairs. Hopefully that will be all for a while. I drove up with a relative on the Maine Turnpike North from Biddeford to Scarborough. We got gasoline at <http://www.samsclub.com/>. We did some grocery shopping at Sam's Club. New York Strip Steaks and Shell Steaks are \$8.99 a pound. We got three shell steaks and a few other items. We then went to T.J. Maxx nearby just north of Macy's to the east of the Maine Mall. We then went to the Portland Jet Port, and we picked up another relative. We returned back to my relatives' house in Kennebunkport. I unloaded the luggage and the groceries. CIO

09/02/15 Wednesday 11:10 A.M. I watched the Bloomberg Business News for an hour. I sat outside behind the house enjoying the view for a half hour. I prepared a package for a relative. I went to the Kennebunkport post office, and I mailed the package before the rush. CIO

09/02/15 Wednesday 8:35 A.M. I ate breakfast oatmeal with Truvia sweetener and milk and a sliced banana, a toasted English muffin with butter, 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. I will now shower and clean up. I chatted with a friend. CIO

09/01/15 Tuesday 7:55 P.M. I watched the evening news and ate crab meat on triscuit crackers and watered down orange juice. For dinner, I ate linguine with tomato, pepper, onion, and mushroom spaghetti sauce, and cantaloupe chunks, and a glass of watered down orange juice. I cleaned up the kitchen. I will watch some television before going to bed. At 9 P.M. this evening on <http://www.pbs.org/>, Queen Elizabeth II is suppose to be doing a broadcast. I don't know if I will be able stay awake that long. CIO

09/01/15 Tuesday 5:55 P.M. We went for a drive along the entire length of the Kennebunk Beach and back. We chatted with a relative out walking. We then drove along the Kennebunkport waterfront and back. I had a message from Swedish Import, and I told them to go ahead and repair the rear springs on the 2005 Volvo XC70 for about a \$500 cost. CIO

09/01/15 Tuesday 4:15 P.M. I woke up at 3:50 P.M.. Swedish Imports called up. They told me, they would not be able to fix the driver's side indoor handle without replacing the entire door panel. Instead they were able to repair it with Crazy Glue. However, there is another problem with the Volvo wagon. The left rear spring is broken, so they are checking about getting the part and will call me tomorrow about the cost of the repair. I could occasionally hear a noise from that location, so I guess that was the problem. We are making some spaghetti sauce for dinner. CIO

09/01/15 Tuesday 3:05 P.M. I drove with another relative with another car, and we dropped my Volvo wagon off at <http://www.swedish-imports.com/> to get the driver's side indoor latch repaired. They will call me up, when they know more. We then went to Hannaford's and got groceries. We then went by the Kennebunkport post office. We then returned to my relatives' house, and put away the groceries. I will now take a nap. CIO

09/01/15 Tuesday 12:35 P.M. I watched the business news. I sat outside for a while. I watched some more business news. I put away the clean laundry. For lunch I ate a roast beef and Swiss cheese sandwich on 15 grain bread with Hellmann's mayonnaise and potato salad and a glass of Schweppes Ginger Ale. CIO

09/01/15 Tuesday 9:40 A.M. The front hose leaks just before its threads connect to the watering spray attachment. It does not help it to tighten anymore. Thus one had to leave the front hose turned off, when not in use. I watered the front flowers, and the flowers in

the rear flower box, and the flowers on the rear deck. I brought in the garbage can and blue recycle bin from the street. I started a load of wash. CIO

09/01/15 Tuesday 8:25 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. I will now shower and clean up. CIO

09/01/15 Tuesday 7:35 A.M. I paid off the HP Compaq computer for \$111.77 and the Toshiba 3 TB SATA hard drive for \$79.99. I also paid my Cablevision High Definition Television, my Optimum High Speed Cable Modem, and my Optimum long distance telephone at <http://optimum.net/> . I also paid my <http://www.eversource.com/> electricity bill and my <http://www.verizon.net/> local telephone bill. I printed out two copies of my Microsoft Sunset Income versus Spending report for August 2015. I will give one copy to an interested relative. CIO

10/31/15 Saturday 11:00 P.M. I went back to bed until 10:30 P.M.. I chatted with a relative. Cayo Hueso Halloween action at <http://liveduvalstreet.com/crowdcam.cfm> . I will now make my bed. I will then shower and clean up. CIO

10/31/15 Saturday 9:35 P.M. I woke up at 7 P.M., and I chatted with a relative. I ate two small bowls of goldfish crackers. I then went back to bed until 9 P.M.. I ate a bowl of two scoops of butterscotch ice cream. I threw out the garbage. I picked up the mail. The order for <http://www.ebay.com/itm/7-LED-Long-Shot-Headlamp/111752697863?hash=item1a04fad807> for \$5.99 with free shipping arrived. I put in three CVS AA alkaline batteries in it, and it works just fine. I will leave it on the back seat of Volvo wagon to have available for night light. I will now make and drink a cup of coffee with Splenda sweetener and milk. CIO

10/31/15 Saturday 4:35 P.M. I woke up at 3:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will now rest some more. CIO

10/31/15 Saturday 2:15 A.M. I ate a small bowl of goldfish crackers. I watched Ancient Aliens episode 2. I will now shut down the primary work computers, and I will go to bed. CUI

10/31/15 Saturday 12:25 A.M. I tweaked the Asus Eee PC a bit, and it works just fine. When one lives in the cold country and is thinking about using some of the new portable electronic devices out in the cold weather, one should look into how long their battery life is in various extreme cold conditions. I just noticed, when I was out in California, they were real cheap. I think the California people are still real cheap, and the only bargains recently are avocados, and they are not giving away any technology. I was told by the Marmot store staff today, that their first store was in Santa Cruz, California. I have about a six year old red large size Marmot jacket that I bought for a \$100 down from \$400 from [www.sierratradingpost.com](http://www.sierratradingpost.com) , which does not fit me. Alas, it is sort of hard to sell old outgrown clothes in Greenwich, although I am sure somebody might want it. Of Neighbor to Neighbor over the last few years has gotten a lot of my smaller clothes. What bothers me about getting rid of smaller clothes, when I am age 65 is that I see a lot of older men whom managed to get thinner, and if I ever get thinner I am going to have to go through the expense of changing my wardrobe again. CIO

10/30/15 Friday 10:50 P.M. I adjusted the left living room closet door, so it is raised higher and swings more freely. I also removed the small throw rug from in front of it, and I put it in front of the chair in the kitchen. Thus the left living room closet door opens and closes easier. I have a lot of my winter and formal clothes in it. I went through <http://scott-mike.com/bf.htm> , and there is nothing cheap worth buying on the internet. However, sometimes an unexpected bargain pops up. Now that it is colder out, we have be prepared to implement the Freezing Norwegian Patrol, once the temperatures drop down into the 20 degrees Fahrenheit range or lower. That usually does not happen until the first week of

December. I don't go out in the extreme cold too much anymore, since it exhausts me. However, I have a lot of experience in it, and I have the clothes and shoes to stay warm in it. Alas by Canadian standards, it does not get that cold here. Of course night time can be more than 20 degrees Fahrenheit or more colder than the daytime. I tried calling the Allstate Claim number today, and the other person that hit my Volvo wagon has not opened a claim yet, and they told me to open a claim when I am ready. Since the bumper is fine, I need to get an estimate to replace the passenger side rear lower tail light with the clear lens which costs about \$170 and to install it. I might be able to have the estimate made and done over the telephone and mailed, so I do not have to drive all the way over there. Being on a night schedule, I have different routines than daytime people who are probably going to bed by now. Tomorrow night is Halloween night which probably means it will not be safe for older adults to venture outside. The young people are probably using all of this new media to organize their social lifestyles, so even though it does not seem like anything is going on, more than likely somewhere else in the area, there is something going on. One could investigate to see if there is any snow in the north country and if the ski resorts are open for business, but I think it is too early yet. With the local elections being held this Tuesday, some of the local politicians will probably be trying to get one's votes. I always vote for the Republican Party, since my roots are in the Western Michigan republican party and the down state Illinois republican party. Thus although I am a minority here, I have plenty of like minded individuals out there in the rest of the country and barely surviving off the democratic party policies. What we need is the Days of Eisenhower again, when the country was more prosperous. There is nothing that I need computer wise as far as I know. I could put a third SATA hard drive in the HP Compaq computer, but there is no rush on that at this moment. One has to conserve one's funds for any emergencies that might occur during the winter weather. I suppose I should also charge up my auto three jump start systems to have available for colder weather. I need two lantern batteries, but they are heavy to order and expensive at the Greenwich Hardware store. I never use them, when they are fresh, and they usually end up going bad without ever being used. One can not go out to nearby Westchester County airport easily anymore, because the parking there to watch airplanes landing and taking off is a bit expensive. None of my southern network of friends ever communicates outside of family connections, so I guess they are no longer interested in the north country now that summer is pretty much over. The way I figure it, a lot of people are still learning how to use computers and the internet, which I pretty much have learned over these years. Also a lot of people do not know how to type. There is commercial on TV for the IBM Watson device, but I don't think one can order one yet. Once it gets colder, people become more focused on the reality of the outdoor situations which can occur like a 100 inches of snow in Boston last winter. If one does mind getting a sun tan, one could try to apply to the Key West Oceanographic Institute which I think still exists. CIO

10/30/15 Friday 9:40 P.M. I ate two scoops of butter scotch ice cream. I will now make and drink a cup of coffee with Splenda sweetener and milk. CIO

10/30/15 Friday 8:55 P.M. I woke up at 8:30 P.M.. The Duke of Windsor made [www.perrier.com](http://www.perrier.com) famous, because he always took it with him in his worldwide travels, and he would drink it probably neat with Bells Whisky. In the old days of travel, and even

today, there is dirty water. The Duke of Windsor paid a royal visit to Greenwich, Connecticut in the 1920s, and he dedicated a statue at the now vacant Electrolux factory in Old Greenwich. He was friends with the Swedish businessman that owned Electrolux. Alas, nobody in town seems to know whether that statue still exists or not. I have a theory that between World War I and World War II this area was invaded by German Fifth Columnists masquerading as "Old Guard" Americans, and when they lost World War II, they just continued on the same masquerade. CIO

10/30/15 Friday 6:30 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with a hand full of baby spinach leaves and one sliced tomato and one fourth Bermuda red onion diced and a peeled and sliced ripe avocado. 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, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it with 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

10/30/15 Friday 5:40 P.M. I threw out the garbage. The dent on the passenger side rear bumper has disappeared. All I can figure it out is that Volvo must make their bumpers out of some sort of memory plastic compound. I went to my 1:30 P.M. appointment. 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, and I won another free Ace's scratch card that I lost on. I stopped by [www.cvs.com](http://www.cvs.com), and I used the bathroom there. I bought three one liter bottles of [www.perrier.com](http://www.perrier.com) for \$4 and .15 bottle deposit and .25 CT. 6.35% tax for \$4.40 total. They are the new plastic bottles which hopefully will not freeze and break in the refrigerator. I put them underneath the [www.harvard.edu](http://www.harvard.edu) chair when I got home. I finished my walk, and I sat out for a while. I then returned home. I picked up the mail. The order with tracking of <https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404372994462&cntrycode=us> on the order for two buy one get on free in white and big 3XL <http://www.kingsizedirect.com/large-size/Heavyweight-Thermal-Pants-with-Moisture-Wicking.aspx?PflId=148078&DeptId=27994&ProductTypeId=1&ppos=7&SplT=0> for \$49.99 less 40% on first item with coupon code "KSNEW40" for \$29.99 both pairs and \$7.99 shipping for \$37.98 total arrived. I got my rent statement from the Greenwich Housing Authority. In the rent statement was a letter saying that the Wells Fargo Bank on Havemayer Place closed at 2 P.M. today, and starting Monday we will be paying the rent at the new Wells Fargo Bank at the Stop and Shop shopping plaza. I then went back out to the Chase Bank at Deerfield Place, and I then returned home. CIO

10/30/15 Friday 11:25 P.M. I woke up at 10 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. I have a 1:30 P.M. appointment today. CIO

10/30/15 Friday 3:40 A.M. I ate two small bowls of goldfish crackers. I will now shut down the primary work computers. I will go to bed. I have a 1:30 P.M. appointment today, so I have to be awake by about 10:30 A.M.. CIO

10/30/15 Friday 3:15 A.M. I watched Ancient Aliens, episode 1. I paid my Cablevision High Definition Television, my Optimum High Speed Cable Modem, and my Optimum long distance telephone at <http://optimum.net/> . I also paid my <http://www.eversource.com/> electricity bill and my <http://www.verizon.net/> local telephone bill. CIO

10/30/15 Friday 12:10 A.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

10/29/15 Thursday 11:20 P.M. I slept some more until 9 P.M.. I ate two scoops of butterscotch ice cream. I made my bed. I showered, and I cleaned up. I threw out the garbage. I went out to the Stop and Shop. I bought a 16 ounce Stop and Shop creamy Caesar dressing for \$1.99, a 5 ounce Mrs. Cabison Caesar croutons for \$1, bananas for .49 a pound for .62, a tomato for \$2.49 a pound for .90, two Hass avocados for \$1.25 each for \$7.01 total. I then drove down through the quaint village street of Greenwich Avenue down to the waterfront on Steamboat Road which still seems pretty much the same, and then I returned back home. I picked up the mail. I put away my purchases. I started a small load of laundry. CIO

10/29/15 Thursday 7:25 P.M. I rested some more until 7 P.M.. I chatted with a relative. CIO

10/29/15 Thursday 5:10 P.M. I woke up at 2 P.M., when a neighbor rang my door bell. I went back to bed until 4 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

10/29/15 Thursday 6:50 A.M. I ate two scoops of butterscotch ice cream before going to nap. I woke up at 3 A.M.. I watched "The Hacker Wars". I ate two small bowls of goldfish crackers. I will now shut down the primary work computers, and I will go to bed. CIO

10/29/15 Thursday 12:45 A.M. I will now eat a small bowl of goldfish crackers, and then take a nap. CIO

10/29/15 Thursday 12:10 A.M. On the Boston Market 16 ounce chicken pot pie, if one microwaves it for 8 minutes instead of the recommended 9 to 10 minutes and then lets it stand for five minutes, it comes out with a light flaky crust and it tastes a lot better. CIO



10/28/15 Wednesday 11:35 P.M. I put away the clean laundry. The Roku device is all setup in the kitchen. I will now make and eat a 16 ounce Boston Market chicken pot pie, which I will eat with a 12 ounce glass of ginger ale. CIO

10/28/15 Wednesday 10:15 P.M. I have 15 minutes to go on the dry cycles. I hooked up the Roku device to the kitchen Sceptre 23 inch LED TV. It is plugged into HDMI port 1 for source, and it turns on by the second switch from the left on the control panel. I have it activated, and I am now installing the 370 channels I have installed on my four Roku devices. I only pay for Netflix and Acorn TV with is \$8.07 and \$4.99 a month. The kitchen Roku device works off the apartment wireless that it is automatically setup for. CIO

10/28/15 Wednesday 9:15 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. I threw out the garbage and the old periodical literature. I watered the plants. CIO

10/28/15 Wednesday 7:40 P.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I chatted with a relative. I will now make up a fresh batch of punch. CIO

10/28/15 Wednesday 6:40 P.M. I woke up at 2 P.M., when a neighbor rang my door bell, and gave me a card with the Allstate Insurance number to call on my Volvo wagon repairs. I called GEICO, and they told me I should call that number before taking the Volvo to Stamford Volvo for an estimate. I ate a small bowl of goldfish crackers. I went back to bed, and I chatted with a friend at 3 P.M.. I finally woke up at 5:30 P.M.. I picked up the mail. Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100012234592&Type=4> or <http://webtrack.dhlglobalmail.com/?trackingnumber=4200683092748901015478100012234592+> on the order for [http://www.newegg.com/Product/Product.aspx?Item=15-328-014&utm\\_medium=Email&utm\\_source=IGNEFL102515&nm\\_mc=EMC-IGNEFL102515&cm\\_mmc=EMC-IGNEFL102515--EMC-102515-Index--index--15-328-014](http://www.newegg.com/Product/Product.aspx?Item=15-328-014&utm_medium=Email&utm_source=IGNEFL102515&nm_mc=EMC-IGNEFL102515&cm_mmc=EMC-IGNEFL102515--EMC-102515-Index--index--15-328-014) for \$27.95 with free shipping arrived and also the order for five <http://www.ebay.com/itm/151696986615?trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT> for .99 each for \$4.95 with free shipping from China arrived. CIO

10/28/15 Wednesday 5:25 A.M. I watched the last two episodes 43 and 44 of "The Reign". I will now shut down the primary work computers, and I will go to bed. CIO

10/28/15 Wednesday 3:50 A.M. I ordered <http://www.ebay.com/itm/7-LED-Long-Shot-Headlamp/111752697863?hash=item1a04fad807> for \$5.99 with free shipping. CIO

10/28/15 Wednesday 2:55 A.M. I watched episode 42 of "The Reign" and episodes 5 and 6 of "The Royal Bodyguard". I learned when I went down to explore Florida in the fall of

1976, that there are a few British in Florida, because the Cunard Line sailed to Fort Lauderdale, and they also delivered Rolls Royce automobiles to Palm Beach. Also there were bits and pieces of the Duke of Windsor's entourage from the Bahamas lingering around south Florida. The British have their own version of Outward Bound for young people, where the camp out anywhere they feel like, and even the grandson of the founder of the British boy scouts showed up in Key West. The Royal Navy also keeps a presence in the Caribbean because of so many Commonwealth Countries the British are affiliated with. The only problem was that I am not British, but I sort of looked British, so they just assumed that I was British I guess. In the Bahamas in February 1978, I saw a lot of the real British, and they were a lot paler and fairer than I am. Whether any of the real British in the Bahamas ever make it to south Florida is opened to debate. Still, there was not the very large entourage of British dependents in South Florida like one finds in Manhattan and the New York City area. Alas, I am left watching old British media on Netflix while the real British are off somewhere else in the world where I guess they have some sort of influence. If one keeps a cheap apartment at Fred's old location at 420 East 49th street in Manhattan which is two blocks east of the British consulate on Third Avenue and if one can afford to buy liquor at the liquor store on the north side of the British consulate, more than likely one might find one or two people willing to drop over for cocktails if people still do that anymore. I think in Bermuda they call it "High Tea". Well, I guess with all of the sober New England Puritans in Greenwich, Connecticut; there are no social gatherings anymore. When people are not saying their prayers, they are reading many of the books we have available that some other people managed to write in their spare time. Of course some people out here in the country are into gardening, but when it gets colder, they have to find other activities to keep themselves occupied. Thus the older generation is left to dine on tea and toast and to live as best they can with their many fond memories of their more active youth. Seniors, I think can get off peak round trip tickets into Manhattan on the commuter train for around \$10.50, but a simple drink in Manhattan probably costs about \$10 or more. I guess everyone is waiting for the rich younger generation to make their next move, and hopefully some of the remains of the day will fall our way out here in the country. Still, I have a very nice quiet peaceful and relaxing life out in the country. I maintain my simple routines based on my budget. I doubt if I will be winning the lottery and retiring anytime soon to Monte Carlo, so this is it at Byram, Greenwich, Connecticut, 06830-2902, United States of America, Western Hemisphere, Planet Earth. Near the British consulate on Third Avenue, there is the coffee shop mall area at the lower level of the Citicorp building. I think a few blocks north of the British consulate on Third Avenue across the street is a 24 hour McDonalds, where one might be able to hang out for free, and they might have free wifi. I do not know Manhattan very well anymore, so if one ends up in the little vest pocket park at the end of East 57th Street at Sutton Place looking at the Medici Boar overlooking the East River, one might figure out that somebody Italian might have a lire or two. CIO

10/28/15 Wednesday 12:30 A.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with a hand full of baby spinach leaves and one sliced tomato and one fourth Bermuda red onion diced and a peeled and sliced ripe avocado. 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, 2

ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale.  
CIO

10/27/15 Tuesday 11:40 P.M. Tracking is

<https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404372994462&cntrycode=us> on the order for two buy one get on free in white and big 3XL

<http://www.kingsizedirect.com/large-size/Heavyweight-Thermal-Pants-with-Moisture-Wicking.aspx?Pflid=148078&DeptId=27994&ProductTypeId=1&ppos=7&Splt=0> for \$49.99 less 40% on first item with coupon code "KSNEW40" for \$29.99 both pairs and \$7.99 shipping for \$37.98 total.

My [www.time.com](http://www.time.com) magazine subscription expires the first week of November 2015. I never read it, and I don't want to pay another \$40 for two years. Maybe if they send me a promo like \$20 for two years, I might keep it up.

<http://wiht.link/sourcecredibility>

[http://www.nytimes.com/2015/10/27/us/politics/bushes-put-on-family-show-of-reassurance-amid-campaign-upheaval.html?emc=edit\\_th\\_20151027&nl=todaysheadlines&nid=46729&r=0](http://www.nytimes.com/2015/10/27/us/politics/bushes-put-on-family-show-of-reassurance-amid-campaign-upheaval.html?emc=edit_th_20151027&nl=todaysheadlines&nid=46729&r=0)

CIO

10/27/15 Tuesday 11:00 P.M. I have not heard from Allstate, so I went ahead and filed a claim report with [www.geico.com](http://www.geico.com), and I also uploaded the eight pictures, a photo of the police report, and a photo of the other person's insurance card. Thus I will now wait to hear from GEICO. In the old days, GEICO stood for Government Employees Insurance Company. CIO

10/27/15 Tuesday 9:00 P.M. I drank a cup of coffee with Splenda sweetener and milk. I put pictures here of the 2005 Volvo rear passenger side corner bumper dent and the rear passenger side reverse light lens repair.

<http://scott-mike.com/volvo-dent/>

<http://mikelouisscott.com/volvo-dent/>

CIO

10/27/15 Tuesday 8:30 P.M. I woke up at 7:30 P.M.. I went outside, and I removed the clear plastic tape on the passenger side rear backup light lens repair. The glue is secure, and it looks good enough for now. The rear backup light works in it. I will have to wait to see what the other driver's Allstate insurance company says. I do not want my insurance

rates to go up. I still have Sirius satellite radio, but I do not listen to audio, when I am in a car. I will now make my bed. I will then shower and clean up. CIO

10/27/15 Tuesday 6:00 P.M. I chatted with a friend. I will now go back to bed. CIO

10/27/15 Tuesday 5:20 P.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I chatted with a relative. CIO

10/27/15 Tuesday 4:30 P.M. A neighbor knocked on my door at 10 A.M.. The neighbor had backed into my Volvo wagon. The passenger side rear bumper was pushed in about a inch diameter oval on its corner. The passenger side lower clear rear light was broken on the clear area. We filed a police report with a local police officer. The neighbor has All State insurance. I chatted with my GEICO insurance. The neighbor's All State insurance is supposed to take care of it. I chatted with a relative. I went back to bed. I woke up at 1 P.M., and I checked out the Volvo wagon and chatted with neighbors. I went back to bed until 3 P.M.. I decided to do a temporary repair on the Volvo rear light lens. I first had to go to CVS on West Putnam Avenue, and return a new dried up package of CVS Crazy Glue gel, and I got a package of Loctite super glue gel for 63 cents more. I then returned back to my apartment parking lot. I cut a heavy clear piece of clear flexible plastic off a CVS Clamp binder front cover about 6 inches by 2 inches. I then used a tube of the super glue gel to secure the clear plastic strip over the broken clear lens, and I held it in place with a strip of clear packaging tape, which I will remove once it dries. Thus I have a temporary repair to keep out any moisture, when it rains sometime soon. I chatted with neighbors. I picked up the mail. CIO

10/27/15 Tuesday 5:50 A.M. I woke up at 3 A.M.. I watched episode 41 of "The Reign" and episodes 3 and 4 of "The Royal Bodyguard". I watched them on the bedroom TV setup. The control panel turns on the overall setup. The HDMI switch has to be on 1 to connect the Roku device. Also the Roku device goes online when the rear net switch on the power strip is turned on turning on the Netgear switch. I think it is more comfortable watching television in bed. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. Have a good day. CIO

10/27/15 Tuesday 1:05 A.M. I watched episode 40 of "The Reign" and episode 2 of "The Royal Bodyguard". Well despite the fact that nearby Manhattan generates a lot of public relations, there is not much revenue from it out here in the remote suburbs of Connecticut. Since Connecticut is one of the smallest states geographically in the nation, not many people in the country are aware of it or pay much attention to it. Still we have a lot of privacy out here in the country, except for when we are bothered by the telemarketing telephone calls. In the old days before gasoline was so expensive, one could go for a drive on the deserted roads in our area at night. Well, I will now nap for a while. CIO

10/26/15 Monday 11:35 P.M. On the FIC server, I was able to get the Ubuntu boot manager to display by following the second option on this page

<http://help.ubuntu.com/community/Boot-Repair> after booting Ubuntu 15.10 32 bit from the DVD. Thus I now have Vista Ultimate and Ubuntu dual boot on it. I ate a Boston Market 16 ounce chicken pot pie with a 12 ounce glass of ginger ale. The Boston Market chicken pot pie has a lot of good flaky crust, but not very much chicken pot pie filling. I guess chickens are expensive in Boston. I also ate a small bowl of goldfish crackers. CIO

10/26/15 Monday 10:20 P.M. Ubuntu installed on the FIC server, but it does not boot up, and it still just boots up Vista Ultimate, so I will leave it the same. <http://pcworld.com> has a review on the new Microsoft Flagship store in Manhattan. CIO

10/26/15 Monday 9:35 P.M. [www.pcworld.com](http://www.pcworld.com) has a review of the new Microsoft Surface 4 for any of you big buck users. Since I have the old FIC server with Vista Ultimate on the far right side of my primary work computer setup, I am installing [www.ubuntu.com](http://www.ubuntu.com) 15.10 32 bit on it as a second partition on its first hard drive to dual boot it to make it more useable and faster than the older install of Vista Ultimate. It is currently resizing the primary drive which takes a bit of time. Still Ubuntu will be faster to use on it. CIO

!!!!!! 10/26/15 Monday 8:15 P.M. Microsoft Store Tour  
<http://abcnews.go.com/Technology/video/microsoft-opens-flagship-store-avenue-34739823>  
 . CIO

10/26/15 Monday 7:50 P.M. I threw out the garbage. I picked up the mail. I chatted with a relative earlier. The young people downtown trying to figure out how to have fun, don't like seeing old people downtown trying to figure out what is going on. CIO

10/26/15 Monday 6:25 P.M. I went back to bed until 5:30 P.M.. I will now drink a cup of coffee with Splenda sweetener and milk. I will then make my bed. I will next shower and clean up.

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100012234592&Type=4> or  
<http://webtrack.dhlglobalmail.com/?trackingnumber=4200683092748901015478100012234592+> on the order for [http://www.newegg.com/Product/Product.aspx?Item=15-328-014&utm\\_medium=Email&utm\\_source=IGNEFL102515&nm\\_mc=EMC-IGNEFL102515&cm\\_mmc=EMC-IGNEFL102515-EMC-102515-Index-index-15-328-014](http://www.newegg.com/Product/Product.aspx?Item=15-328-014&utm_medium=Email&utm_source=IGNEFL102515&nm_mc=EMC-IGNEFL102515&cm_mmc=EMC-IGNEFL102515-EMC-102515-Index-index-15-328-014) for \$27.95 with free shipping. CIO

10/26/15 Monday 2:30 P.M. I woke up and ate a small bowl of goldfish crackers. I finally woke up at 1:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

10/26/15 Monday 4:05 A.M. Technically since I live in Connecticut very close to the New York border, I might be one of the first web sites of origin in New England for what it is

worth. There is not much to write about in this area, since a lot of the homes are somewhat opulent, which keeps a lot of other people busy maintaining and building them. On the public housing front, there is not much interest, since the local economy is dependant of the McMansion home front. Still having grown up in back country in this area, I know it is not that exciting, and one spends a lot of time home bound doing domestic chores. Also in the remote back country area, people frequently do not go downtown too often for supplies, so they are rather isolated in their forest environments. When one drive in back country at night, it can be rather dark and forbidding, particularly since it is expensive to leave outside lights on at night. However, I have a feeling there are still a few people in that neck of the woods, whom the village idiots don't seem to think exist. Whatever they do on the internet is probably open to debate, but they obviously can afford to shop on the internet, if they are computer literate. More than likely the younger generation have some sort of computer skills. I will now shut down the primary work computers, and I will go to bed directly. CIO

10/26/15 Monday 3:35 A.M. I watched "The Reign" episode 39 and "The Royal Bodyguard" episode 1. I will now eat two small bowls of goldfish crackers. CIO

10/26/15 Monday 1:50 A.M. For the kitchen Sceptre LED TV, I ordered [http://www.newegg.com/Product/Product.aspx?Item=15-328-014&utm\\_medium=Email&utm\\_source=IGNEFL102515&nm\\_mc=EMC-IGNEFL102515&cm\\_mmc=EMC-IGNEFL102515--EMC-102515-Index--index--15-328-014](http://www.newegg.com/Product/Product.aspx?Item=15-328-014&utm_medium=Email&utm_source=IGNEFL102515&nm_mc=EMC-IGNEFL102515&cm_mmc=EMC-IGNEFL102515--EMC-102515-Index--index--15-328-014) for \$27.95 with free shipping.

<http://scholarshipsecretary.com/alternative-medicine-websites/>

[http://www.smithsonianmag.com/smart-news/there-are-whales-alive-today-who-were-born-before-moby-dick-was-written-660944/?utm\\_source=smithsonianopic&no-ist](http://www.smithsonianmag.com/smart-news/there-are-whales-alive-today-who-were-born-before-moby-dick-was-written-660944/?utm_source=smithsonianopic&no-ist)

[http://www.nytimes.com/2015/10/25/world/europe/for-many-norwegians-ghosts-fill-a-void.html?emc=edit\\_th\\_20151025&nl=todaysheadlines&nid=46729&r=0](http://www.nytimes.com/2015/10/25/world/europe/for-many-norwegians-ghosts-fill-a-void.html?emc=edit_th_20151025&nl=todaysheadlines&nid=46729&r=0)

[http://www.nytimes.com/2015/10/25/us/politics/watching-gop-race-bush-41-is-glad-to-be-old.html?emc=edit\\_th\\_20151025&nl=todaysheadlines&nid=46729&r=0](http://www.nytimes.com/2015/10/25/us/politics/watching-gop-race-bush-41-is-glad-to-be-old.html?emc=edit_th_20151025&nl=todaysheadlines&nid=46729&r=0) CIO

10/26/15 Monday 12:25 A.M. Raunchy street party going on in Cayo Hueso <http://www.liveduvalstreet.com/crowdcam.cfm> . CIO

10/25/15 Sunday 11:45 P.M. I ordered two buy one get on free in white and big 3XL <http://www.kingsizedirect.com/large-size/Heavyweight-Thermal-Pants-with-Moisture-Wicking.aspx?Pfid=148078&DeptId=27994&ProductTypeId=1&ppos=7&Spl=0> for \$49.99 less 40% on first item with coupon code "KSNEW40" for \$29.99 both pairs and \$7.99 shipping for \$37.98 total. CIO

10/25/15 Sunday 10:10 P.M. I woke up at 6 P.M.. I chatted with two relatives. I made my bed. I then showered and cleaned up. I threw out the garbage. I went by the Stop and

Shop. I bought two 42 ounce Stop and Shop old fashioned oatmeal for \$3 each less .60 can return for \$5.40 total. I then went downtown to Greenwich Avenue. Last night I saw they were setting up for the Adopt-A-Dog show at the Greenwich Common, so I guess the dogs were out earlier today. I walked the entire length of Greenwich Avenue. I sat out at various locations. ScoopNYC has closed their store. I used the bathroom at CVS. I bought a liter of Crest ProHealth Advanced Mouthwash for \$7.79 less a 20% off discount of \$1.56 and .40 CT 6.35% sales tax for \$6.63 total. I then bought a 18 double roll bundle of Scott Extra Soft toilet paper for \$6.99, a 24.2 ounce Folgers Supreme gourmet coffee for \$6.99, buy one get one free of 120 capsule Nature's Bounty garlic pills for \$10.79 both less a \$4 off CVS bonus bucks from the previous purchase and .37 CT 6.35% sales tax for \$21.14 total. While sitting at the top of Greenwich Avenue, a local youth asked me for a dollar for a soda which I did not have. After my walk, I sat out for a while, and I used the bathroom at Starbuck. I told one of the regulars that Microsoft is opening its flagship store at Fifth Avenue and 53rd street tomorrow morning  
<http://view.email.microsoftemail.com/?j=fe8b17787762017e7c&m=fe60157076610d7b7513&ls=fe51177771660c757213&l=fec21c767365017e&s=fe2a17727d65077f731078&jb=ffcc17&ju=fe541379716d0c7e7614&r=0>. I then returned home, and I put away my purchases. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with a hand full of baby spinach leaves and one sliced tomato and one fourth Bermuda red onion diced and a peeled and sliced ripe avocado. 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, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

10/25/15 Sunday 3:40 P.M. I woke up at 2:45 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will now go back to bed. CIO

End of Scott's Notes week of 10/25/15

10/25/15 Sunday 8:05 A.M. I will now send out my weekly notes. I will then shut down the primary work computers and go back to bed. CIO

10/25/15 Sunday 7:15 A.M. I woke up at 7 A.M.. I can not figure out why I am sleeping so much recently. Possibly it is simply from old age in cold weather. However, part of my disability historically has been that I have always slept a lot. I will now eat a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

10/25/15 Sunday 12:50 A.M. I watched episode 38 of "The Reign". I will now take a nap. CIO

10/24/15 Saturday 11:30 P.M. <http://wiht.link/htmlstarterguide>

**<http://wiht.link/sourcecredibility>**

From my observations recently this area is a lot slower than it has been in the past. However, that is just from the small downtown area perspective. I am sure there are still a lot of people in the larger over all area whom are not interested in shopping and dining on our simple village boulevard, but prefer the excitement of the "Big Apple". Thus I think it is relative safe to assume that somewhere in the greater New York City area, there might be one or two people left behind as a skeleton crew to pick up any lose pieces left behind. CIO

10/24/15 Saturday 10:40 P.M. I chatted with a relative before going out. I threw out the garbage. I went by the Stop and Shop, and I bought a 1.75 liter container of Friendly Butter Scotch ice cream for \$3.49, a 30 ounce Pepperidge Farm Flavor Blaster goldfish crackers for \$8.99, and bananas for .49 a pound for \$1.03 for \$13.51 total. I then went by CVS, and I bought buy one get one 50% off of CVS 150 tablets All Day Pain Relief \$12.79 and \$6.39 and a 7 ounce CVS sensitive skin shave gel for \$2.99 less a \$5 off CVS machine coupon on a \$20 CVS products purchase and .15 CT 6.35% sales tax for \$17.32 total. I then drove through downtown Greenwich which has a few youth out strolling around. I returned home, and I put away my purchases. I had a telephone message from friends from Manhattan wanting to visit tomorrow, but I will be asleep, since I am on a night schedule. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

10/24/15 Saturday 8:30 P.M. I chatted with a relative. I went back to bed until 8:25 P.M.. I woke up briefly and ate two small bowls of goldfish crackers. I will now make my bed and shower and clean up. I will then go downtown to do some brief errands. CIO

10/24/15 Saturday 5:35 P.M. I went back to bed after the last note. I woke up briefly, and I ate three scoops of butterscotch ice cream. I finally woke up at 5:20 P.M.. I drank a cup of coffee with Splenda sweetener and milk. CIO

10/24/15 Saturday 1:45 P.M. I chatted with a friend before going to bed. I woke up, and I ate a small bowl of goldfish crackers. I had a telemarketing call offering me a \$100 gift card at Walmart, and I declined. I finally woke up at 1 P.M.. I moved my Volvo wagon to its usual place. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

10/24/15 Saturday 2:25 A.M. I watched episode 37 of "The Reign". I will now shut down the primary work computers, and I will eat a blueberry muffin, and then I will go to bed. CIO

10/24/15 Saturday 1:05 A.M. I drank a cup of coffee with Splenda sweetener and milk. CIO



10/23/15 Friday 11:25 P.M. I ate a <http://scott-mike.com/em.htm> and a glass of cold filtered water. I noticed in the Stop and Shop this evening that sirloin steaks are now \$8 a pound. One would think the government would look into the real prices of food for the COLA on government income. For a Friday night, there were not many people dining out. There were also not many exercise walkers. I guess people are just staying home. One might as well get use to the cooler weather, because it is not going away for quite a while. CIO

10/23/15 Friday 10:55 P.M. I threw out the garbage. I went downtown. I chatted with a regular at Starbucks. I walked the entire length of Greenwich Avenue and the train station area. When I was crossing in front of the train station, a car coming from the west did not stop for me in the cross walk. I was told earlier in the week by a Greenwich Policeman that it is a \$300 fine for not yield for pedestrians in the crosswalks downtown. I sat out at various locations. I toured CVS, and I used the bathroom there. There are a few new stores downtown. I then went to the Stop and Shop. I bought a 15 ounce Smart Balance extra virgin olive oil spread for \$3.49, four 16 ounce Boston Market chicken pot pies for \$2.50 each, four 18.8 ounce Campbell's New England clam chowder for \$1.25 each, a 9.5 ounce Lays wavy potato chips for \$3.29, and two 16 ounce Wish Bone blue cheese dressing for \$2 each for \$27.61 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10.01 of self service V-Power gasoline for \$3.379 a gallon for 2.962 gallons at odometer reading of 111821 miles for 34.5 miles driven since Tuesday October 13 for 11.648 miles per gallon in local traffic. I then returned home, and I picked up the mail, and I put away the groceries. CIO

10/23/15 Friday 7:00 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I will now shower and clean up. I will then go downtown to brave the cooler weather on Greenwich Avenue. In 50 degree weather, one has to dress more warmly. Email on <http://gatesnotes.com> does not work anymore, so I guess he has become a private citizen. CIO

10/23/15 Friday 6:25 P.M. I chatted with a neighbor and a relative. CIO

10/23/15 Friday 5:00 P.M. I went back to bed after the last note. I chatted with a relative. Royal Caribbean called me tell me I had won a \$900 credit on a cruise, and somebody else called to refinance my credit card and a burglar alarm company also called. I think I also had another telemarketer call. When one is trying to sleep in the daytime, they can be annoying. I also woke up and ate two small bowls of goldfish crackers. I finally woke up at 4 P.M.. I chatted with a friend. I made my bed again. I will now have a cup of coffee with Splenda sweetener and milk. CIO

10/23/15 Friday 11:30 A.M. I woke up when a neighbor gave me a bottle of pills to lose weight, but when I looked them up, they were for something else, so I will return them. I finally woke up at 10:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and

supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

10/23/15 Friday 5:45 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. There is a worst case scenario hurricane heading for the west coast of Mexico <http://scott-mike.com/weather.htm> . I will now go back to bed for a while. CIO

10/23/15 Friday 4:35 A.M. I woke up from my nap at 3:30 A.M.. I drank a cup of coffee with Splenda sweetener and milk. The problem with living around the international community is that there are a lot of people whom do not know the English language very well, so one ends up just chatting with themselves for better or worse. CIO

10/22/15 Thursday 9:30 P.M. I have 3 ounces of Caesar croutons. I will now take a nap. CIO

10/22/15 Thursday 8:40 P.M. [http://www.volcano.si.edu/reports\\_weekly.cfm](http://www.volcano.si.edu/reports_weekly.cfm)

<http://scholarshipsecretary.com/alternative-medicine-websites/> CIO

10/22/15 Thursday 7:50 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with a hand full of baby spinach leaves and one sliced tomato and one fourth Bermuda red onion diced and a 4 ounce tin of Bumble Bee crab meat and a peeled and sliced ripe avocado. 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, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

10/22/15 Thursday 6:55 P.M. I threw out the garbage. I went out to the vast wasteland of the economically depleted Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at Starbucks. I went by CVS, and I bought buy two get one free of Crest 5.5 ounce 3-D White Luxe toothpaste for \$12.98 for two with one free and .82 Ct. 6.35% tax for \$13.80 total. I also picked up a prescription. On the way up Greenwich Avenue, and I ran into another local walker. We sat out briefly. I sat with him while he ate a \$7 roast beef sandwich at the deli just west of Greenwich Avenue on West Elm Street. I then walked him back to his residence. I used the bathroom at Starbucks. I sat out for a while. I chatted with someone from Iceland that worked for Microsoft and who told me Bill Gates spent three weeks in Iceland this summer. He told me in 1838 when the volcanoes erupted in Iceland it caused the French revolution, and the harbor in New Orleans froze. I chatted with another private individual. I then returned home and picked up the mail. CIO

10/22/15 Thursday 2:45 P.M. I will now shower and clean up. I will then go downtown and explore the wanders Greenwich Avenue for whatever they are worth. CIO

10/22/15 Thursday 2:30 P.M. Refurbished Netbook bargains:

[http://www.newegg.com/Product/Product.aspx?Item=N82E16834232631&cm\\_re=refurbished Asus Transformer Book T100TAF- -34-232-631- -Product](http://www.newegg.com/Product/Product.aspx?Item=N82E16834232631&cm_re=refurbished%20Asus%20Transformer%20Book%20T100TAF-34-232-631-Product)

<http://flash.newegg.com/Product/9SIA52E3034765>

<http://www.newegg.com/Product/Product.aspx?Item=N82E16834131950>

CIO

10/22/15 Thursday 1:10 P.M. I woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

10/22/15 Thursday 7:00 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

10/22/15 Thursday 5:20 A.M. I put away the clean laundry. Well not much happens ever in Greenwich, Connecticut because half the town is under sixteen years old, so more than likely they are watching cartoons in their free time or whatever other children's programming is available. CIO

10/22/15 Thursday 4:45 A.M. I ate two scoops of butter scotch ice cream. I drank a cup of coffee with Splenda sweetener and milk. In a few minutes, I will fold the clean laundry and put it away. Well being on a late night early morning schedule is not the most exciting lifestyle, but it is a lot more peaceful than the busy daytime. The regular washer and dryer machines went up a nickel to \$1.30. CIO

10/22/15 Thursday 3:35 A.M. I woke up at 2:30 A.M.. I put clean linens on the bed. I started two loads of wash, and I have a few minutes before the dry cycle. I threw out the garbage and the old periodical literature. I watered the plants. CIO

10/21/15 Wednesday 9:45 P.M. I ate 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed slice zucchini with Smart Balance Spread and extra virgin olive oil and Italian seasoning and grated parmesan and Romano cheese and a microwaved 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. I will now take a nap. CIO

10/21/15 Wednesday 8:55 P.M. I threw out the garbage. I went by the new Acme grocery store. It is pretty much the same layout and staff as the old A&P Fresh, and the prices are pretty much the same. I bought a 4 ounce McCormick's celery salt for \$7.49, a half dozen ISE large eggs expire November 25, 2015 for \$1.89, two zucchini for \$1.99 a pound for

\$2.07, two Peru avocados for \$3.34, a 5 ounce bag of baby spinach for \$3, two tomatoes on the vine for \$2.99 a pound for \$1.61 for \$19.40 total. 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 briefly with a visitor from Australia. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS, and I used the bathroom there. I bought buy one get one 50% off of 12.5 ounce Lysol spray disinfectant linen scent for \$6.79 and \$3.39 and .65 6.35% Connecticut sales tax for \$10.83 total. I then finished my walk. When I was walking up Greenwich Avenue by the corner at Bitteridge Jewelers' new store, when I was walking across the street after waiting for any cars, a white sports car from the opposite direction west by Bank of America guns his cars as if they were going to run me down, but then they stopped. It is a \$300 fine not stopping for pedestrians in the cross walk. The security guard at Bitteridge Jewelers also saw the incident. I next went by the Greenwich Library, and I toured the building, and chatted with a staff member. I then returned home, and I picked up my mail, and I put away my purchases. CIO

10/21/15 Wednesday 4:05 P.M. I went back to bed after the last note. I woke up at 3 P.M.. The order with tracking number of "1Z8R81000394060143" at [www.ups.com](http://www.ups.com) on the order for two <http://www.amazon.com/AMERICAN-CONVERSION-APC-5-Outlet-Suppressor/dp/B00C2CLSZK> for \$14.99 each with free shipping for \$29.98 total arrived. I will now make my bed. I will then shower and clean up. I ate a small bowl of goldfish crackers. I will go downtown for a walk. CIO

10/21/15 Wednesday 12:25 P.M. I woke up at 11 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

10/21/15 Wednesday 3:45 A.M. Well, I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. I guess at my advanced age of 65.4 years, I am not as swift as some of the other younger internet people, but I have a different viewpoint based on my age and experience, which may not be television reality. I keep thinking about saving about \$80 a month by canceling my Digital Cable Television, since I do not watch it that much. Still it is part of my apartment news room setup, so for now I will keep it. Good friends whom are well established recently cancelled their Cable Television in Manhattan. My viewpoint is that much of Cable Television is too violent, particularly for people whom live in remote peaceful areas. CIO

10/21/15 Wednesday 1:45 A.M. Microsoft opening a store in the Big Apple  
<http://view.email.microsoftemail.com/?j=fe8b17787762017e7c&m=fe60157076610d7b7513&ls=fe51177771660c757213&l=fec21c767365017e&s=fe2a17727d65077f731078&jb=ffcc17&ju=fe541379716d0c7e7614&r=0>

I woke up at 1 A.M.. The Dell Latitude E6400 laptop with Windows 10 got messed up while in Kennebunkport, Maine this past September. I am restoring the original installation from August 8, 2015; so hopefully it will run better. Basically Internet

Explorer 11 would not work very well on it. It might have been the slow internet connection up there, but it is easy enough to restore the backup. Not much happening out here in the tundra of Greenwich, Connecticut. I remember, when I first moved here in June of 1962, we would have six inches of ice on the ponds by mid October, so we are enjoying a warm weather cycle in the last couple of years. I do not know if there was any volcanic activity in the early 1960s that would have made it cooler here. Of course, back in 1954, we had six inches of snow in Pensacola, Florida, and would also have snow in Decatur, Alabama. The weather in this country is really not tropical. When I tried to escape to Florida for the winter in 1976, it was in the 90s in the third week of September in Fort Lauderdale for the first couple of days, and then the temperature dropped down to the 40s. By Thanksgiving morning at 7 A.M. in 1976, it was 21 degrees Fahrenheit according to the bank sign next to the swimming hall of fame, so after New Years 1977, it was a little bit warmer in Key West compared to freezing south Florida. Of course I am comfortable staying inside for long periods of time during our cold winters up north. CIO

10/20/15 Tuesday 11:50 P.M. I did some regular internet work. I ate two small bowls of goldfish crackers.

<http://www.scar2016.com> . I will now rest a bit. CIO

10/20/15 Tuesday 9:50 P.M. The order with tracking number of "1ZX799470333211748" at [www.ups.com](http://www.ups.com) on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16815124152> for \$14.95 with free shipping for \$14.95 total arrived. I threw out the garbage. I went downtown, and I picked up two prescriptions at CVS on Greenwich Avenue. 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 the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at CVS. I sat out for a while at the new Greenwich Common. I chatted with a relative on my wireless telephone. I went by the Stop and Shop. I bought Stop and Shop white American deli sliced cheese for \$4.99 a pound for \$4.24, Stop and Shop deli sliced ham for \$4.99 a pound for \$4.99, bananas for .49 a pound for .72, a 1 pound bag of baby carrots for \$1.89, and two baking potatoes for .99 a pound for \$1.79 for \$13.63 total. I then returned back home to Chez Mike's, and I picked up the mail, and I put away my groceries. I chatted with a friend. CIO

10/20/15 Tuesday 4:35 P.M. I went back to bed after the last note. I chatted with a relative at noon. I ate a small bowl of goldfish crackers. I chatted with another relative at 1 P.M.. I woke up at 2:30 P.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and a 4 ounce tin of Bumble Bee crab meat and a peeled and sliced ripe avocado. I seasoned it with garlic powder, ground black pepper, Italian spices, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I went back to bed until 4 P.M.. I fiddled with the coaxial cables on the Sceptre TV in the bedroom, so

they now work properly. I made my bed. I will now have a cup of coffee with Splenda sweetener and milk. I will then shower and clean up. I will then go downtown for a breath of fresh air. CIO

10/20/15 Tuesday 10:55 A.M. I woke up at 9:30 A.M., when a neighbor rang my door chime, and left me a note about a weight loss product at CVS called Lipozene. I researched it, and there are better products available, but they are more expensive. I will hold off for now on getting any. If you have not read the news, the Liberal Trudeau won up in Canada. CIO

10/20/15 Tuesday 8:30 A.M. I woke up, and I ate two small bowls of goldfish crackers. I finally woke up at 7:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water. I went back to bed until 11 A.M. I drank a cup of coffee with Splenda sweetener and milk. CIO

10/19/15 Monday 9:40 P.M. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed for the night. CIO

10/19/15 Monday 9:05 P.M. I chatted with two relatives. I heated and ate a 18 ounce Progresso clam chowder which I added dried parsley and Caesar croutons to, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

10/19/15 Monday 7:35 P.M. I watched episode 36 of "The Reign". Tracking number is "1ZX799470333211748" at [www.ups.com](http://www.ups.com) on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16815124152> for \$14.95 with free shipping for \$14.95 total. CIO

10/19/15 Monday 6:25 P.M. I woke up from resting, and I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk and two scoops of butterscotch ice cream. I went back to bed, and I woke up at 5:30 P.M.. I showered, and I cleaned up. I picked up the mail, and I chatted with neighbors. CIO

10/19/15 Monday 2:45 P.M. I chatted with a neighbor. I removed the two air conditioner that were installed in the apartment. I stored the smaller one underneath the legal chair in the living room, and the larger one behind the Ethan Allen recliner in the living room. I threw out an old tower fan. I sat outside briefly, and I chatted with a neighbor. I will now rest some more. CIO

10/19/15 Monday 11:25 A.M. I went back to sleep after the last note. I woke up at 7 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water. I went back to bed until 11 A.M. I drank a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

10/19/15 Monday 12:45 A.M. MicroSD card bargain <http://www.ebay.com/itm/256GB-Micro-SD-XC-Card-with-FREE-Adapter-10-Class-Universal-TF-Flash-Memory-Card-/251934822114?hash=item3aa87c4ee2> for \$11.87 with free shipping . I will now have a cup of coffee with Splenda sweetener and milk.

Canadian Elections <http://www.bbc.com/news/world-us-canada-34568497> . CIO

10/19/15 Monday 12:05 A.M. I just woke up again. I will now eat a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

10/18/15 Sunday 7:00 P.M. I woke up briefly, and I ate a small bowl of goldfish crackers. I finally woke up at 6:45 P.M., and I ate two scoops of butterscotch ice cream. CIO

10/18/15 Sunday 3:45 P.M. I took the Cisco Linksys AE 2500 wireless USB device off the primary Dell Latitude D410 laptop, and I set it up on the Asus Netbook, and I moved the Netgear USB wireless device with the long cable from the Asus Netbook to the Dell Latitude D410 laptop. Now it will be more convenient to use the Asus Netbook in a remote wireless locations with a faster connection than the built in connection in case I ever want to sit in the Greenwich Library or Starbucks and surf the internet with a more mobile device. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. Sunday is suppose to be a day of rest. CIO

10/18/15 Sunday 1:30 P.M. I watched a rebroadcast on Bloomberg News of an interview with Ray Dalio. I went back to bed at 11 A.M.. I woke up and ate two small bowls of goldfish crackers. I finally woke up at 1 P.M., and I chatted with a relative. I will now drink a cup of coffee with Splenda sweetener and milk. I will then bottom fish the internet at <http://scott-mike.com/bf.htm> . CIO

10/18/15 Sunday 8:55 A.M. I woke up briefly, and I ate a small bowl of goldfish crackers. I finally woke up at 8 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. It is 32 degrees Fahrenheit outside, and there is frost on the roof outside my window.

There is a fairly new outdoor shopping venue to the north of Greenwich in nearby Armonk, New York where [www.ibm.com](http://www.ibm.com) has their world headquarters. I don't know if there is a computer store up there or not. <http://www.greenwichtime.com/business/article/Armonk-Square-provides-some-competition-for-6574355.php> . CIO

End of Scott's Notes week of 10/17/15

10/17/15 Saturday 8:05 P.M. I watched episode 34 of "The Reign". I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

10/17/15 Saturday 8:05 P.M. I chatted with a relative. I took a Pyrex pie dish, and I rubbed some extra virgin olive oil on its surface. I put the 10 ounce filet of farm raised salmon on it, and I pour about a quarter of a cup of lemon juice over it, and I seasoned the top of the filet with a generous amount of Italian seasoning. I baked it in the Farberware convection oven at 325 degrees Fahrenheit for 20 minutes. I ate it with a large microwaved potato with Smart Balance Spread and extra virgin olive oil and steamed baby carrots with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of Schweppes Ginger Ale, and a cup of Twinings green tea with Splenda sweetener and lemon juice. C'est bien. This is where I washed dishes and did food prep food prep work, before I returned back to Greenwich in December 1983 <http://languedocbistro.com/nantucket-french-cuisine.html> , so I know a little bit about cooking. CIO

10/17/15 Saturday 7:05 P.M. I paid off the final three payments of my [www.geico.com](http://www.geico.com) automobile insurance policy, so it is paid off and runs until April 8, 2016. Paying bills ahead is like saving money. Now Warren Buffett can take the money and spend the winter in Florida. CIO

10/17/15 Saturday 6:25 P.M. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699939333509010> on the order for <http://www.ebay.com/itm/Westinghouse-RMT-11-Replaced-Remote-for-LD-3235-LD-3265VX-LD-4258VX-LD-3265-TV-/261555643931?hash=item3ce5ee661b> for \$8.06 with free shipping arrived. I put two new AA alkaline batteries in it, and I put it by the Westinghouse 32 inch LCD television. It works just fine. It has special buttons for the Westinghouse TV. I also got my renter's rebate check. Once the check clears, I will use it to pay off my GEICO automobile insurance policy. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I mail the letter to relative at the central Greenwich Post Office. I went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. It was quite busy out. One now needs to wear a warmer jacket in the cooler weather. I used the bathroom at CVS. After my walk, I went by the A&P Fresh. They close tonight at 8 P.M.. They have a little bit of meat left for 30% off. I bought a loaf of Pepperidge Farm 15 grain bread for \$4.29, a filter of salmon for \$6.99 a pound and 30% off for \$3.13, and 8 ounce of Miracle Gro foam house plant food for \$3 and .19 tax for \$10.61 total. The new Acme store will be opening there on this Wednesday. I returned home, and I chatted with a relative. I put some of the Miracle Gro foam on my plants, and I watered them. CIO

10/17/15 Saturday 2:05 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. I will now make my bed. I will then shower and clean up. I guess I will then go downtown to people watch on Greenwich Avenue. CIO

10/17/15 Saturday 1:10 P.M. I went back to sleep after the last note. I woke up, and I ate two small bowls of goldfish crackers. I finally woke up at 12:45 P.M.. CIO



10/17/15 Saturday 7:20 A.M. I woke up at 6 A.M.. I chatted with a friend. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

10/16/15 Friday 8:10 P.M. I chatted with a relative. I chatted with someone wearing a tee shirt from this location today, one can look at their menu to see what prices are like in the middle of the country <http://www.chuckwagononmackinac.com/>, so it is not any cheaper out there in the middle of the country. I will now shut down the primary work computers. I will then go to bed. There is not a lot happening in this area, because nearby New York City seems to get all of the attention. Still the quiet life in the country has its enjoyments too. They were selling gallon jugs of fresh apple cider in the Stop and Shop at the entrance today. Au Revoir and Bon Soir. CIO

10/16/15 Friday 6:10 P.M. For the HP Compaq Computer, I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16815124152> for \$14.95 with free shipping for \$14.95 total.

I also ordered five

[http://www.ebay.com/itm/151696986615?\\_trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT](http://www.ebay.com/itm/151696986615?_trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT) for .99 each for \$4.95 with free shipping from China. I thus can add two more SATA devices if I chose to the HP Compaq computer. CIO

10/16/15 Friday 5:00 P.M. I picked up the mail. I gave a neighbor an associate's telephone number. I chatted with neighbors. I received a letter back that I have to spend 49 cents on a forever stamp to resend. I chatted with a relative. CIO

10/16/15 Friday 3:50 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and a 4 ounce tin of Bumble Bee crab meat and a peeled and sliced ripe avocado. I seasoned it with garlic powder, ground black pepper, Italian spices, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. The only problem is that, since I quit smoking cigarettes three months ago, I have put on 20 pounds of weight, so I now weigh 244 pounds. The best way I know to lose weight is to go down to south Florida without money and benefits and after a long cold winter outside camping out with the other snow birds, one loses a lot of weight. In the fall of 1976 to the spring of 1977, I lost 60 pounds of weight camping out in south Florida. I went from 185 pounds to 125 pounds. When one does not have a lot of weight, it is easier to walk around. However, one also gets darkly tanned which if one is fair skinned is not good for you. Once one gets darkly tanned, the people up north think one is Hispanic, which is awkward, if one does not speak Spanish. CIO

10/16/15 Friday 3:00 P.M. I threw out the garbage. I drove my neighbor downtown, and I dropped my neighbor off at the top of Greenwich Avenue. 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 told the Apple store there used to be an Apple store in New Canaan 25 years ago across the street from the Cherry Tree restaurant. I used the bathroom at the Senior and the Arts Center. I toured the Greenwich Hardware store. I used the bathroom at CVS. I bought three 4 ounce cans of Bumble Bee crab meat for \$2 each for \$6 total. I sat out after my walk. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won another free Ace's High scratch card which I lost on. It was not too busy out for a nice Friday afternoon. I then went by the Stop and Shop. 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 \$8.74, a 30 ounce Pepperidge Farm Flavor Blasters cheddar cheese goldfish crackers for \$8.99, three Mrs. Cabbison's 5 ounce Caesar croutons for \$1 each, a head of Cello iceberg lettuce for \$1.49, a Bermuda red onion for \$1.99 a pound for \$1.03, three Hass avocados for \$1 each, a four pack of tomatoes for \$2.49 for \$33.13 total. I then returned home, and I put away my purchases. CIO

10/16/15 Friday 10:30 A.M. I went back to bed after the last note. I woke up at 10 A.M.. I made my bed. I used a coaxial two splitter and ran two cables off the coaxial table by the bedroom desk, so both the Sceptre 19 inch TV and the Abit computer TV card are now both connected to the apartment television system. I chatted with a neighbor. I am going to give a neighbor a ride downtown at 11:30 A.M.. I will now shower and clean up. CIO

10/16/15 Friday 8:25 A.M. I woke up at 4 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I tried to do a Complete PC backup of the primary Windows work computer to the Samsung 5 TB external hard drive, but it would not work. Instead I did an Aomei backup of the configuration. I watched episode 33 of "The Reign". I slept some more.

Tracking number is "1Z8R81000394060143" at [www.ups.com](http://www.ups.com) on the order for two <http://www.amazon.com/AMERICAN-CONVERSION-APC-5-Outlet-Suppressor/dp/B00C2CLSZK> for \$14.99 each with free shipping for \$29.98 total.

[http://www.volcano.si.edu/reports\\_weekly.cfm](http://www.volcano.si.edu/reports_weekly.cfm) CIO

10/15/15 Thursday 7:50 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I watched episode 33 of "The Reign". I will now shut down the primary work computers, and I will go to bed. CIO

10/15/15 Thursday 6:05 P.M. I used this program <https://support.microsoft.com/en-us/kb/971058> to fix Windows Update on the primary work computer. It then took quite a while to install 85 updates. When I rebooted the computer, it started up, and I did a System Restore backup. I then ran Norton Utilities, but when I rebooted again, the system

would not start. When I booted with F8, and I selected to disable System File Checking, the system booted up fine. However, I could not get it to boot without that. I restored my System Restore backup that I just made, and it now boots up just fine. I will now do a complete PC backup to the third internal hard drive. I chatted with a friend and a relative. I went outside earlier for a brief spell and picked up the mail. CIO

10/15/15 Thursday 12:40 P.M. I rested on and off this morning. I worked on trying to get Windows Updates to work on the primary work computer. It is not that important, since the computer which I don't use very much anymore runs well enough. It is more of a point of perfection that does not really matter. I ate two small bowls of goldfish crackers and two scoops of butterscotch ice cream. I will now have a cup of coffee with Splenda sweetener and milk. I will then make my bed and shower and clean up. I probably will not be going downtown today, since it is sometimes enjoyable to have a quiet day at home. CIO

10/15/15 Thursday 8:10 A.M. I ran some maintenance utilities on the primary Windows 7 computer. I still can not get Windows Update to work on it. Whatever, I did to get it work two days ago, I can not replicate it. I watched episode 32 of "The Reign". I chatted with a friend. I ate two small bowls of goldfish crackers. I will now take a nap. CIO

10/15/15 Thursday 4:50 A.M. I put away the clean laundry. CIO

10/15/15 Thursday 3:55 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I have 30 minutes to go on the two dry cycles. CIO

10/15/15 Thursday 3:10 A.M. I chatted with a relative at 7:30 P.M.. I also woke up twice and ate two small bowls of goldfish crackers. I finally woke up at 2 A.M.. I put clean linens on my bed. I started two loads of wash, and I am just about to start the dry cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

10/14/15 Wednesday 4:15 P.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I picked up the mail. I chatted with neighbors, and I sat outside for a while. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. CIO

10/14/15 Wednesday 3:15 P.M. I ordered two <http://www.amazon.com/AMERICAN-CONVERSION-APC-5-Outlet-Suppressor/dp/B00C2CLSZK> for \$14.99 each with free shipping for \$29.98 total. CIO

10/14/15 Wednesday 2:15 P.M. I ate a bag of microwave popcorn. CIO

10/14/15 Wednesday 2:00 P.M. I threw out the garbage. I went by the A&P Fresh. They are closing their store on this Saturday night. I am not sure when the new Albertson's store will be opening there. I bought a four pack of blueberry muffins for \$1.25 less 70 cents can return for 55 cents total. I then went by the Greenwich Housing Authority, and I

dropped off the new lease agreement at the front desk. I chatted with a tenant there that I know. I then went downtown. I used the bathroom at the Senior and the Arts Center. 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 used the bathroom there. I bought a 100 capsule bottle of Beanaid for \$11.99 less \$2.40 CVS 20% off coupon for \$9.59 total. I then finished my walk, and I sat out for a while. I used the bathroom at the Senior and the Arts Center. I then returned home, and I chatted with neighbors. CIO

10/14/15 Wednesday 10:25 A.M. I will go downtown shortly to enjoy the nice day. CIO

10/14/15 Wednesday 10:10 A.M. I chatted with a friend. I napped from 8 A.M. to 9:30 A.M.. I chatted with a relative. I reheated a 10 ounce Dinty Moore meal that I put with a cup of steamed baby carrots left over from last night, and I ate it all with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

10/14/15 Wednesday 7:55 A.M. Earlier I ate a small bowl of goldfish crackers. I just now ate two scoops of butterscotch ice cream. I will now take a nap. CIO

10/14/15 Wednesday 7:20 A.M. The Minolta PagePro 1350 W laser printer that I had hooked up the Dell Latitude E6400 laptop will not work with Windows 10, so I moved it back to the primary Windows 7 computer setup, and I moved the Brother HL-2240 laser printer to the Dell Latitude E6400 laptop setup. It turns on with the second control panel switch from the left. CIO

10/14/15 Wednesday 4:30 A.M. I have the signed lease addition ready to mail to the Greenwich Housing Authority with a 49 cent forever stamp. CIO

10/14/15 Wednesday 3:45 A.M. I made my bed. <http://blog.allstate.com/be-prepared-hurricane-prevention-guide/>

Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qtC\\_tLabels1=9400109699939333509010](https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9400109699939333509010) on the order for <http://www.ebay.com/itm/Westinghouse-RMT-11-Replaced-Remote-for-LD-3235-LD-3265VX-LD-4258VX-LD-3265-TV-/261555643931?hash=item3ce5ee661b> for \$8.06 with free shipping.

I will now shower and clean up. CIO

10/14/15 Wednesday 2:50 A.M. I went back bed after the last note until 2:30 A.M.. I drank a 12 ounce glass of punch with vitamins and supplements and a cup of coffee with Splenda sweetener and milk. CIO

10/13/15 Tuesday 11:40 P.M. I slept until 10 P.M.. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qtC\\_tLabels1=9400115901674297229842](https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9400115901674297229842) on the order for <http://www.amazon.com/gp/offer->

listing/B00B0FETLK/ref=dp\_olp\_new\_mbc?ie=UTF8&condition=new for \$7.99 and \$4.99 shipping for \$12.98 total arrived. I also received a lease amendment regarding no smoking apartment in the building from the Greenwich Housing Authority that I have to sign and return to them. I threw out the garbage. I went out to the Stop and Shop, and I bought a 30 ounce Pepperidge Farm flavor busters goldfish crackers for \$8.99, a 1.75 quart Friendly butterscotch swirl ice cream for \$3.49, and bananas for .49 a pound for \$1.65 for \$14.13 total. I then went by the Chase Bank ATM at Deerfield Place. I then drove through the center of downtown Greenwich Avenue which was very quiet. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.279 a gallon for 3.049 gallons at odometer reading of 111787 miles for 54.5 miles driven since Wednesday September 30, for 17.875 miles per gallon in mostly mixed traffic. I then returned home, and I put away my groceries.

I will now make and eat 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed baby carrots a microwaved 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

10/13/15 Tuesday 3:10 P.M. After the 79 updates were installed, I rebooted the primary work computer, and it started up fine. I then installed the last two other updates, but when I rebooted again, the computer would not boot up. After several attempts including Safe Boot and Last Known Good Configuration, I did a System Restore. The System restore worked, but I do not know if it includes the 79 updates or not. The computer once again will not check for updates. I watched episodes 30 and 31 of "The Reign". I ate four small bowls of goldfish crackers. Earlier the order with tracking number of "1ZX799470333050583" at [www.ups.com](http://www.ups.com) for two black <http://www.newegg.com/Product/Product.aspx?Item=N82E16812119572> for \$9.49 each with free shipping for \$18.98 total arrived. I will now take a nap. CIO

10/13/15 Tuesday 11:20 A.M. I ate some more goldfish crackers. I rested until 9:30 A.M.. I went through <http://scott-mike.com/bf.htm>, but there are no cheap bargains on the internet. I used the program "Windows6.1-KB947821-v34-x86.msu" to fix Windows Update on the Windows 7 partition on the primary work computer. I have just about finished downloading the updates, but then I have to install them. Then I have to make a complete PC backup of the system to the third hard drive. I drank a cup of coffee with Splenda sweetener and milk. I chatted with a relative. I showered, and I cleaned up. I threw out the garbage. I sat outside for a while. I chatted with neighbors. CIO

10/13/15 Tuesday 7:45 A.M. I ate a bowl of goldfish crackers while asleep. I woke up at 2:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I went back to bed. While sleeping, I woke up twice and ate small bowls of goldfish crackers. I finally woke up at 7:30 A.M.. I will now make my bed, and then I will shower and clean up. CIO

10/12/15 Monday 3:05 P.M. I watched episode 28 and 29 of "The Reign". To use the Roku device on the Westinghouse HDTV, one has to change the Westinghouse TV input to HDMI 2 from TV Cable. I chatted with a friend. I ate two scoops of butter scotch ice cream. I will now shut down the primary work computers, and I will go to bed. CIO

10/12/15 Monday 1:05 P.M. The Windows 7 partition on the primary work computer does not install the Windows Updates. I restored the Complete PC backup from May 15, 2015, and I restored any changes, but it still will not install the Windows Updates. I tried these methods <https://www.infopackets.com/news/9602/how-fix-windows-update-wont-update> and <https://support.microsoft.com/en-us/kb/2509997> to fix the Windows Updates to no avail which took quite a while. Still the primary work computer Windows 7 partition is running a bit better even without the updates. I ate three bowls of goldfish crackers. I ordered two black <http://www.newegg.com/Product/Product.aspx?Item=N82E16812119572> for \$9.49 each with free shipping for \$18.98 total. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise jalapeño potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. I chatted with a relative. CIO

10/12/15 Monday 7:00 A.M. Today Columbus Day is when the simple summer people of [www.nantucket.net](http://www.nantucket.net) leave the island to discover America. CIO

End of Scott's Notes week of 10/12/15

10/12/15 Monday 3:00 A.M. I chatted with a relative at 5 P.M.. I ate a bowl of goldfish crackers. I woke up at 1:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I showered, and I cleaned up. The far left control panel switch on the third control panel down quit working. It controls the power strip that also controls the K-World device for the primary 20 inch Dell monitor on the primary work computer. I moved the plug to the Rosewill power strip switch on the right side of the control panel four switches back, and it can be turned on and off that way. That power strip is controlled by the center monitor switch on the upper control panel. Both Tripp Lite uninterruptible power protectors are now working fine again. I will now send out my weekly notes. CIO

10/11/15 Sunday 3:55 P.M. I move the Roku 2 wireless device from the kitchen TV to the Westinghouse HDTV in the living room. It turns on with the third switch back on the Rosewill power strip just behind the Westinghouse TV switch. I watch episode 27 of "The Reign" on it. It works quite well, and one gets use to the small black vertical strip on the right center of the TV. The sound is not as good, since the Westinghouse TV does not have an audio out jack on it to hook up additional speakers, but it is good enough. The kitchen TV still has the Sony media player which can play Netflix. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. CIO

10/11/15 Sunday 1:15 P.M. I chatted with a relative.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400115901674297229842> on the order for [http://www.amazon.com/gp/offer-listing/B00B0FETLK/ref=dp\\_olp\\_new\\_mbc?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B00B0FETLK/ref=dp_olp_new_mbc?ie=UTF8&condition=new) for \$7.99 and \$4.99 shipping for \$12.98 total for the power adapter that I will not be needing for the Chrome Book that was cancelled. CIO

10/11/15 Sunday 12:35 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and three ounces of mixed nuts. I will now make and drink a cup of coffee with Splenda sweetener milk. CIO

10/11/15 Sunday 11:35 A.M. I threw out the garbage. I went downtown. I walked lower Greenwich Avenue and the train station area. I stopped Zen Stationary, and I bought an Ace's High Scratch card for a dollar. The dealer's card was an 8, and the prize was a \$1,000, but I only got a 7,6,5,4; so I could not even beat an 8. I then drove over to southwest picnic area at Tod's Point. I chatted with a relative on my wireless telephone. I chatted with a local person from Illinois. I used the new public bathroom there. I then went over to Staples in Old Greenwich. Unfortunately, they did not have the item in stock, and while I was out, I was emailed to that effect. Thus the order is cancelled. I could order the last one from Staples in Port Chester or have it deliver, but they showed me the demo one at Staples in Old Greenwich, and it looked to be a bit too delicate for my use; so I will not be buying one. I had a telephone message from another computer person that I called back. I told him about the Christiana Foundation that used to take old computer equipment. I am not sure if they are still around or not. CIO

10/11/15 Sunday 7:30 A.M. I will now go downtown for a walk on Greenwich Avenue. CIO

10/11/15 Sunday 6:45 A.M. I cancelled the [http://slickdeals.net/f/8152336-samsung-11-6-chromebook-pre-owned-celeron-n2840-2gb-ddr3-16gb-flash-memory-80-free-shipping?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29](http://slickdeals.net/f/8152336-samsung-11-6-chromebook-pre-owned-celeron-n2840-2gb-ddr3-16gb-flash-memory-80-free-shipping?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29) for \$79.99 with the \$50 off coupon and \$5.08 tax for \$85.07 total. Instead I bought [http://www.staples.com/ASUS-X205TA-HATM0103-Notebook-PC/product\\_1530327?cmArea=home\\_box1](http://www.staples.com/ASUS-X205TA-HATM0103-Notebook-PC/product_1530327?cmArea=home_box1) for \$149.99 less \$20 more with Visa Checkout and \$8.25 tax for \$138.24 total. I will pick it up at the Staples Old Greenwich store, when it opens at 10 A.M. this morning. It can be upgraded to Windows 10. CIO

10/11/15 Sunday 4:50 A.M. I chatted with a relative. I woke up, and I ate a bowl of goldfish crackers. I woke up at 1 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I went back to bed until 4:30 A.M. I will now make my bed and shower and clean up. CIO

10/10/15 Saturday 3:45 P.M. [http://www.volcano.si.edu/reports\\_weekly.cfm](http://www.volcano.si.edu/reports_weekly.cfm) I picked up the mail. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. CIO

10/10/15 Saturday 2:30 P.M. I watched episode 26 of "Reign". I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

10/10/15 Saturday 1:20 P.M. I woke up while sleeping, and I chatted with two relatives. I woke up at 12:45 P.M.. The Tripp Lite power supply on the primary work computer was off, because the lower control panel it was plugged in was malfunctioning. I plugged it into another surge protector power strip behind the primary CPU. Hopefully once it resets itself, it will be all right. I disconnected the extension cord from the lower control panel that had the OBiTalk device plugged into it, and I plugged the OBiTalk device into the front switch on the Rosewill power strip to the right of the control panels. I also plugged in the extension cord to the second switch back that has the Rosewill SATA external drive holder plugged into it. CIO

10/10/15 Saturday 11:05 A.M. I ate two ounces of mixed nuts. I will now take a nap. CIO

10/10/15 Saturday 10:40 A.M. For the Westinghouse LD-3237 HDTV, I ordered <http://www.ebay.com/itm/Westinghouse-RMT-11-Replaced-Remote-for-LD-3235-LD-3265VX-LD-4258VX-LD-3265-TV-/261555643931?hash=item3ce5ee661b> for \$8.06 with free shipping. CIO

10/10/15 Saturday 9:25 A.M. I threw out the garbage. I went downtown. I chatted with a friend on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. They are building two new large restaurant bars on either side of lower Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought three various scent Air Wick 6 ounce automatic scent machine refills for \$5 each and .95 tax for \$15.95 total. After I finished my walk, I sat out for a while, and I used the bathroom at Starbucks. I then went by the Stop and Shop, and I bought a 59 ounce Tropicana with calcium orange juice for \$2.88, buy one get one free of 10.5 ounce Lays wavy potato chips for \$4.29 both, a 30 ounce Pepperidge Farm extra cheddar goldfish crackers for \$8.99, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$2.99, two 8 ounce Perdue cooked boneless breast of chicken short cuts Italian style for \$2.99 each for \$25.13 total. I then returned home, and I put away my purchases.

I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise jalapeño potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

10/10/15 Saturday 6:15 A.M. I hooked up the Seiki 19 inch LCD television to the right side of the bedroom desk on top of the Ricoh laser printer. I also have it connected up the Logitech 2.1 speaker system. They both turn on by the rear two switches on the Rosewill power strip on the right rear of the bedroom desk. I will now go downtown for a walk. CIO



10/10/15 Saturday 4:05 A.M. I woke up, and I ate two ounces of mixed nuts. I finally woke up at 3 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I will shower and clean up. CIO

10/09/15 Friday 6:45 P.M. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed for the night. CIO

10/09/15 Friday 6:15 P.M. I ate 3 ounces of mixed nuts and a 12 ounce class of 50% Ginger Ale and 50% punch. I rested on and off. I chatted with a relative at 3 P.M.. I went back to bed until 4 P.M.. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9274899998403200947533](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9274899998403200947533) for the Westinghouse LD 3237 HDTV, I ordered a power supply [https://www.amazon.com/gp/offer-listing/B00AI15MOU/ref=sr\\_1\\_1\\_olp?ie=UTF8&qid=1444108696&sr=8-1&keywords=Westinghouse+LD+3237+power+adapter&condition=new](https://www.amazon.com/gp/offer-listing/B00AI15MOU/ref=sr_1_1_olp?ie=UTF8&qid=1444108696&sr=8-1&keywords=Westinghouse+LD+3237+power+adapter&condition=new) for \$8.29 and \$5.89 shipping for \$14.18 total arrived. I tested it, and the Westinghouse TV works, but it has a small vertical line on the screen. I set it up on the oak table in front of the stereo system, where the 19 inch Scepter TV was. I have it hooked up with the coaxial cable to the cable box in the bedroom, so it plays off the bedroom cable box. It also plays off the bedroom cable box HDMI, if the bedroom power control panel is turned, and it is set to HDMI 1 with the source button the Phillips remote control. Thus one can watch both bedroom and living room cable boxes at that location for dual viewing. I had a spare Phillips remote control that I set it up with. I might put the 19 inch Scepter LCD television in the bathroom. CIO

10/09/15 Friday 12:15 P.M. I chatted with a friend. I heated and ate a 9 ounce Barilla penne tomato and basil dinner which I put grated parmesan and Romano cheese on, and I ate it all with some Wise Jalapeño kettle potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

10/09/15 Friday 10:35 A.M. I ordered [http://slickdeals.net/f/8152336-samsung-11-6-chromebook-pre-owned-celeron-n2840-2gb-ddr3-16gb-flash-memory-80-free-shipping?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29](http://slickdeals.net/f/8152336-samsung-11-6-chromebook-pre-owned-celeron-n2840-2gb-ddr3-16gb-flash-memory-80-free-shipping?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29) for \$79.99 with the \$50 off coupon and \$5.08 tax for \$85.07 total. I ordered one with Windows 8 on it.

For the missing power adapter, I ordered [http://www.amazon.com/gp/offer-listing/B00B0FETLK/ref=dp\\_olp\\_new\\_mbc?ie=UTF8&condition=new](http://www.amazon.com/gp/offer-listing/B00B0FETLK/ref=dp_olp_new_mbc?ie=UTF8&condition=new) for \$7.99 and \$4.99 shipping for \$12.98 total. CIO

10/09/15 Friday 9:40 A.M. I napped some more. I had two fax calls at 8:30 A.M.. I ate the last bowl of goldfish crackers a bag of microwave popcorn. CIO

10/09/15 Friday 7:00 A.M. I chatted with a friend. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now have a cup of coffee with Splenda sweetener and milk. CIO

10/09/15 Friday 6:15 A.M. 10 inch Android tablet with keyboard  
<http://www.ebay.com/itm/10-1-Quad-Core-Android-4-4-KitKat-Tablet-Bluetooth-16GB-Bundle-Keybaord-10-inch-/181485349712?hash=item2a415eab50> for \$85

Walmart version for \$70

<http://www.walmart.com/ip/44185469?wmlspartner=wlp&adid=2222222227032585792&wl0=&wl1=g&wl2=c&wl3=63642832592&wl4=&wl5=pla&wl6=127433468672&veh=sem> .  
 CIO

10/09/15 Friday 5:35 A.M. If one searches the term "2 GB 10 inch tablet" at [www.ebay.com](http://www.ebay.com) , one can find a new Android one with keyboard for about \$70 to \$80. I ate a bowl of goldfish crackers with a 5.5 ounce reheated Jimmy Dean barbecue sandwich with a 12 ounce glass of Schweppes Ginger Ale.

Well, my lifestyle in my computer laboratory apartment is not very exciting, but having pursued the activity for over 25 years, I guess I know what I am doing. Alas, one can not buy every new gadget that comes out of Asia. I have been resting a bit more which always happens to me, when the weather starts to get cooler. CIO

10/09/15 Friday 4:45 A.M. I threw out the garbage. I picked up the mail. I ate a bowl of goldfish crackers. I watched episode 25 of "Reign". I ate two scoops of butterscotch ice cream. I rested for about another hour. CIO

10/09/15 Friday 1:15 A.M. I went back to bed after the last note until just now. CIO

10/08/15 Thursday 10:55 P.M. I woke up and ate two bowls of goldfish crackers. I chatted with a relative at 5 P.M.. I finally woke up at 10 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. I made up a batch of fresh punch. The refund went through on the Windows Tablet below. CIO

10/08/15 Thursday 10:00 A.M. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. CIO

10/08/15 Thursday 9:25 A.M. I chatted with a relative. I contacted the seller to cancel <http://deals.n1wireless.com/unbranded-windows-8-10-1in-tablet-32gb-gray.html> for \$59.99 and \$5 shipping for \$64.99 total. The keyboard for it is only available used for \$35 or possibly one for \$60 for the model UB-15MSKB keyboard at Ebay. There is a generic keyboard and case at Amazon for the unbranded 10.1 model for \$30, but its reviews are spotty. CIO

10/08/15 Thursday 6:55 A.M. I woke up at 6 A.M.. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

10/08/15 Thursday 5:00 A.M. I will now take a nap. CIO

10/08/15 Thursday 3:55 A.M. I put away the clean laundry.

!!!!!! I bought <http://deals.n1wireless.com/unbranded-windows-8-10-1in-tablet-32gb-gray.html> for \$59.99 and \$5 shipping for \$64.99 total. Now I should have a convenient device to carry with me.

I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and a 4 ounce tin of Bumble Bee crab meat and a peeled and sliced ripe avocado and two diced Kosher dill pickle spears. 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, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, and I put a lot of Kraft blue cheese dressing on it with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

10/08/15 Thursday 1:10 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have ten minutes to go on the wash cycles. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405511699000376122842> on the order for Logitech Wireless Combo MK710 Cordless Desktop Keyboard & Laser Mouse for PC for \$27.98 with free shipping arrived. I threw out the garbage and the old periodical literature. I watered the plants. CIO

10/07/15 Wednesday 11:30 P.M. I made up a batch of fresh punch. CIO

10/07/15 Wednesday 10:30 P.M. Before going to bed, the order with tracking number of "1ZA87E540333174168" at [www.ups.com](http://www.ups.com) on the order for in size 9.5 in white Cole Haan Men's Falmouth Fashion Sneaker for \$39.99 and \$2.54 tax for \$42.53 total with free shipping arrived. I woke up, and I ate two bowls of goldfish crackers. I woke up at 10 P.M.. I put a new 6 ounce Air Wick refill in the bathroom Glade automatic air freshener. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

10/07/15 Wednesday 11:50 A.M. I heated and ate one of the Jimmy Dean barbecue sandwiches with a 12 ounce glass of Schweppes Ginger Ale and two scoops of Friendly butterscotch ice cream. I will now shut down the primary work computers, and I will go to bed. CIO

10/07/15 Wednesday 11:25 A.M. 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 neighbor waiting for the bus at the train station. According to two neighbors, [www.target.com](http://www.target.com) in Stamford is the best place to get inexpensive cell phones for \$30. On the way up Greenwich Avenue, I used the bathroom at the Senior and the Arts center. I toured [www.cvs.com](http://www.cvs.com) , but I forgot my two coupons. I might need a Phillips universal remote control if the Westinghouse TV works. They are still doing a bit of construction around Greenwich Avenue. I stopped by the Greenwich Hardware store, and I bought a SATCO 12 inch 32 watt round florescent light bulb for \$9.99 and .63 tax for \$10.62 total. After my walk, I sat out contemplating the day. There was a Christian couple from some foreign country displaying their pictures, so I figured that was good luck, so I bought a dollar Ace's High scratch card at Zen Stationary, and I won \$25 for \$24 profit. I then sat out for a while. I then walked up to the [www.chase.com](http://www.chase.com) bank north of Saks Fifth Avenue, and I used the ATM machine to put my winnings in the bank. I then used the bathroom again at the senior and the arts center. It was not very busy out. I then went to the A&P Fresh, and I was told they are turning to an Albertson's next week. I bought two 5.5 ounce frozen Jimmy Dean barbecue sandwiches for \$1.99 each, a four pack of blueberry muffins for \$3.50, three 11.5 ounce Folgers Hazelnut ground coffee for \$2.99 each, a Hass avocado for \$1.25, and a tomato for \$2.99 a pound for \$1.08 for \$18.74 total. I then returned home to my apartment, and I put away my purchases. CIO

10/07/15 Wednesday 7:15 A.M. I will now brave downtown Greenwich Avenue, where I know there are two opened restrooms. CIO

10/07/15 Wednesday 5:35 A.M. I woke up at 4:30 A.M., and I chatted with a friend for an hour. I will now have a cup of coffee with Splenda sweetener and milk. The friend told me, I should keep a glass jar with lid in the car in case I have to go to the bathroom, when there is no bathroom around, which is a good idea. I just happen to have an empty pickle jar that I emptied earlier this morning. CIO

10/07/15 Wednesday 2:30 A.M. I watched episode 24 of "Reign". I will now take a nap. CIO

10/07/15 Wednesday 1:15 A.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise jalapeño potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

10/06/15 Tuesday 11:50 P.M. I hooked up the Phillips refurbished DVD player to the kitchen LED TV setup. It turns on with the second switch from the left on the control panel, and one has to change the LED TV source to AV. The Phillips DVD player has its own remote control. The Greenwich Library has a lot of DVDs to check out. Alas the only DVDs I have is the Roy Oberson black and white music DVD and the Microsoft Windows XP launch DVD. CIO

10/06/15 Tuesday 11:05 P.M. I threw out the garbage. I went downtown to the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all,

Stop and Shop deli sliced orange American cheese for \$4.99 a pound for \$4.89, deli sliced Stop and Shop Danish ham for \$7.99 a pound for \$8.01, a 1.75 quart container of Friendly Butter Scotch swirl ice cream for \$2.50, 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, a 8 ounce Kraft grated parmesan and Romano cheese for \$3.99, a 5.75 ounce Wise Jalapeño kettle potato chips for \$3, a 8 ounce generic honey for \$2.50, bananas for .49 a pound for \$1, and two baking potatoes for .99 a pound for \$1.68 for \$50.22 total. I then drove through downtown Greenwich Avenue observing a slow night. I could not get out for a while, since I had cold food in the Volvo wagon. I returned home, and I put away my groceries, and I picked up the mail. Donald [www.trump.com](http://www.trump.com) is on the cover of [www.forbes.com](http://www.forbes.com) magazine. If he needs another less expensive house in Greenwich to maintain a Greenwich, Connecticut home address, so we could be another presidential hometown, this vintage house [http://www.zillow.com/homedetails/500-Lake-Ave-Greenwich-CT-06830/82975602\\_zpid/](http://www.zillow.com/homedetails/500-Lake-Ave-Greenwich-CT-06830/82975602_zpid/) is available for \$7.5 million on 10 acres of property on Lake Avenue. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

10/06/15 Tuesday 9:00 P.M. I went back to bed until 8:45 P.M.. I made my bed. I will now shower and clean up. I will then go downtown. CIO

10/06/15 Tuesday 7:40 P.M. I went to bed after the last note. I woke at 6:45 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

10/06/15 Tuesday 7:10 A.M. I have been cat napping on and off since the last note. I ate the last scoop of coffee ice cream, a bag of microwave popcorn, a blueberry muffin, and a cup of coffee with Splenda sweetener and milk. I probably need the exercise, but I have gotten bored of walking Greenwich Avenue in endless circles. Possibly if I just stay home and eat less, I will lose weight. CIO

10/06/15 Tuesday 3:10 A.M. I chatted with a relative. I ate a bowl of goldfish crackers. For the Westinghouse LD 3237 HDTV, I ordered a power supply

[https://www.amazon.com/gp/offer-listing/B00AI15MOU/ref=sr\\_1\\_1\\_olp?ie=UTF8&qid=1444108696&sr=8-1&keywords=Westinghouse+LD+3237+power+adapter&condition=new](https://www.amazon.com/gp/offer-listing/B00AI15MOU/ref=sr_1_1_olp?ie=UTF8&qid=1444108696&sr=8-1&keywords=Westinghouse+LD+3237+power+adapter&condition=new) for \$8.29 and \$5.89 shipping for \$14.18 total. If the Westinghouse 3237 HDTV does not work, I will return it. I went to bed at 10 P.M., and I woke up at 1 A.M.. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511699000376122842](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511699000376122842) on the order for Logitech Wireless Combo MK710 Cordless Desktop Keyboard & Laser Mouse for PC for \$27.98 with free shipping.

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

10/05/15 Monday 9:25 P.M. I woke up at 3 P.M.. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405511699000349613919> on the order for Logitech Wireless Combo MK710 Cordless Desktop Keyboard & Laser Mouse for PC for \$27.98 with free shipping was sent back to the shipper in Denver by mistake, so I called them up, and they are sending it back to me. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699937932355199> on the order for <http://www.ebay.com/itm/256GB-Micro-SD-XC-Card-with-FREE-Adapter-10-Class-Universal-TF-Flash-Memory-Card-/251934822114?hash=item3aa87c4ee2> for \$11.87 with free shipping arrived. I put it in the HP Compaq, and I copied my music files to it. I ate a bowl of goldfish crackers. I went back to bed at 4 P.M., and I woke up at 5 P.M.. I removed the scotch tape off the decals on the HP Compaq computer. I found a Westinghouse 32 inch LCD Television model LD 3237 in the dumpster. It does not have its power supply, so I can not test it. I can order a power supply for it for \$14, but I am not sure I want to invest in a possibly broken HDTV. I chatted with a relative. I ate another bowl of goldfish crackers. I will now go back to bed. CIO

10/05/15 Monday 11:10 A.M. <http://www.tcpalm.com/newsy/everything-we-think-well-see-at-microsofts-tuesday-event>. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. CIO

10/05/15 Monday 10:20 A.M. I threw out the garbage. I went out, and I stopped by the [www.chase.com](http://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 by the Valley Road Post Office, and I picked up the order with tracking number of "1ZW0375VYW12557294" at [www.ups.com](http://www.ups.com) on the order for with coupon "IKV160513", I ordered [http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=9085870&sku=UHI-102501857&SRCCODE=LINKSHARE&cm\\_mmc\\_o=-ddCjC1bELltzywCjCd2CjCdwwp&utm\\_source=Linkshare&utm\\_medium=Affiliate&utm\\_campaign=WxHRncOD05Y&AffiliateID=WxHRncOD05Y-N1.DW6\\_YmyTVP9OHfS5hCQ](http://www.tigerdirect.com/applications/SearchTools/item-details.asp?EdpNo=9085870&sku=UHI-102501857&SRCCODE=LINKSHARE&cm_mmc_o=-ddCjC1bELltzywCjCd2CjCdwwp&utm_source=Linkshare&utm_medium=Affiliate&utm_campaign=WxHRncOD05Y&AffiliateID=WxHRncOD05Y-N1.DW6_YmyTVP9OHfS5hCQ) for \$11.99 with free shipping. I then returned home. I threw out the shipping box. I don't know where I will put the Phillips DVD player at the moment. I will have to check out my current configurations to figure out where it goes best. CIO

10/05/15 Monday 7:55 A.M. I watched the CNN News about the rain in the southeastern United States. It is suppose to move further north to Delaware and then go out to sea. I chatted with a friend. I will now have a cup of coffee with Splenda sweetener and milk. CIO

10/05/15 Monday 6:55 A.M. I tweaked some of the HP Compaq computer settings. I took the British Union Jack, U.S.A. flag, and Canadian Maple Leaf decals off the FIC server, and I used some Borden's glue to put them on the HP Compaq computer beneath Windows 7 case badge. Until the glue dries, I am holding them on with scotch tape. I tried using the Asus internet radio, but only a couple of radio stations come in. Maybe it is outdated

technology. I have to go out a little before 9 A.M. this morning to pay my rent. There is not a lot happening in terms of my internet activity. Maybe because I am on low budget, I am just catching up with the vaster world on the internet that finds my low budget operation bothersome. Who knows maybe, I am still in Greenwich, China or some other foreign country that just looks like Greenwich, Connecticut. However, since I recently drove down from Kennebunkport, Maine, I am fairly sure I am in the good old United States of America. I once lived in Greenville, South Carolina the first half of 1976, so I am familiar with the state of South Carolina, where they are getting all of the flooding. Greenville where Daniel Construction was headquartered was in the higher hill country in the western part of the state. There are quite a lot of people from this area that have retired from this area to the coast of South Carolina. I heard on the news that I-95 in South Carolina is closed, so one can not drive north or south through that area at the moment. I think I-70 further west might still be opened. Jeb Bush has recently been involved with a South Carolina pharmaceutical company, so he probably has other contacts in the state. CIO

10/05/15 Monday 4:05 A.M. On the HP Compaq, I have the Tripp-Lite isobar premium surge suppressor control panel connected to the Tripp-Lite Uninterruptable Power Supply, and I have the Tripp-Lite Uninterruptable power supply connected to the Serial port on the HP Compaq computer, so the Tripp-Lite program works for shutting down the computer, if there is a power failure.

I have so many computers and computer parts in my apartment computer laboratory, I do not need to buy too many parts anymore, I just move them around between systems. Alas, nobody feels like working maintaining systems all of the time for little or no profit, but it is what I have learned to do over 25 years. One would think that with 450,000 people working for nearby [www.ibm.com](http://www.ibm.com) someone might be interested in my major endeavors in personal computers, but they all turn a blind eye to me. I guess they are a lot more advanced up in Armonk, New York. Still I do what I know how to do and am able to afford to do. With my arthritis, I can not be working on vintage Mercedes Benz or other forms of antique transportation. I find working with computers more interesting than washing dishes and pots in a French restaurant. Also since I try to keep track of what I do, I feel like I am being my own lawyer, since obviously I could not afford a lawyer if I ever needed one. A writer is suppose to write from their own experience. I guess the [www.apple.com](http://www.apple.com) devices have lots of applications, but even if one had an Apple device, the applications, and their usage would be expensive. I guess the computer people on the west coast have bigger budgets than the home brew computer people on the east coast. However, we do have more water at times. Possibly some of my influential neighbors intimidate the casual users out their in the vastness of America, but I obviously have a bit of experience based on my experience. CIO

10/05/15 Monday 2:25 A.M. On the Dell Optiplex 740 tower in front of the mahogany bureau, I moved the Logitech Panda web cam to it from the IBM ThinkCentre along side the Ethan Allen recliner. I also moved the Logitech RCA plug headset from the IBM ThinkCentre in front of the Ocosmo TV to the Dell Optiplex 740- tower, so it now has a better headset. I move the items from the Dell Optiplex 740 tower to the computers the

devices came from. From the IBM ThinkCentre in front of the Ocosmo TV, I moved the Tripp-Lite isobar Premium Surge Protector with four switches to the HP Compaq setup underneath its Hannspree 23 inch LED monitor. Thus the HP Compaq desktop turns on with the right switch and the monitor from the second switch to the right. I put the Rosewill six switch power strip on the IBM ThinkCentre in front of the Ocosmo TV. Possibly its Logitech USB headset microphone on the IBM ThinkCentre in front of the Ocosmo TV does not work, but I can live without that. Aomei backups do not work to SC cards.

I will now make and eat 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed baby carrots a microwaved 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

10/05/15 Monday 12:50 A.M. <http://cakejournal.com/>

<http://www.simplilearn.com/resources-to-learn-java-programming-article>

CIO

!!!!!! 10/05/15 Monday 12:50 A.M. I posted a list of free Windows programs that I install with Windows at:

<http://scott-mike.com/winfree.htm>

<http://mikelouisscott.com/winfree.htm> . CIO

10/05/15 Monday 12:25 A.M. I ate three small bowls of goldfish crackers. Not much happening on this side of the planet. I suppose the people in the eastern hemisphere are having all of the fun with their new world order. Still we manage to survive in the western hemisphere on the hand outs that the colonial masters in the eastern hemisphere throw our way. I guess we are controlled by the bottom line of some Swiss accountant's perspective. I put the Samsung 64 GB SD card on the Dell Optiplex 740 tower. However, since it does not have NTSF file format, one can not do a Windows Complete PC backup to it. I did not try an Aomei backup on it. Being on a night schedule recently, I am not doing anything particularly exciting, but I have my normal computer and internet routines that take a bit of time. I changed up my Iview tablets. I never use them, since I have a hard time using tablet keyboards. According to Ebay, my Panasonic Toughbook is worth a bit more than what I paid for it, particularly since it has a number of accessories. Alas, the local affluent [www.apple.com](http://www.apple.com) mafia in this area have the big bucks to buy their more expensive products, while the more tech savvy people are left with the less expensive equipment that they are familiar with. I have not yet tried Cortina which comes with Windows 10, but I suppose it has some interesting features. Since I get no feed back to speak about, either everyone is not interested in my perspective, or they are involved in other features of the more modern world like luxury travel to deluxe resorts, gourmet dining, or cultural enlightenment. Of course not many people want big houses in the suburbs, since it is just a



lot of work to maintain them, particularly in the colder weather. I guess you can not even buy fresh apple cider anymore, since a lot of the old apple orchards have been developed into McMansions. Well this morning will start another busy day in the financial and tech community, but I don't know if there is anything new worth talking about. One would think some government agency could afford to give away some of its software for free, so those of use whom can not afford to buy expensive software would have some programs to fiddle with on our windows computers. The best free program that I know about is <http://openoffice.org/> . Of course [www.ccleaner.com](http://www.ccleaner.com) is about the most popular free download. CIO

10/04/15 Sunday 10:55 P.M. I threw out the garbage. It is a big cold out, and it is currently about 54 degrees Fahrenheit outside. The problem with walking downtown after Starbuck and CVS close at 10 P.M. is that there is no place to go to the bathroom, besides the local pubs and restaurants which I have never investigated. CIO

10/04/15 Sunday 9:55 P.M. I chatted with a relative. I went back to bed at 7:45 P.M., and I woke up again at 9:30 P.M.. I made my bed. I am now going to have another cup of coffee with Splenda sweetener and milk. I will then shower and clean up. CIO

10/04/15 Sunday 7:40 P.M. I woke up, and I ate a bowl of goldfish crackers. Back in the old days in February 1982, when I was homeless around the Casa Marina in Key West, I used to live off goldfish crackers that were plentiful around the outside cabana bar. Of course I think Goldfish crackers come from Norwalk, Connecticut. I woke up at 7 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I chatted with a relative. CIO

End of Scott's Notes week of 10/04/15

10/04/15 Sunday 8:40 A.M. I watched episode 23 of "Reign". I will now send out my weekly notes. I will then shut down the primary work computers, and I will go to bed. CIO

10/04/15 Sunday 8:40 A.M. I chatted with a friend. I ate a bag of microwave popcorn. CIO

10/04/15 Sunday 8:00 A.M. I ate two scoops of coffee ice cream. I drank a cup of coffee with Splenda sweetener and milk.

\$27 for [https://www.amazon.com/gp/offer-listing/B0000AKA90/ref=sr\\_1\\_sc\\_1\\_olp?ie=UTF8&qid=1443959599&sr=8-1-spell&keywords=Tripp+Liite+6+Outlet+Under-Monitor+Surge+Protector&condition=new](https://www.amazon.com/gp/offer-listing/B0000AKA90/ref=sr_1_sc_1_olp?ie=UTF8&qid=1443959599&sr=8-1-spell&keywords=Tripp+Liite+6+Outlet+Under-Monitor+Surge+Protector&condition=new)  
 . CIO

10/04/15 Sunday 5:20 A.M. I woke up at 5 A.M..

My [www.eversource.com](http://www.eversource.com) electricity bill for September 2015 was \$125.48 for 703 kWh for 29 days for 29.29 kWh per day with an average temperature of 69.7 degrees Fahrenheit. For September 2014, it was \$145.09 for 802 kWh over 27 days and 29.70 kWh per day with an average temperature of 64.7 degrees Fahrenheit. Both months, I was gone most of the month up in Maine. CIO

10/04/15 Sunday 1:50 A.M. I will now take a nap. CIO

10/04/15 Sunday 12:55 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 sat out at various locations. There were a few pub crawlers around. After my walk, I stopped CVS on West Putnam Avenue. I bought a 17.5 ounce Abound unsalted mixed nuts for \$8.99 total. I then returned home. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Wise jalapeño potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

10/03/15 Saturday 10:10 P.M. I woke up at 10 P.M.. I will now make my bed. I will then shower and clean up. CIO

10/03/15 Saturday 7:00 P.M. I woke up at 3 P.M.. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=%209400109699937930208916](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=%209400109699937930208916) on the order for <http://www.ebay.com/itm/Samsung-EVO-64GB-microSDXC-micro-SD-SDXC-UHS-microSD-Class-10-card-Retail-Packag-/281803124682?hash=item419cc66fca> for \$14.99 with free shipping arrived. My rent statement arrived from the Greenwich Housing Authority. I went back to bed until 6:30 P.M..

Free MyRadar Weather App <https://www.microsoft.com/en-us/store/apps/myradar-weather-radar/9wzdncrfhzn6>

I chatted with a relative.

For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I went back to bed. CIO

10/03/15 Saturday 9:20 A.M. I did some regular internet work. I chatted with two relatives twice each. I will now shut down the primary work computers, and I will eat a blueberry muffin, and I will try to go to bed for the day. CIO

10/03/15 Saturday 8:10 A.M. I watched the final episode 5 of "Empire". The only parts of the former British Empire that I have seen parts of are Canada, Bermuda, Bahamas, St. John's ?, Trinidad and Tobago, and Barbados. Well, it seems to be getting cooler here. However, as a native northern person, the cold weather is pretty much in my blood, so once I get used to the colder conditions, it will back to Ice Station Zebra again. The summer

here are so short, I don't even try to get used to the warmer weather. I was a bit warm up in Maine during this last trip sleeping without air conditioning. I have not heard from any new people out of the vast network of people on the internet, so I guess they have Greenwich, Connecticut mixed up with Greenland possibly. I am back to my limited income lifestyle. However, I don't have any debts at the moment. When I get my renter's rebate, I will be making more auto insurance payments as usual. The local population tends to ignore me, since I am not their cup of tea. I guess when one is younger, it is all right to be low income, but when one is older, one gets ignored for being low income. There are supposed to be a lot more low income people in the world than affluent people. However, in Greenwich, it might be reversed. Still I have done my best to keep communications open with other parts of the world to no avail. We do not seem to have many new people from the western part of the Eastern hemisphere, but I see more people here from the eastern part of the Eastern Hemisphere. I am limited in my travel in this area, so I do not see individuals that might be living nearby in neighboring communities. Still, I am used to the area. I guess I will be spending more time inside again this coming winter. Well I suppose, the new younger generation are educated differently, so they are pursuing their adventures differently. One long time friend has recently moved away from this area, so I am no longer in touch with his larger network of friends, where ever they might be. I just maintain my simple routines. We needed rain in this area, and rainy days are pretty regular in this area, so despite the recent sunny days, this not a dry climate by any stretch of the imagination. New England has always been mostly a damp climate. I read that on this past Tuesday, Portland, Maine had six inches of rain. For some odd reason the Canadians to the north of us do not communicate very much, so they must be busy with their own viewpoint in the north country. One can now read the Canadian press off the internet, but it is probably mostly about ice hockey, which I used to know something about. Exercise walking on Greenwich Avenue is reasonably inexpensive to do, but one has to make sure one fits into the local Chamber of Commerce viewpoint. I did read on the internet this week, that [www.microsoft.com](http://www.microsoft.com) is going to open a large flagship store on Fifth Avenue in Manhattan in the coming month, so maybe Microsoft will give the Apple store some competition. I guess the politicians are still busy running for office, but I still think it is way to early to focus on presidential politics, when there is over a year until the election. Of course, since I look at the internet for news as opposed to watching the national news on television, my viewpoint might be a little bit different. I watch both the liberal Bloomberg News and the conservative Fox News. Still from my viewpoint, I could use the \$100 a month the digital cable television costs, but I would lose my \$20 discount, so it would only be a \$80 savings. Still I am connected up to the whole world on the internet, but the only communications is the monthly bills. I guess senior citizens are not supposed to be movers and shakers, and the younger generation is making the major moves in the world today. Instead of sitting downtown in public on Greenwich Avenue, I could sit out on one of the benches outside the Greenwich Library, where more than likely people know English, since most of the Greenwich Library content is in English. I have a theory the Hong Kong Chinese took over here, when China took over Hong Kong, but that is just a theory. CIO

10/03/15 Saturday 6:00 A.M. I watched episode 4 of "Empire". I slept some more from 4:30 A.M. to 5:30 A.M. I ate a <http://scott-mike.com/em.htm> with a 12 ounce glass of 50%

punch and 50% cold filtered water. I will now have a cup of coffee with Splenda sweetener and milk. CIO

10/03/15 Saturday 3:00 A.M. I woke up, and I ate a bowl of goldfish crackers. I finally woke up at 2:30 A.M..

Tracking number is "1ZA87E540333174168" at [www.ups.com](http://www.ups.com) on the order for in size 9.5 in white Cole Haan Men's Falmouth Fashion Sneaker for \$39.99 and \$2.54 tax for \$42.53 total with free shipping. CIO

10/02/15 Friday 10:30 P.M. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate with one sliced tomato and one fourth Bermuda red onion diced and a 1.75 ounce tin of Bumble Bee sardines with oil and a peeled and sliced ripe avocado. 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 a lot of Kraft blue cheese dressing on it with 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

10/02/15 Friday 9:45 P.M. I went out, and I threw out the garbage. I went by the A&P Fresh, but their can return machine did not work. I went by the Stop and Shop, and I bought a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$8.99 and bananas for .49 a pound for \$1.05 less .65 can return for \$9.39 total. I then went by CVS on Greenwich Avenue. I bought a 16 double roll bundle of Charmin extra strong toilet paper for \$9.99, a 17.5 ounce lightly salted mixed nuts for \$7.99, and two 45 count #10 security envelopes for \$3.50 each and \$1.08 6.35% Connecticut tax for \$26.06 total. I then bought another 17.5 ounce lightly salted mixed nuts for \$7.99 less \$5 off bonus bucks coupon from the previous purchase for \$2.99 total. I then drove down and around Greenwich Avenue and back home in the rain. I brought up and put away my purchases. CIO

10/02/15 Friday 7:35 P.M. I went back to bed until 7 P.M.. I will now make my bed again. I will then shower and clean up. I will then go downtown for a couple of errands. CIO

10/02/15 Friday 4:45 P.M. I woke up and ate a bowl of goldfish crackers. I finally woke up at 3 P.M.. I checked the mail twice. The second time I picked up the mail, and I chatted with neighbors. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

10/02/15 Friday 5:40 A.M. I ate a bowl of goldfish crackers. I watched Acorn TV, "Empire", episode 3. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. Tracking says the hurricane is going east of us <http://scott-mike.com/weather.htm> . CIO

10/02/15 Friday 3:45 A.M. I finished the backups. While doing the backups, I watched Acorn TV, "Empire", episode 2. I ate three scoops of coffee ice cream. CIO

10/02/15 Friday 1:50 A.M. I woke up at 1:30 A.M.. Yesterday I did a Complete PC backup of the HP Compaq to its second internal hard drive. I will now do an Aomei backup to its second internal hard drive. I will then do the same two backups to the Samsung 5 TB external hard drive. CIO

10/01/15 Thursday 11:50 P.M. I will now take a nap. CIO

10/01/15 Thursday 11:25 P.M. I put away the clean laundry. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

10/01/15 Thursday 10:40 P.M. <http://SmokyMountains.com> CIO

10/01/15 Thursday 9:50 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry, and I am just about ready to start the dry cycles. I threw out the garbage and the old periodical literature. I watered the plants. I ate a bowl of goldfish crackers. CIO

10/01/15 Thursday 8:35 P.M. I chatted with one associate twice and another associate once. CIO

10/01/15 Thursday 6:40 P.M. I put the Microsoft 6000 wireless keyboard and wireless mouse on the primary work computer. I moved the Logitech Wave wireless keyboard and mouse to the Dell Optiplex 740 tower in front of the mahogany bureau. CIO

10/01/15 Thursday 6:30 P.M. After the last note, I picked up the mail. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100011733836&Type=4> on the order for D-Link GO-SW-8G Switch for \$17.99 with free shipping [http://www.newegg.com/Product/Product.aspx?Item=N82E16833127422&cm\\_re=d-link\\_go-sw-8g--33-127-422--Product](http://www.newegg.com/Product/Product.aspx?Item=N82E16833127422&cm_re=d-link_go-sw-8g--33-127-422--Product) arrived. I went back to bed until 6 P.M.. I chatted with a relative. I will now have another cup of coffee with Splenda sweetener and milk.

10/01/15 Thursday 3:55 P.M. I woke up, and I ate two scoops of coffee ice cream. I was called by a lady at 10 A.M. who wanted to offer me finance for my business. I said, "I am not a business.", and I asked to be removed from the list. I woke up at 2:30 P.M. I went out twice, and I chatted with neighbors, and I sat outside briefly. There is a hurricane watch for this area. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and a cup of coffee with Splenda sweetener and milk. CIO

**10/01/15 Thursday 3:45 A.M. I will now shut down the primary work computers. I will eat a blueberry muffin, and then I will go to bed. CIO**

**10/01/15 Thursday 3:25 A.M. I woke up at midnight. I ate a bowl of goldfish crackers. I watched on Acorn TV, "Empire", Episode 1. I paid my Cablevision High Definition Television, my Optimum High Speed Cable Modem, and my Optimum long distance telephone at <http://optimum.net/> . I also paid my <http://www.eversource.com/> electricity bill and my <http://www.verizon.net/> local telephone bill. I also recharged my Windows 8 Nokia AT&T Go Phone with \$25 more for a cost with tax of \$27.10. Thus I have \$377.55 on it good until December 30, 2015 at which time I have to recharge it again. CIO**

11/30/15 Monday 9:05 P.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water and a small bowl of goldfish crackers.

I ordered Reebok Work N Cushion KC 2.0 4E - White | Reebok US in size 9.5 for \$59.99 with \$30 off with promo code "CYBER" and \$5 shipping and \$2.22 tax for \$37.21 total. I will now shut down the primary work computer, and I will go to bed. CIO

11/30/15 Monday 8:00 P.M. I woke up at 4:30 P.M.. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405515901639555648097](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405515901639555648097) on the order for <http://www.ebay.com/itm/Hitachi-Ultrastar-1TB-32MB-7200RPM-SATA3Gb-s-3-5-Hard-Drive-HUA721010KLA330-/151037079248?hash=item232a82eed0> for \$39.99 with free shipping arrived. On the Dell Optiplex 740 mini tower, I made a Complete PC backup to the second internal hard drive. I then installed the new Hitachi drive as the first hard drive. I tried to do a Complete PC backup restore a number of times including removing the USB devices and cards, but the restore said the restore media was not recognized and gave an error "0x800703Ed". I put the old Dell drive back in the computer and it is back to running the way it was before. I chatted with a relative. At a future date, I can try restoring an Aomei backup to the Hitachi drive. In Windows 10 there is the primary partition, the boot partition and the restore partition. It should have worked, but it did not. CIO

11/30/15 Monday 11:55 A.M. I ate three scoops of butter Scotch ice cream. I chatted with a relative. I will now go to bed for the day. It seems like it is getting a bit colder in my apartment. CIO

11/30/15 Monday 11:00 A.M. I threw out the garbage. I went to the Chase Bank at Deerfield Place. I then went to the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my December rent to the Greenwich Housing Authority. I then went to the Stop and Shop, and I bought a dozen extra large Eggland eggs expire January 7, 2016 for \$3.59. I then went downtown, and I sat out in the morning air for a while. It was not very busy. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then returned back to the even quieter side of town in Byram, Connecticut. Well, the good news is today is the last day of the hurricane season, so I guess everyone is returning back to the tropics to their winter homes. Some of us snow birds prefer to remain up north waiting for our Nordic friends to show up from the North Country. They are selling Christmas Trees and Wreaths at the Chase Bank parking lot on West Putnam Avenue. CIO

11/30/15 Monday 8:45 A.M. I woke up at 8:30 A.M.. I will now make my bed again. I will then go out briefly to pay my rent to the Greenwich Housing Authority. CIO

11/30/15 Monday 5:40 A.M. I will now rest a while. I have to pay my rent at 9 A.M. this morning. Not a lot happens when one is retired in Greenwich, Connecticut; since a great many of the older retired people whom can afford it move to warmer locations. Having lived in some of those warmer locations, when I was younger, I find I seem to do better here

for now. However, I don't spend much time out in the cooler weather now that I have gotten older. CIO

11/30/15 Monday 5:30 A.M. I watched episode 1 "Volcano" of "Earth". I will now eat a piece of white cake with chocolate frosting and a piece of spice cake. CIO

11/30/15 Monday 3:50 A.M. I went ahead and reheated and ate another Temple Shalom Thanksgiving dinner. It contained two large 3/8th inch thick slices of white turkey breast meat on a bed of mashed potatoes which and string green beans all of which I put butter on, stuffing, cranberry sauce, and a piece of vanilla cake with chocolate frosting and a clementine. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

11/30/15 Monday 3:25 A.M. \$99 with free shipping Refurbished: HP B Grade Laptop ProBook 6465B AMD E2-Series 1.60 GHz 4 GB Memory 120 GB HDD 14.1" Windows 7 Home Premium 64-Bit - Newegg.com CIO

11/30/15 Monday 1:50 A.M. I had a cup of coffee with Splenda sweetener and milk. I guess the New Amsterdam Dutch Night Watch is back in full force. It is probably getting cold enough for the Freezing Norwegian Night patrol. Still here at the edge of the tropics, it does not get as cold as points further north.

If one needs to get away to warmer regions, these are available:

<http://www.bocaluxurycondos.com/excelsior/> where I use to camp out, when I was a dishwasher in Boca Raton, which is Spanish for "Mouth of the Rat".

<https://www.netjets.com/>

[https://www.peninsulagrill.com/store/index.php?route=product/product&product\\_id=2](https://www.peninsulagrill.com/store/index.php?route=product/product&product_id=2)  
Coconut Cake

<https://www.johnsislandclub.org/>

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

<https://verobeach.disney.go.com/>

<http://rockresorts.com/>

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

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

<http://www.nps.gov/viis/index.htm>

<http://casamarinaresort.com/>



<http://keyambassador.com/>

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

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

<http://waldorfastoria3.hilton.com/en/hotels/florida/boca-raton-resort-and-club-a-waldorf-astoria-resort-BCTRCWA/index.html?WT.srch=1>

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

<http://waldorfastoria3.hilton.com/>

<http://www.ritzcarlton.com/LagunaNiguel>

<http://www.ritzcarlton.com/HalfMoonBay>

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

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

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

[Lyford Cay](#)

[Hyatt Regency in Lahaina, Maui, Hawaii](#)

[Mount Irvine Bay Hotel and Golf Club](#)

[Welcome to Sanibel Island.com!](#)

[Antigua and Barbuda](#)

[St Barts Vacation guide - St Barts villa rentals, Hotels Reservations, properties for sale, car rental, real estate, beaches, webcam views - St Barthelemy vacation | St Barths Online](#)

[Cayman Islands | Caribbean Vacation Packages, Honeymoon Caribbean](#)

[Luxury Resorts in Jamaica | Jamaica Resort& Hotel, Montego Bay | Round Hill Hotel & Villas](#)

[Bequia Tourism Association - welcome!](#)

[The Official St. Kitts Tourism Authority Website | stkittstourism.kn](#)

[Welcome to Nevis](#)

**! Barbados Tourism Encyclopedia - Official site of the Barbados Tourism Encyclopedia.**

**Travel to Tobago | Tobago Vacations | Visit Tobago**

**Elbow Beach (Paget, Bermuda) | Expedia**

**Don CeSar Beach Hotel | St Pete Beach Hotel | Loews Hotels - Loews**

**Fort Lauderdale Beach Hotels Bahia Mar**

**Pier 66 Fort Lauderdale Hotels & Florida Luxury Resorts - Hyatt Regency Pier Sixty-Six Resort and Spa**

**Hotel Oslo. Book the stylish Radisson Blu Scandinavia Hotel, Oslo.**

**Best Western West Hotel Oslo, Norway**

**Burkhalter Travel / Travel Headquarters / Olson Travel**

Don't forget your sun screen.

CIO

11/30/15 Monday 12:10 A.M. I ate two small bowls of goldfish crackers and two clementine. I went back to bed again. I woke up at midnight. I ate a small bowl of goldfish crackers. I will now make my bed again. I will then shower and clean up. Monday and Tuesdays are suppose to be the weekend for the resort workers whom are busy on weekends. CIO

11/29/15 Sunday 9:30 P.M. I chatted with a relative. I went back to sleep until 8:30 P.M..

**[http://www.staples.com/Laptops-Desktops-and-2-in-1s/cat BI1170892?icid=CYBER:300OFFTECH:BNR:1](http://www.staples.com/Laptops-Desktops-and-2-in-1s/cat_BI1170892?icid=CYBER:300OFFTECH:BNR:1)** , but we have a long winter ahead up here in the tundra of Connecticut. From my perspective, I might have to invest in a new Volvo wagon car battery sooner or later. The most regular loiter at Starbucks told me, the Dutch and the Germans are the same, so maybe I should try to contact some Germans, but I do not speak German. One would think with all of the [www.navy.mil](http://www.navy.mil) people I have lived around for a lot of my life, someone would try to communicate, but I guess they figure everything is being eves dropped on, so they don't communicate. I guess I could always drive my Volvo wagon down to the end of Steamboat Road and flash my headlights and see if anyone responds out on Long Island.

**\$195.30 no web cam Dell Precision M6500 1 7GHz i7 8GB 160GB DVD Win 7 Pro 64 15" Laptop Computer B | eBay** CIO

11/29/15 Sunday 4:15 P.M. I woke up at 3:30 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

11/29/15 Sunday 8:25 A.M. List of languages by number of native speakers - Wikipedia, the free encyclopedia . I ate two small bowls of goldfish crackers and a 1.5 inch by .25 inch by 4.5 inch chunk of Norwegian Jarlsberg cheese. I will now go back to bed. CIO

11/29/15 Sunday 8:10 A.M. Aga Khan IV Speech

### Aga Khan Development Network

C'eat Bien! Domain of Chantilly and [https://en.wikipedia.org/wiki/Chantilly, Oise](https://en.wikipedia.org/wiki/Chantilly,_Oise) . Well over here in Des Etats Unis, I have not gotten any better in English, since very people seem to know it or chat with me. CIO

11/29/15 Sunday 7:05 A.M. I chatted with a couple of people from Microsoft in the Philippines and they basically told me that they are not able to cancel or change the order. Thus when UPS delivers it, I can either refuse it and send it back, or I can get a refund RMA and send it back. I can not afford to buy the 32 GB storage one. I chatted with the Microsoft tech people, and I explained that I had not tried the device at their nearby store in White Plains. I chatted with them a bit about tech and other subject matters. I could cancel the order with my Chase account, but I don't want to be on bad terms with Microsoft. Thus I will not have access to my \$126.56 for a couple of weeks. I could change my mind and keep it. However, from what I can tell, with 16 GB of storage, 5 Gigabytes would be for Windows 10 and 1 Gigabyte would be for the Restore partition, so there would probably be only 10 Gigabytes of free space. CIO

11/29/15 Sunday 5:35 A.M. I ate a bag of microwave popcorn and two clementines. On Friday, a friend went to the local Brick and Mortar [www.llbean.com](http://www.llbean.com) store, and he bought cotton turtlenecks for \$22 and he got 25% off plus another 15% off when he opened a L.L. Bean charge account. I bought Running River Turtleneck | Blair in 3XL one in pine and one in teal for \$9.97 each and Scandia Woods Flannel Pajamas | Blair in 3 XL red and white check for \$19.97 and in 4 XL Natural for \$9.97 thermal pants Scandia Woods Thermal Underwear | Blair plus you can get 30% off with coupon code "BLXQ" for \$14.96 off and \$12.96 shipping for \$47.91 total. CIO

11/29/15 Sunday 3:45 A.M. I woke up at 2:30 A.M.. I called the Microsoft Store at 1-800-642-7676 about changing my order to \$139 with free shipping plus tax Buy Acer Aspire One Cloudbook 11 AO1-131-C1G9 Signature Edition Laptop - Microsoft Store which has 32 GB of storage. They told me my order does not yet show up on their computers. I will try calling back in about four hours. CIO

End of Scott's Notes week of 11/29/15

11/29/15 Sunday 12:45 A.M. I surfed the internet looking for some interesting news. Not much is going on in the world at large. I ate two small bowls of goldfish crackers and a 1.5 inch by .25 inch by 4.5 inch chunk of Norwegian Jarlsberg cheese. I will now send out my weekly notes. I will then shut down the primary work computer and go to bed. CIO

11/28/15 Saturday 11:55 P.M. Queen jokes with Canada's PM that he 'made her feel so old' - BBC News

The Queen arrives in Malta for Commonwealth meeting - BBC News

Prince Harry falls from polo pony at charity match - BBC News CIO

11/28/15 Saturday 11:25 P.M. I cancelled \$99 Amazon.com : Acer Chromebook, 11.6-Inch, CB3-111-C670 (Intel Celeron, 2GB, 16GB SSD, White) : Computers & Accessories with free shipping and \$6.29 tax for \$105.29. I went ahead and reheated and ate another Temple Shalom Thanksgiving dinner. It contained two large 3/8th inch thick slices of white turkey breast meat on a bed of mashed potatoes which and string green beans all of which I put butter on, stuffing, cranberry sauce, and a piece of vanilla cake with chocolate frosting and a clementine. I ate it with a 12 ounce glass of Schweppes Ginger Ale and the white cake with chocolate frosting and spice cake.

Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9305520111400987213579](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9305520111400987213579) on the order for an opened box Amazon.com: Microsoft LifeChat LX-3000 Headset (JUG-00013): Computers & Accessories for \$13.25 and \$4.99 shipping for \$18.24 total. CIO

11/28/15 Saturday 10:35 P.M. For \$20 more for \$139 this has more memory [http://www.amazon.com/Acer-Cloudbook-11-Inch-AO1-131-C9PM-Personal/dp/B0149QDD1S/ref=sr\\_1\\_fkmr2\\_1?ie=UTF8&qid=1448767600&sr=8-1-fkmr2&keywords=Acer+Aspire+One+Cloudbook+11+AO1-131-C7DW+Signature+Edition+Laptop](http://www.amazon.com/Acer-Cloudbook-11-Inch-AO1-131-C9PM-Personal/dp/B0149QDD1S/ref=sr_1_fkmr2_1?ie=UTF8&qid=1448767600&sr=8-1-fkmr2&keywords=Acer+Aspire+One+Cloudbook+11+AO1-131-C7DW+Signature+Edition+Laptop) . I chatted with Microsoft in the Philippines, and they said I can not cancel the order if I wanted, but I can refuse it from UPS or return it for free. This shows how to restore the device [http://acer.custhelp.com/app/answers/detail/a\\_id/29934/~/\\_use-acer-recovery-management-to-restore-your-system-or-create-recovery-media](http://acer.custhelp.com/app/answers/detail/a_id/29934/~/_use-acer-recovery-management-to-restore-your-system-or-create-recovery-media) . CIO

11/28/15 Saturday 9:35 P.M. The \$119 in stock Buy Acer Aspire One Cloudbook 11 AO1-131-C7DW Signature Edition Laptop - Microsoft Store is a Windows 10 computer, so I ordered it too for \$119 and \$7.56 tax for \$126.56 total. It is a new item. I don't know whether I will cancel the Amazon order for the Chrome Book or not. It all depends on my budget.

The Google Chromebook can be also reset from information on this page [How do I recover my Acer Chromebook?](#) or [http://acer.custhelp.com/app/answers/detail/a\\_id/27637](http://acer.custhelp.com/app/answers/detail/a_id/27637) from a Chrome Browser in Windows to create the restore media. CIO

11/28/15 Saturday 8:35 P.M. I chatted with a relative. CIO

11/28/15 Saturday 8:15 P.M. \$119 in stock Buy Acer Aspire One Cloudbook 11 AO1-131-C7DW Signature Edition Laptop - Microsoft Store

\$99 for Prime Members Amazon.com: Dell E2414Hr 24-Inch LED-Lit Monitor: Computers & Accessories

\$59.99 with free shipping QuadCopter with Camera Shell Shocker Deal. Exclusive Jaw Dropping Savings on PC Components and Electronics - Newegg.com

\$139.99 with free shipping LG 25UM56-P Black 25" IPS 2 x HDMI FHD ULTRAWIDE LED Monitor 250 cd/m2 5,000,000:1 – NeweggFlash.com

\$109.99 with free shipping LG 23MP47HQ Black 23" 5ms HDMI Widescreen LED Backlight LCD Monitor IPS 250 cd/m2 DFC 5,000,000:1 (1000:1) – NeweggFlash.com CIO

11/28/15 Saturday 7:15 P.M. I threw out the garbage.

[http://www.nytimes.com/2015/11/28/us/politics/bill-gates-expected-to-create-billion-dollar-fund-for-clean-](http://www.nytimes.com/2015/11/28/us/politics/bill-gates-expected-to-create-billion-dollar-fund-for-clean-energy.html?emc=edit_th_20151128&nl=todaysheadlines&nid=46729&r=0)

[energy.html?emc=edit\\_th\\_20151128&nl=todaysheadlines&nid=46729&r=0](http://www.nytimes.com/2015/11/28/us/politics/bill-gates-expected-to-create-billion-dollar-fund-for-clean-energy.html?emc=edit_th_20151128&nl=todaysheadlines&nid=46729&r=0) . For some reason on the Toshiba 2 TB drive, the backup only does the first partition on the old Gigabyte computer, and I am not sure if that is the Windows 7 partition or not, since Windows 7 is the second partition on the first hard drive. I still have the Complete PC backup to the Seagate 1 TB SATA drive. I am now doing an Aomei backup of the Gigabyte computer to the Toshiba 2 TB SATA drive in the Rosewill SATA USB external drive holder. CIO

11/28/15 Saturday 6:10 P.M. I chatted with a friend. I am doing a complete PC backup of the old Gigabyte computer to the Toshiba 2 TB SATA drive in the Rosewill USB external SATA drive holder. I will now shower and clean up. The new The National <http://www.geoffreyzakarian.com/> on lower Greenwich Avenue is quite busy. [Chef Geoffrey Zakarian Opens The National in Greenwich - CT Bites](#) . I guess the Posh people like the upscale ambience. CIO

11/28/15 Saturday 4:50 P.M. One of my neighbors had a cooking smoke fire alarm. A number of neighbors responded. I turned on the air conditioner in the apartment to air out the apartment. The fire department was on its way to reset the alarm and air out the apartment. CIO

11/28/15 Saturday 3:55 P.M. I chatted with a relative at 1:30 P.M.. I woke up at 3:30 P.M.. I picked up the mail. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

11/28/15 Saturday 4:05 A.M. I ate two small bowls of goldfish crackers and two scoops of butter scotch ice cream. I will now shut down the primary work computer, and I will go to bed directly. CIO

11/28/15 Saturday 3:25 A.M. I am now going start a Complete PC backup of the old Gigabyte computer to the Seagate 1 TB SATA drive in the Rosewill USB external USB hard drive holder. CIO

11/28/15 Saturday 2:55 A.M. I did some research, and I went ahead and placed an order for \$99 Amazon.com : Acer Chromebook, 11.6-Inch, CB3-111-C670 (Intel Celeron, 2GB, 16GB SSD, White) : Computers & Accessories with free shipping and \$6.29 tax for \$105.29. It is light enough with long enough battery life that I can lug it around with me to surf the internet and be online when I am away from home locations. Of course I probably will still take my Dell Latitude E6400 laptop with me to Maine in the summer, because I like publishing my web notes up there. It comes with 1 TB of Google Storage for two years and two months of Google Music and 10 Google flights. Well, I won't be billed until it ships, so if should run short of money before it is in stock and ships, I can always cancel it. Life on the poor American internet side of the might get to be like Max Headroom one of these days. I chatted with the Case Marina in Key West, and they did not even know about the web cams down there. CIO

11/28/15 Saturday 1:50 A.M. \$99 Amazon.com : Acer Chromebook, 11.6-Inch, CB3-111-C670 (Intel Celeron, 2GB, 16GB SSD, White) : Computers & Accessories Of course at that price, you might have to pick rice in China for free for five years. CIO

11/28/15 Saturday 1:00 A.M. I went ahead and reheated and ate another Temple Shalom Thanksgiving dinner. It contained two large 3/8th inch thick slices of white turkey breast meat on a bed of mashed potatoes which and string green beans all of which I put Smart Balance Spread and extra virgin olive oil on, stuffing, cranberry sauce, and a piece of vanilla cake with chocolate frosting and a clementine. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I threw out the garbage.

The Raspberry Pi Zero is a tiny \$5 programmable computer with giant potential | ZDNet  
CIO

11/28/15 Saturday 12:05 A.M. I went out, and went by the Chase Bank at Deerfield Place, and I used their ATM machine. At night in the dark, the key pad does not show up properly. The upper right button is the enter button. One would think they could have a lighted keypad. I then went by the A&P Fresh, and they returned me \$3.15 on the zucchini they overcharged me for on my previous visit. I then bought a 30 ounce Pepperidge Farm flavor buster goldfish crackers for \$7.99, a quart of Signature lemon juice for \$2.59, a 48 ounce Smart Balance spread for \$6.59, and bananas for .49 a pound for \$1.41 for \$18.58 total. I mailed the \$36 rebate letter at the central Greenwich post office. 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 stopped by the Zen Stationary store, and I bought an Ace's High scratch card for a dollar, but I lost. I was told that Metro North can fix the front

door of the Greenwich Train Station, because they are cheap. I stopped by the Apple computer store, and I gave them a pep talk. I chatted with a couple from Florida. I stopped by CVS, and I have a \$6 off \$30 and 20% discount coupon from my flu shot, no sale items allowed, but there was nothing that I needed for \$30. I sat out at the top of Greenwich Avenue, and I chatted with a couple from Hamilton College in upstate Clinton, New York. Their college campus is on a steep hill. I finished my walk, and I chatted with a couple of locals at Starbucks. I then returned home, and I put away my groceries. CIO

11/27/15 Friday 6:20 P.M. I picked up the mail. The order with tracking of tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223346041303](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223346041303) on the order for

[http://www.ebay.com/itm/221826790158?rmvSB=true&ul\\_ref=http%253A%252F%252Fover.ebay.com%252Frover%252F1%252F711-53200-19255-0%252F1%253Fcustomid%253DVmpsa3NRb0tNcXNBQUVreFRSZ0FBQUJw%2526ipn%253Dicep%2526icep\\_id%253D118%2526ff3%253D4%2526pub%253D5574810490%2526toolid%253D10001%2526campid%253D5336250274%2526mpre%253Dhttp%25253A%25252F%25252Fwww.ebay.com%25252Fitm%25252F221826790158%2526srcrot%253D711-53200-19255-0%2526rvr\\_id%253D923324076220](http://www.ebay.com/itm/221826790158?rmvSB=true&ul_ref=http%253A%252F%252Fover.ebay.com%252Frover%252F1%252F711-53200-19255-0%252F1%253Fcustomid%253DVmpsa3NRb0tNcXNBQUVreFRSZ0FBQUJw%2526ipn%253Dicep%2526icep_id%253D118%2526ff3%253D4%2526pub%253D5574810490%2526toolid%253D10001%2526campid%253D5336250274%2526mpre%253Dhttp%25253A%25252F%25252Fwww.ebay.com%25252Fitm%25252F221826790158%2526srcrot%253D711-53200-19255-0%2526rvr_id%253D923324076220) for \$17.38 with free shipping

arrived. I have the \$36 rebate on the Seiki monitor ready to mail. I put its box by the bedroom window for now. I will keep it for a short period to make sure it is working fine. I received my December 2015 rent statement from the Greenwich Housing Authority. I chatted with a relative. I will now shower and clean up. I will then go downtown. CIO

11/27/15 Friday 4:20 P.M. I chatted with a friend at 10:30 A.M.. I woke up at 2:30 P.M.. I started an Aomei backup of the Windows 7 partition of the old Gigabyte computer to the Samsung 5 TB external hard drive. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. The order with tracking of UPS: Tracking Information on the order for Seiki 24 Class 1080p Widescreen Desktop Monitor - 1920 x 1080, 1x HDMI Port, 16:9, 60Hz, Dual Built-in Speakers - SE24FA01-R at TigerDirect.com for \$114.99 less \$25 with Visa check out and \$10.34 shipping for \$100.33 total. It also has a \$40 mail in rebate which I filed for, and I ordered the \$36 quick rebate, so it will eventually cost me \$64.33. I set it up on the left side of the primary work computer connected to the Dell Optiplex 740 mini tower. It works just fine. I moved the NEC monitor from there to the Lenovo setup in front of the mahogany bureau. I will move the Dell 20 inch monitor from there to the center monitor on the bedroom desk, where the current monitor has a line in it. I will move that monitor to underneath the desk. CIO

11/27/15 Friday 3:15 A.M. I ate a piece of spice cake. I will now shut down the primary work computers, and I will go to bed. CIO

11/27/15 Friday 2:50 A.M. I remembered from before McAfee was free, I had two boxes of 3 license for McAfee total protection 2010 and one three license box for 2012. I took the Norton Internet Security off the Windows 7 partition of the old Gigabyte computer, and I

put on McAfee Total Protection 2010. It works just fine, but at the moment, it will not let me activate it, although it works just fine. I am now making a Complete PC backup of both partitions on the first hard drive to the second hard drive. CIO

11/27/15 Friday 1:10 A.M. On the old Gigabyte computer, I did a Norton Internet Security trial file scan, and it removed 25 Trojan cookies. From the Norton web site, it looks like I might be able to reinstall Norton Internet Security Deluxe with one of my two remaining product keys, but it is an older computer, and I would rather save the two product keys for faster computers. I threw out the garbage. There is a white car in the parking lot by the dumpster with its interior light on. It is a pea soup foggy night with a full moon out. CIO

11/27/15 Friday 12:20 A.M. I heated and ate the Thanksgiving dinner that I was given this morning. I thought the family that delivered it, said they were from the First Congregational Church of Old Greenwich, but there was a note with the dinner for a Christmas advent at the First Presbyterian Church of Greenwich, so probably it was from them. They also served dinner at the church today. It consisted of sliced white and dark turkey meat with stuffing and brown gravy, green peas and sweet potatoes that I put butter on, two dinner rolls that I ate with butter, salad greens with baby carrots and radishes with vinaigrette dressing, cranberry sauce, a pie of apple brown betty I think that I have yet to eat along with a loaf of holiday cake or bread. I ate it all with a 12 ounce glass of Schweppes Ginger Ale. CIO

11/26/15 Thursday 11:35 P.M. The George H.W. Bush diary program was not on Fox News at 9 P.M.. It must have been a rebroadcast that I saw it announced on. On the old primary Gigabyte computer on the second Windows 7 partition, I tried for some time to install the free copy of McAfee Total Access that I got for free from Optimum, but no matter what I tried it would not install. I tried installing the free demo on Norton Internet Security from Symantec, but it redirected me to an older version for the older processor that I installed as a 15 day demo. I am now installing the Norton updates on it. Possibly it will fix whatever the problem is with the computer. I don't know if I can use one of my two available product keys on it or not. CIO

11/26/15 Thursday 8:50 P.M. I chatted with a relative. I have been Niacimide regularly since 1974. A relative with medical experience read an article by a Harvard doctor today that Niacin long term use can cause liver damage and diabetes. I took it to lower my cholesterol and it also is suppose to build brain synapses.  
<http://livertox.nih.gov/Niacin.htm> . CIO

11/26/15 Thursday 8:10 P.M. The former President George H.W. Bush diaries is supposed to be on [www.foxnews.com](http://www.foxnews.com) on television at 9 P.M. EST. CIO

11/26/15 Thursday 7:40 P.M. \$24.95 with free shipping Roku 3500R Streaming Stick - Certified Refurbished - Newegg.com

\$199.99 plus shipping Lenovo 15 6" B50 45 Notebook 1 8 GHz AMD A6 6310 4GB RAM 500GB HDD Win 7 Pro | eBay CIO



11/26/15 Thursday 6:35 P.M. I woke up, and I ate 5 ounces of mixed nuts and two clementines. I also chatted with a relative at 8:30 A.M.. At 10:30 A.M., the First Congregational Church of Old Greenwich delivered another Thanksgiving dinner. I thanked them. I chatted with a relative. Possibly I chatted with another relative while asleep. I woke up at 3:30 P.M.. On Dell the Dell Optiplex 740 mini tower, I did Aomei backups to the Seagate 1 TB SATA drive in the Rosewill USB SATA drive holder and also to the Samsung 5 TB external hard drive. I also did an Aomei backup of HP Compaq computer to the Samsung 5 TB external hard drive. On the Dell Latitude E6400 laptop, I am doing a Complete PC backup to the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder, and then I will do an Aomei backup. Thus I will have all of the systems with Norton Internet Security backed up multiple times. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

11/26/15 Thursday 6:30 A.M. On the Dell Latitude E6400 laptop, I did an Aomei backup to the Samsung 5 TB USB external hard drive. On the Dell Optiplex 740 mini tower, I am just finishing doing an Aomei backup to the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder. I will now shut down the primary work computers, and I will go to bed.

\$25 Roku SE with composite and HDMI® connections for any TV

Roku SE - Best Buy \$24.99 free shipping CIO

11/26/15 Thursday 4:00 A.M. Frank Sinatra Exclusive Collectors Edition \$14.99 plus shipping and handling.

\$99 Acer 11.6" Chromebook Intel Celeron 2GB Memory 16GB eMMC Flash Memory White CB3-111-C8UB - Best Buy CIO

11/26/15 Thursday 3:50 A.M. I bought a year license for five computers of Amazon.com: Norton Security Deluxe - 5 Devices [PC/Mac Download]: Software for \$20.19 total. I renewed the license on the Dell Optiplex 740 mini tower. I also installed it on the HP Compaq computer and the Dell Latitude E6400 laptop. I also installed and ran Norton Utilities on the Dell Laptop, so it is running cleaner. On the Dell Optiplex 740 mini tower, I made a Complete PC backup and Aomei backup to second hard drive. I also made Complete PC backups to the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder and also to the Samsung 5 TB USB drive. On the HP Compaq, I made Complete PC backup and an Aomei backup to both the second and third internal hard drives. I also made Complete PC backups to the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder and also to the Samsung 5 TB USB drive and also an Aomei backup to the Toshiba drive. On the Dell Latitude E6400 laptop, I made a Complete PC backup to the Seagate 1.8 TB external hard drive, and I am now doing a

Complete PC backup to the Samsung 5 TB external USB drive. I ate two bowls of goldfish crackers. CIO

11/25/15 Wednesday 11:10 P.M. I ordered new in an opened box Amazon.com: Microsoft LifeChat LX-3000 Headset (JUG-00013): Computers & Accessories for \$13.25 and \$4.99 shipping for \$18.24 total. I will use it on the Dell Optiplex 740 mini tower. CIO

11/25/15 Wednesday 9:50 P.M. I went ahead and reheated and ate the Temple Shalom Thanksgiving dinner. It contained two large 3/8th inch thick slices of white turkey breast meat on a bed of mashed potatoes which and string green beans all of which I put Smart Balance Spread and extra virgin olive oil on, stuffing, cranberry sauce, and a piece of vanilla cake with chocolate frosting and a clementine. I ate it with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. www.expedia.com called up today trying to give me a cheap trip, but I hung up on them. CIO

11/25/15 Wednesday 9:15 P.M. I put away the clean laundry. CIO

11/25/15 Wednesday 8:35 P.M. [https://www.groupon.com/deals/chateau-stables?p=3&utm\\_source=channel\\_occasions\\_channel\\_pc\\_im&utm\\_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20151125&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=deal-button-3\\_channel\\_pc\\_im&d=deal-page&utm\\_campaign=4829abcd-828b-4e08-b693-8f9f247c9435\\_0\\_20151125](https://www.groupon.com/deals/chateau-stables?p=3&utm_source=channel_occasions_channel_pc_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20151125&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=deal-button-3_channel_pc_im&d=deal-page&utm_campaign=4829abcd-828b-4e08-b693-8f9f247c9435_0_20151125)

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405511899223346041303> on the order for [http://www.ebay.com/itm/221826790158?rmvSB=true&ul\\_ref=http%253A%252F%252Frover.ebay.com%252Frover%252F1%252F711-53200-19255-0%252F1%253Fcustomid%253DVmpsa3NRb0tNcXNBQUVreFRSZ0FBQUJw%2526ipn%253Dicep%2526icep\\_id%253D118%2526ff3%253D4%2526pub%253D5574810490%2526toolid%253D10001%2526campid%253D5336250274%2526mpre%253Dhttp%25253A%25252F%25252Fwww.ebay.com%25252Fitm%25252F221826790158%2526srcrot%253D711-53200-19255-0%2526rvr\\_id%253D923324076220](http://www.ebay.com/itm/221826790158?rmvSB=true&ul_ref=http%253A%252F%252Frover.ebay.com%252Frover%252F1%252F711-53200-19255-0%252F1%253Fcustomid%253DVmpsa3NRb0tNcXNBQUVreFRSZ0FBQUJw%2526ipn%253Dicep%2526icep_id%253D118%2526ff3%253D4%2526pub%253D5574810490%2526toolid%253D10001%2526campid%253D5336250274%2526mpre%253Dhttp%25253A%25252F%25252Fwww.ebay.com%25252Fitm%25252F221826790158%2526srcrot%253D711-53200-19255-0%2526rvr_id%253D923324076220) for \$17.38 with free shipping. CIO

11/25/15 Wednesday 8:00 P.M. I have 50 minutes to go on two dry cycles. CIO

11/25/15 Wednesday 7:40 P.M. I chatted with a relative at 3 P.M.. I finally woke up at 6 P.M.. I threw out the garbage. I did not get any mail. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry. I threw out the garbage and the old periodical literature. I chatted with a relative. I watered the plants. CIO

11/25/15 Wednesday 2:40 P.M. I woke up at 9 P.M., and I drank a cup of coffee with Splenda sweetener and milk, and I ate two small bowls of goldfish crackers and two scoops of butter Scotch ice cream. I went back to bed. At 10:30 A.M. this morning, the representatives of Temple Shalom delivered the Thanksgiving meal. I chatted with a relative at 2 P.M.. I woke up at 2:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/24/15 Tuesday 7:35 P.M. I chatted with a relative. I threw out the garbage, and I picked up the mail. I took a 14 ounce shell steak, and I sautéed in extra virgin olive oil over medium high electric burner heat until it was medium rare. I seasoned it on both sides at the beginning with garlic powder, ground black pepper, Italian seasoning, and Montreal Steak Seasoning, and I sautéed it in soy sauce for the last few minutes. I ate it with Lea and Perrins Worcestershire sauce and with a 12 ounces of mashed potatoes with Smart Balance Spread and extra virgin olive oil and steamed slice zucchini seasoned with Smart Balance Spread, Italian Seasoning, grated parmesan and Romano cheese, and extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and lemon juice. I will now rest some more. CIO

11/24/15 Tuesday 5:55 P.M. I went back to bed after the last note, and I woke up at 4 P.M.. I chatted with two friends. I ordered  
[http://www.ebay.com/itm/221826790158?rmvSB=true&ul\\_ref=http%253A%252F%252Fover.ebay.com%252Frover%252F1%252F711-53200-19255-0%252F1%253Fcustomid%253DVmpsa3NRb0tNcXNBQUVreFRSZ0FBQUJw%2526ipn%253Dicep%2526icep\\_id%253D118%2526ff3%253D4%2526pub%253D5574810490%2526toolid%253D10001%2526campid%253D5336250274%2526mpre%253Dhttp%25253A%25252F%25252Fwww.ebay.com%25252Fitm%25252F221826790158%2526srcrot%253D711-53200-19255-0%2526rvr\\_id%253D923324076220](http://www.ebay.com/itm/221826790158?rmvSB=true&ul_ref=http%253A%252F%252Fover.ebay.com%252Frover%252F1%252F711-53200-19255-0%252F1%253Fcustomid%253DVmpsa3NRb0tNcXNBQUVreFRSZ0FBQUJw%2526ipn%253Dicep%2526icep_id%253D118%2526ff3%253D4%2526pub%253D5574810490%2526toolid%253D10001%2526campid%253D5336250274%2526mpre%253Dhttp%25253A%25252F%25252Fwww.ebay.com%25252Fitm%25252F221826790158%2526srcrot%253D711-53200-19255-0%2526rvr_id%253D923324076220) for \$17.38 with free shipping.

### Chef Geoffrey Zakarian Opens The National in Greenwich - CT Bites

Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405515901639555648097](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405515901639555648097) on the order for <http://www.ebay.com/itm/Hitachi-Ultrastar-1TB-32MB-7200RPM-SATA3Gb-s-3-5-Hard-Drive-HUA721010KLA330-/151037079248?hash=item232a82eed0> for \$39.99 with free shipping.

I received a note that Temple Shalom will deliver a Thanksgiving Meal this Wednesday between 10:30 A.M. and noon.

I will now make my bed. CIO

11/24/15 Tuesday 12:50 P.M. I woke up, and I ate five ounces of mixed nuts. I finally woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with

a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/24/15 Tuesday 2:30 A.M. I did some random internet surfing. I ate a <http://scott-mike.com/em.htm> along with a glass cold filtered water. I also ate two small bowls of goldfish crackers and two clementines. <http://livedvualstreet.com/> web cams have not worked for the last four days or so. There is not much to report on in this neck of the woods. I will now shut down the primary work computers, and I will go to bed. CIO

11/24/15 Tuesday 12:05 A.M. On the second Dell Latitude D410 laptop, I used the Seagate Utilities to do a quick low level format to get rid of the Linux partition. To get the Windows 10 DVD to boot properly, I could not have the Samsung 5 TB external hard drive plugged into it, but once it started to boot, I plugged it in. I am now restoring the backup of the expired Windows 10 partition and the good Windows XP partition. I am not quite sure how to get Windows 10 off of it. I drank a cup of coffee with Splenda sweetener and milk. It is really slow around here. Possibly, people took off last Friday until next Monday on an extended holiday. CIO

11/23/15 Monday 10:35 P.M. Microsoft yanks latest Windows 10 release from its download server | ZDNet CIO

11/23/15 Monday 10:15 P.M. I dressed up warmly. I went downtown to the Acme Grocery store. I bought five 19 ounce Stouffer's meat lasagnas for \$2.99 each, and I was mischarged for two non organic zucchini for \$4.69 a pound for \$5.44, and a sweet onion for \$1.88 a pound for \$1.28 and 50 cents can return for \$21.17 total. I used my \$20 Acme Store food voucher to pay for most of the purchase. I will get my refund on the overcharge on the zucchini at a later date. I then drove through a very slow downtown down by the waterfront on Steamboat Road. The new condominiums across from 600 Steamboat Road are still under construction, but some of them appear to be occupied. There is still a port-o-pottie at the end of Steamboat Road. I then went by CVS on Greenwich Avenue, and I picked up a prescription. I then sat out for a while downtown. I chatted with a regular at Starbucks. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service V-Power gasoline with a dime a gallon off with my Stop and Shop card for \$3.279 a gallon for 2.439 gallons at odometer reading of 111929 miles for 28.2 miles driven since Saturday November 14, 2015 for 11.563 miles per gallon in local traffic. I then returned home, and I put away my groceries. CIO

11/23/15 Monday 7:35 P.M. I have been going through <http://scott-mike.com/bf.htm> . I ate a 14 ounce Boston Market meat loaf dinner with Smart Balance Spread and extra virgin olive oil on the mashed potatoes and a 12 ounce glass of Schweppes Ginger Ale and two scoops of butter Scotch ice cream.

Prince Charles and Camilla to visit Australia and New Zealand for 12-day tour - ABC News (Australian Broadcasting Corporation)

**Prince Charles and Camilla fly out of Perth to end their Australian tour - ABC News (Australian Broadcasting Corporation)**

**New Zealand Tour of Prince Charles and Camilla - 2015 | Monarchy New Zealand CIO**

**11/23/15 Monday 6:35 P.M.** I chatted with a friend and a relative. I ordered for \$9.99 **Toastmaster 4-Slice Cool Touch Toaster | Bon-Ton** with free shipping with coupon code "FREESHIP" and .61 tax for \$10.60 total. CIO

**11/23/15 Monday 3:55 P.M.** I went back to bed until 3 P.M.. I made my bed. I threw out the garage including the old mayonnaise. I picked up the mail. From the Greenwich Department of Social Services, I got an Acme grocery store food voucher. It does not say how much it is worth, but it is usually \$20. I will now shower and clean up. CIO

**11/23/15 Monday 12:55 P.M.** I chatted with a relative at 10 A.M.. I woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

**11/23/15 Monday 12:20 A.M.** The ham and cheese sandwich gave me a lot of intestinal gas. I had just opened a new jar of Hellmann's light mayonnaise that I used on it, but it expires December 22, 2015, so it was no good. I am throwing it out and another jar with the same date. I put in a new jar of Hellmann's regular mayonnaise in the refrigerator that expires July 2016. I ate two small bowls of goldfish crackers and two scoops of butter Scotch ice cream. I rested some more until midnight. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

**11/22/15 Sunday 10:05 P.M.** I rested some more until 9 P.M.. I moved the Samsung color laser printer from the bookcase at the kitchen entrance to on top of the chair of the small computer table to the left of the primary computer setup, so it is available for use. I still have the Ricoh laser printer on the top of the bookcase at the kitchen entrance with the small artificial Christmas tree on top of it. On the old Gigabyte computer setup, I moved the control panel on top of its case which is lying sideways with the 20 inch Dell monitor on top of the control panel. It is more stable that way. CIO

**11/22/15 Sunday 7:15 P.M.** I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

**11/22/15 Sunday 7:10 P.M.** On top of the Ricoh laser printer at the kitchen entrance, I put out the little artificial Christmas tree with its decorations. I have it plugged into the power strip beneath it. While doing that I knocked over the small LED lantern, and although it still works, I can not find its bottom battery cover which fell off somewhere in that location. It is about a two inch plastic square. I also put the artificial wreath outside on the front door with its few decorations. The Samsung color laser printer is underneath the

Ricoh laser printers, so when I get around to printing out my color Christmas letter, I will temporarily have to move those items. CIO

11/22/15 Sunday 6:30 P.M. I rested some more until about 3 P.M.. I ate two small bowls of goldfish crackers. I chatted with a relative and a friend. I moved the Lenovo ThinkCentre and its accessories from the right side of the FIC server to in front of the mahogany bureau where the old Gigabyte computer was, and I put the old Gigabyte computer where the Lenovo ThinkCentre was. I have the Lenovo ThinkCentre hooked up to the Ocosmo TV, so it shows on HDMI 2. It is also plugged into the Dell Laser printer. I have the Ricoh laser printer hooked up to the Dell Latitude E6400 laptop. The old Minolta PagePro 1350 W laser printer is still hooked up to the old Gigabyte computer. Thus the Lenovo ThinkCentre is setup in a primary work area. CIO

11/22/15 Sunday 11:50 A.M. I woke up during the night, and I ate two scoops of butterscotch ice cream. I woke up at 11:30 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

End of Scott's Notes week of 11/22/15

11/22/15 Sunday 1:30 A.M. I watched episode 7 of "Ancient Aliens". I will now send out my weekly notes. I will then go to bed. CIO

11/22/15 Sunday 12:25 A.M. I ate two small bowls of goldfish crackers and two clementines. I found this link <https://www.youtube.com/watch?v=goZUbRc6gUo> which might be a similar procedure for replacing the 2005 Volvo XC 70 tail light lens. Thus it would probably be an hour labor or \$135 at Stamford Volvo plus the cost of the lens which would be about \$160. CIO

11/21/15 Saturday 9:15 P.M. I woke up at 8:50 P.M.. I went through <http://scott-mike.com/bf.htm> . I will now drink a cup of coffee with Splenda sweetener and milk. CIO

11/21/15 Saturday 7:25 P.M. I chatted with a relative. I heated and ate the other half of the linguine with pesto Alfredo sauce along with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

11/21/15 Saturday 6:55 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 stopped by the Greenwich Hardware store, and they gave me another Royal Pine Christmas Tree scent card which I hung from the driver's side rear side of the Volvo wagon after my walk. I toured CVS, and they were out of Scott toilet paper on sale, and their bathroom was locked up. I used the ATM machine at the Chase Bank at the top of Greenwich Avenue. Somebody had broken wind before I entered it the enclosed area, which was not a pleasant smell. They have opened the new restaurant on Greenwich Avenue on the west side of the street. It looks quite posh, and it also has a convenient bar

area. I forget its name. It is just south of the Chinese restaurant. After my walk, I used the bathroom at Starbuck. The Holiday Lights are installed in front of the Senior and the Arts center, but nobody has turned them on yet. I went by the Stop and Shop. I bought buy one get one free of six packs of Thomas' English muffins for \$4.39 both, a 59 ounce Tropicana orange juice with pulp for \$3, a 1.75 quart Friendly butter scotch ice cream for \$3.49, a 16 ounce Boston Market chicken pot pie for \$2.50, a 14 ounce Boston Market meat loaf for \$2.50, a 14 ounce Boston Market turkey medallions for \$2.50, a 42 ounce Stop and Shop old fashioned oatmeal for \$3, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Ocean Spray crangrape juice for \$2.50, and bananas for .49 a pound for \$1 for \$27.38 total. I then returned home, and I picked up the mail, and I put away my groceries. CIO

11/21/15 Saturday 2:20 P.M. I went back to sleep after the last note. I woke up at 1:45 P.M.. I will now make my bed. I will then shower and clean up. I will then go out in the cooler weather to challenge the colder temperatures on Greenwich Avenue for one of my usual walks.

Tracking is UPS: Tracking Information on the order for Seiki 24 Class 1080p Widescreen Desktop Monitor - 1920 x 1080, 1x HDMI Port, 16:9, 60Hz, Dual Built-in Speakers - SE24FA01-R at TigerDirect.com for \$114.99 less \$25 with Visa check out and \$10.34 shipping for \$100.33 total. It also has a \$40 mail in rebate which I filed for, and I ordered the \$36 quick rebate, so it will eventually cost me \$64.33. CIO

11/21/15 Saturday 10:55 A.M. I woke up at 10 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/21/15 Saturday 2:15 A.M. I watched episodes 5 and 6 of "Ancient Aliens". I will now shut down the primary work computer, and I will go to bed. CIO

11/20/15 Friday 11:50 P.M. I woke up at 11:30 P.M.. I ate a small bowl of goldfish crackers. For the Dell Optiplex 740 mini tower, since it is a used computer, I ordered a new hard drive for its primary hard drive <http://www.ebay.com/itm/Hitachi-Ultrastar-1TB-32MB-7200RPM-SATA3Gb-s-3-5-Hard-Drive-HUA721010KLA330-/151037079248?hash=item232a82eed0> for \$39.99 with free shipping. CIO

1/120/15 Friday 9:50 P.M. I will now rest for a while. CIO

11/20/15 Friday 9:15 P.M. In a sauce pot, I added a 15 ounce jar of Prego Alfredo sauce and a 7 ounces of International Meals pesto sauce, and I added a quarter of a cup of extra virgin olive oil, a quarter of a cup of parmesan and Romano grated cheese, four tablespoons of Smart Balance Spread, a diced quarter of a sweet onion, two peeled and diced gloves of garlic, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, celery salt, and Lowry's seasoned salt, and I mixed it all together, and I brought

to a boil and then put it on medium electric burner heat to low, and I simmered it for fifteen minutes, and while it cooked, I boiled a 16 ounce box of Ronzoni linguine. I drained the cooked linguine in a colander, and I put it in a large mixing bowl, and I poured the sauce over it, and I mixed it all together. I put half on a dinner plate, and half in a large flat Rubbermaid container that I put in the refrigerator. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

11/20/15 Friday 8:10 P.M. I updated <http://scott-mike.com/computer.htm> and <http://mikelouisscott.com/computer.htm> .

I also posted the pictures and other apartment updates at:

<http://scott-mike.com/mls-112015/> and <http://mikelouisscott.com/mls-112015/> CIO

11/20/15 Friday 7:10 P.M. I chatted with a relative. I guess my presence on the internet has scared away my friends and associates whom prefer to remain more private. Alas the internet and its devices are everywhere, and the BIG G is more than likely to invade one's privacy than I am. I lead a very simple life, and my internet activity is focused on my experience based on a limited budget and my previous life experience and limited travel experience. Since I am a bit out of date which is normal for older people, I am not sure what the younger generation is up to with their high tech devices. I assume they are probably computer gaming, which I have never learned how to do. There is so much about Presidential Politics on television, I have lost interest in watching too much television. I am still looking for signs of other intelligence in the universe or minor ways to increase my budget or extend it. Still if one looks at <http://scott-mike.com/computer.htm> I have to maintain my computer setup as it exists which does take quite a bit of time. Besides the Microsoft operating systems, I have tested other free operating systems which do work and are free. I guess the more mobile younger generation with their expensive hand held devices and gourmet coffee shop lizard lounges are out maneuvering the older generation. I would imagine there are some younger people and even some older people trying to do some serious work on the internet based on their experience. Alas I do not watch too much of the scary news, since I prefer to remain calm and collected. I chatted with a relative. CIO

11/20/15 Friday 6:10 P.M. I threw out the garbage. I picked up the mail. I chatted with a neighbor. I chatted with a relative. CIO

11/20/15 Friday 5:05 P.M. I will now drink a cup of coffee with Splenda sweetener and milk. I guess I will then make my bed, and I will shower and clean up. There is no point in going downtown this evening, since there is nothing that I need to do. As I get older, I have to get used to spending more time at home, particularly during the cold weather. CIO

11/20/15 Friday 4:35 P.M. I will now eat a small bowl of goldfish crackers and two clementines. I will then rest some more. CIO

11/20/15 Friday 4:05 P.M. I ordered Seiki 24 Class 1080p Widescreen Desktop Monitor - 1920 x 1080, 1x HDMI Port, 16:9, 60Hz, Dual Built-in Speakers - SE24FA01-R at



TigerDirect.com for \$114.99 less \$25 with Visa check out and \$10.34 shipping for \$100.33 total. It also has a \$40 mail in rebate which I filed for, and I ordered the \$36 quick rebate, so it will eventually cost me \$64.33. CIO

11/20/15 Friday 2:30 P.M. I went back to bed after the last note. I don't know why I am sleeping so much recently. Possibly it is still warmer in my apartment which makes me sleepy until it gets colder outside. It might just be the old age process setting in. CIO

11/20/15 Friday 11:45 A.M. I woke up at 11:30 A.M.. I had a number of telephone calls today including one that cancelled my appointment today that I had forgotten about. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will then go through <http://scott-mike.com/bf.htm> . CIO

11/20/15 Friday 12:20 A.M. I watched "Ancient Aliens" episode 3 and 4. I ate a bag of microwave popcorn and two clementines. I will now go to bed. CIO

11/19/15 Thursday 10:35 P.M. Vista on the old Gigabyte primary work computer would not update. I chatted with a friend. I ate the last three scoops of butterscotch ice cream. I slept some more until 10 P.M.. CIO

11/19/15 Thursday 6:45 P.M. I will now rest some more. CIO

11/19/15 Thursday 6:40 P.M. I took a 14 ounce shell steak, and I sautéed in extra virgin olive oil over medium high electric burner heat until it was medium rare. I seasoned it on both sides at the beginning with garlic powder, ground black pepper, Italian seasoning, and Montreal Steak Seasoning. I ate it with Lea and Perrins Worcestershire sauce and with a 12 ounces of mashed potatoes with Smart Balance Spread and extra virgin olive oil and steamed slice zucchini seasoned with Smart Balance Spread, Italian Seasoning, grated parmesan and Romano cheese, and extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and lemon juice. CIO

11/19/15 Thursday 5:50 P.M. I chatted with a relative. CIO

11/19/15 Thursday 5:30 P.M. [http://www.volcano.si.edu/reports\\_weekly.cfm](http://www.volcano.si.edu/reports_weekly.cfm)

<https://www.facebook.com/TheBritishMonarchy>

<https://www.youtube.com/user/TheRoyalChannel>

CIO

11/19/15 Thursday 5:05 P.M. On the Vista partition on the old primary Gigabyte computer, I am installing the Vista updates. Bill Gates email contact has worked for the

last week. I guess he is flooded with some many charity requests, that his servers got overwhelmed. CIO

11/19/15 Thursday 4:30 P.M. I renewed my www.forbes.com magazine for another year for \$4.49 at Forbes Magazine | Today's Business Leaders - DiscountMags.com with coupon code "PREBLACKFRIDAY". I once visited the Forbes farm in Far Hills, New Jersey around 1974. Three of the four sons were there, and when the father showed up in his Mercedes 600 limousine, he had a half size semi truck with him, and the boys unloaded cases of liquor into the basement of their farm house, so I think they keep up certain Scottish traditions. CIO

11/19/15 Thursday 3:30 P.M. A neighbor knocked on my door to barrow a hundred dollars, but I explained through the door, that I am not that well financed. I showered, and I cleaned up. I threw out the garbage. I chatted with neighbors. I picked up the mail. The order with Tracking of Newegg.com DHL Tracking on the replacement order for Thinklux TKUCA35S01-4.5W-830-E12 40 Watt Equivalent LED Light Bulb - Newegg.com arrived. I put it in the far left sconce. I received a letter from the Eversource Electric Company which as I understand it, I will get matching payments with Energy Assistance, so I will now pay \$80 a month average as opposed to \$160 average. I will have to wait an see what their bills says. CIO

11/19/15 Thursday 2:05 P.M. After the last note, I ate two clementines and a small bowl of goldfish crackers. I went back to bed. I woke up at 1:30 P.M. I chatted with a relative. I ate a small bowl of goldfish crackers. I will now make my bed and shower and clean up. CIO

11/19/15 Thursday 11:05 A.M. I went back to bed, and I woke up at 10:15 A.M.. I went through <http://scott-mike.com/bf.htm> . CIO

11/19/15 Thursday 8:30 A.M. I woke up at 7:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will now make up a fresh batch of punch. CIO

11/18/15 Wednesday 10:35 P.M. I ate two clementines. I will now shut down the primary work computer, and I will go to bed. Bon Soir, Mes Amis. CIO

11/18/15 Wednesday 9:40 P.M. I chatted with a neighbor. I put away my clean laundry. CIO

11/18/15 Wednesday 8:45 P.M. The End of an Arc CIO

11/18/15 Wednesday 8:30 P.M. I am just about ready 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

11/18/15 Wednesday 8:30 P.M. I have 50 minutes to go on two dry cycles. CIO

11/18/15 Wednesday 7:55 P.M. I chatted with a friend and a relative. I put clean linens on the bed along with two comforters and an electric blanket. I put the pink and green light quilt away for the winter. I also hung out two pairs of my L.L. Bean full length red union suits <http://www.llbean.com/llb/search/?freeText=union+suit&init=1> . I started two loads of wash, and I have about five minutes to go on them. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/18/15 Wednesday 6:40 P.M. I threw out the garbage. I went downtown to Rodeo Drive East. For a change I walked upper Greenwich Avenue only. It was very busy on a overcast day. I stopped by the Greenwich Hardware Store, and I bought a Christmas Tree Royal Pine Scent for a dollar, but somehow I lost it out of my pocket. I walked through Saks Fifth Avenue ground floor level from back to front. I walked over to the Greenwich Computer Super Center on Mason Sreet, and I chatted shop. I suggested they could use Uber at night to deliver repair parts, when everyone is closed. In the old day in Manhattan, there was only one 24 hour TV parts shop which was in Greenwich Village. They charge \$150 an hour for computer repairs. I next toured the Greenwich Bicycle Center, and I told them they should get some of the real Holland Dutch bicycles like everyone uses in the Netherlands. I stopped by briefly at Sophia, Out of the Box, Mac Inspires. I toured the AT&T store. I chatted with the Chemise La Coste shop. They told me a polo shirt now costs \$85, but they are having a sale next week. I chatted with someone waiting outside the children's furniture shop about Florida in the old days. I used the bathroom at Starbucks. I bought an Ace's High scratch card for a dollar, but I lost at Zen Stationary. I then went to the Stop and Shop. I bought a 31 ounce Marie Callender three cheese and two meat lasagna for \$4.99, a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$8.99, a 12 ounce generic honey for \$4.39 which has gone up in price from \$2.99, a 24 ounce Simply Mashed mashed potatoes for \$2.50, a baking potato .99 a pound for .77, a zucchini for \$1.99 a pound for .92 and bananas for .49 a pound for \$1.01 for \$23.57 total. CIO

11/18/15 Wednesday 1:05 P.M. I made my bed. I woke up at 1:05 P.M.. I chatted with a relative. I cleaned the front filter and dust from the outside and inside of old gigabyte primary work computer. I vacuumed my entire apartment, so it is a bit cleaner. It is not perfectly Dutch Boy clean, but it is a bit cleaner. I will now shower and clean up. I will then go downtown and people watch. CIO

11/18/15 Wednesday 10:05 A.M. I put the Mac Gray card in for my neighbor's dry cycle. I was thinking about going downtown for a walk, but my left foot is bothering me this morning. I ate a small bowl of goldfish crackers. CIO

11/18/15 Wednesday 9:30 A.M. I am letting a neighbor use \$3.00 off my MacGray laundry card. CIO

11/18/15 Wednesday 7:45 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and

supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/18/15 Wednesday 7:10 A.M. I made sure there was nothing around the electric wall radiators. I then turned the living room thermostat up to 76 degrees Fahrenheit, and I turned on the table fan on the window shelf to blow the heat around. It is now up to 68 degrees Fahrenheit in the living room. At that setting, it should keep it at about 72 degrees Fahrenheit. I turned the bedroom thermostat up to 66 degrees Fahrenheit. I put one DeLonghi oil filled radiator at the hallway entrance by the legal chair, and another DeLonghi oil filled radiator behind the primary work computer chair. CIO

11/18/15 Wednesday 6:50 A.M. I woke up at 6:30 A.M.. It is 64 degrees Fahrenheit in my apartment. I have not turned on the heat yet to save money. I also have to put out the DeLonghi oil filled radiators. When I next change my bed linens, I need to put out the comforters on the bed too. I guess winter has finally arrived. CIO

11/17/15 Tuesday 9:35 P.M. I ate 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed slice zucchini with Smart Balance Spread and extra virgin olive oil and Italian seasoning and grated parmesan and Romano cheese and a microwaved 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. I will now take a nap. Walking out in the cold weather makes one a bit tired, plus in the colder weather, one needs to eat a bit more pretein to stay warm. CIO

11/17/15 Tuesday 8:55 P.M. I went by the Agnew Morley Public Housing Retirement Center, and I put \$30 on my MacGray laundry card. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. At Zen Stationary and the Greenwich Cigar Store, I played an Ace's High scratch card for a dollar, but I lost at both places. I gave them a pep talk at the Apple computer store. Subway Sandwich does not yet have \$2 six inch sandwiches. I walked up Greenwich Avenue, and I chatted with a local construction person. They are still installing the Holiday lights. I used the bathroom at CVS. I bought a quart jar of Hellmann's mayonnaise for \$2.99 and another Air Wick 6 ounce scent can for \$5 for \$1.50 off CVS cash register coupon and .22 tax for \$3.72 total. I chatted with a relative. After I finished my walk, I went by the new Acme grocery store. I bought a 5 pound box of Clementines from Spain for \$3.99 and two Lancaster shell steaks for \$7.49 a pound for \$12.58 and a 16 ounce Birds Eye frozen green beans for \$1 and a 13 ounce Birds Eye frozen peas for a \$1 for \$18.57 total. I then returned home. I chatted with a neighbor. I put away my purchases. CIO

11/17/15 Tuesday 4:10 P.M. I chatted with a friend. I will now shower and clean up and go downtown. CIO

11/17/15 Tuesday 3:45 P.M. The Real Facts about Drugs CIO

11/17/15 Tuesday 3:20 P.M. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9374869903500634470775> on the order for \$19.50 <http://slickdeals.net/f/8224854-casio-mens-ws220-tough-solar-powered-digital-runners-120-lap-memory-watch-choice-of-grey-or-black-21-50-f-s> arrived. I set it to the right time. I put it by the living room weather station, so it can get some sunlight to charge up. I will now wash the breakfast dishes. I will now make my bed, and I will shower and clean up. CIO

11/17/15 Tuesday 3:00 P.M. I ate a small of goldfish crackers. I rested some more. I ate three scoops of butterscotch ice cream. I will now drink a cup of chamomile tea with Splenda sweetener. CIO

11/17/15 Tuesday 12:55 P.M. \$149.99 with free shipping Open Box: ASUS Laptop EeeBook X205TA-DS01-BL-OFCE Intel Atom Z3735F (1.33 GHz) 2 GB Memory 32 GB SSD Intel HD Graphics 11.6" Windows 8.1 64-Bit - Newegg.com CIO

11/17/15 Tuesday 12:35 P.M. I woke up at noon when [www.ibm.com](http://www.ibm.com) called me up. refurbished with free shipping \$114.99 Microsoft Surface RT 10 6" HD Tablet 32GB Wi Fi Black 7XR 00001 885370447705 | eBay and \$29.99 with free shipping Microsoft Surface 2, Surface Pro, Surface Pro 2 Power Cover (5VX-00006) – Black CIO

11/17/15 Tuesday 9:55 A.M. Subway sandwich has \$2 six inch sandwiches. There is suppose to be a high of 47 degrees Fahrenheit today. CIO

11/17/15 Tuesday 9:20 A.M. I chatted with a relative. CIO

11/17/15 Tuesday 8:20 A.M. I called up the MacGray Laundry people in Dallas, Texas at 1-800-622-4729, and I reported the card machine not working in our laundry room. They have a web site <http://www.coinmach.com/> for reporting problems, but their form did not work. CIO

11/17/15 Tuesday 8:05 A.M. I woke up at 7:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/17/15 Tuesday 4:00 A.M. I woke up at 3:30 P.M.. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

11/16/15 Monday 9:35 P.M. I ate two scoops of butter scotch ice cream. Well now much happening on the dark side of the planet. I guess the Asians are not offering any low price items for bottom fishing for the time being. I have to watch my budget, because with the long winter ahead, I might have additional expenses. I was thinking that instead of getting the Volvo wagon rear tail light repaired, it might be a better idea to get a new battery for the car. I am not sure when it was last replaced. I have the service records for the Volvo wagon, but there is no mention about when the battery was last replace. I have to check

with my relatives to see if they might know, since they were the previous owners. At my age none of the younger computer people in this area bother networking with me, since we probably don't have the same experiences. Obviously with IBM nearby there might be some computer people in the area, but I am not their head guru. I just know how to make inexpensive hardware work, and I am not savvy on UNIX and Super Computers. Well, I have done my best to maintain a simple internet presence with my free time which I have less of anymore, since I seem to need to sleep more, since the frequent walks exhaust me, even though I don't smoke cigarettes anymore. I suppose like last winter, once the cold weather sets in, I will be spending even more time inside, only going out once a week to get groceries. The younger generation will have to face the colder weather. CIO

11/16/15 Monday 9:05 P.M. The Mac Gray laundry card machine downstairs at 71 Vinci Drive is not working. I tried calling them at 1-800-622-4729, but they were not in at this hour. I went downtown to CVS on Greenwich Avenue. I picked up two prescriptions. I bought a 120 count CVS 81 mg aspirin for \$6.29. I then drove further downtown. They are just about finished stringing the holiday lights along Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I bought an Ace's High scratch card for a dollar at Zen Stationary, but I lost. I stopped by CVS again, and I used their bathroom. I bought three 6 ounce Air Wick automatic air freshener cans for \$5 each and .95 tax for \$15.95 total. I then bought four 13 ounce Ajax orange liquid dish washing detergent for .88 each and another Air Wick 6 ounce can for \$5 less \$5 bonus bucks from the previous purchase and .22 tax for \$3.74 total. I then finished my walk. I sat out at various locations. I then returned home, and I picked up the mail. CIO

11/16/15 Monday 4:50 P.M. I ate two scoops of butterscotch ice cream, and I slept some more until 4 P.M.. I could hear some of the Wright Brother's inventions moving around in the area. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. I will now make my bed. I will shower and clean up. I will then go downtown to Green Witch Avenue. CIO

11/16/15 Monday 12:50 P.M. I rested while making the other backups. I ate two small bowls of goldfish crackers. I printed out the 11 page list of my various backups that I will store with their external hard drives in the left living room closet. I make the backups, because my computers have been frequently hacked and the Windows operating systems seem to deteriorate over time. I will now make my bed and shower and clean up. As I said last week, since Greenwich, Connecticut on weekends is like a resort for visiting New York City people, I use a resort schedule, and I rest on Mondays and Tuesdays. They do the same in other resorts. It says Marriott Hotels bought Starwoods Hotels, so Marriott now owns Sunset Key. Of course there are thousands of other islands in the Bahamas, some of which might be nicer. CIO

11/16/15 Monday 10:25 A.M. I went back to bed after the last note. I woke up at 9:30 A.M.. I started a Complete PC backup of the HP Compaq computer to the Toshiba 2 TB SATA drive in the Rosewill USB SATA drive holder. I will then do an Aomei backup to

the same drive. I will then do the same two backups of the Dell Optiplex 740 mini tower to the same drive. I also went through <http://scott-mike.com/bf.htm> . CIO

11/16/15 Monday 8:20 A.M. I woke up at 5:00 A.M.. On the old primary Gigabyte computer, I started a Windows Complete PC backup to the Toshiba 2 TB SATA drive in the Rosewill USB SATA drive holder. I then went back to bed. I woke up at 6:30 A.M., and it said the backup might not have worked. I then did a Aomei backup to the same hard drive. I went back to bed until 7:30 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/16/15 Monday 12:15 A.M. I restored the backup files to the Toshiba 2 TB SATA drive in the Rosewill USB SATA hard drive holder. While the restore process was going on, I ate two small bowls of goldfish crackers, and I watched episodes 3 and 4 of "Secrets of the Third Reich" and episodes 1 and 2 of "China, the Forbidden City".

Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9374869903500634470775](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9374869903500634470775) on the order for \$19.50 <http://slickdeals.net/f/8224854-casio-mens-ws220-tough-solar-powered-digital-runners-120-lap-memory-watch-choice-of-grey-or-black-21-50-f-s> . I will now shut down the primary work computers, and I will go to bed. CIO

11/15/15 Sunday 6:45 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and 10 cherry tomatoes and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. I chatted with two relatives. CIO

11/15/15 Sunday 5:00 P.M. I figured out the partition problem on the Toshiba 3 TB external USA SATA drive. It was formatted in the newer Windows 10 partition which does not work with the older Windows partitions. I did a low level format on it, and it partitioned it with MBR NTFS which should work with the older computers. However, it is now only partitioned at 2 TB. I will now copy the lost files from it from the Samsung 5 TB drive that has copies of them on it. Thus I will still have two backup copies. CIO

11/15/15 Sunday 1:00 P.M. I woke up at 12:30 P.M.. On the old primary Gigabyte computer, I am doing a Complete PC backup of both partitions to the Seagate 1 TB SATA drive in the Orico USB SATA external hard drive holder. CIO

11/15/15 Sunday 7:05 A.M. I woke up at 12:30 P.M.. I went back to bed until 11 A.M.. I ate a small bowl of goldfish crackers. I went through <http://scott-mike.com/bf.htm> . I adjusted the operating system color on the Dell Optiplex 740 mini tower. I am still doing a partition scan on the Toshiba 3 TB external hard drive. I will now make my bed. I will then shower and clean up. CIO

**11/15/15 Sunday 7:05 A.M.** I woke up at 6 A.M.. I was going to use the Toshiba 3 TB SATA drive in the Rosewill external SATA drive holder to make a Complete PC backup of the old primary Gigabyte computer. I have used the Toshiba drive for another 11 backups, but the disk partitioning does not show up on it. I am using Mini Tool Partition Wizard Free to try to recover its partition. It takes a while to run. If I can not recover the partition, I will have to make the backups again. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

**End of Scott's Notes week of 11/14/15**

**11/14/15 Saturday 8:35 P.M.** The Complete PC backup of the old primary computer to the Samsung 5 TB external SATA drive would not work for some odd reason. I am now about finished with an Aomei backup to the same drive. I watched the History Channel, "Secret Societies" and episode 2 of "The Third Reich". I ate a bag of microwave popcorn and a small bowl of goldfish crackers. I will now send out my weekly notes. I will then go to bed. CIO

**11/14/15 Saturday 5:50 P.M.** I rested for an hour. I chatted with a relative. I will now do a Complete PC backup of both partitions of the old primary computer to the Samsung 5 TB external hard drive. I will then do an Aomei backup of it to the same drive. I will probably rest some more. CIO

**11/14/15 Saturday 4:40 P.M.** I have 59 more updates to install. I picked up the mail. I started the Complete PC backup to the second hard drive. I will now take a nap. I ate a small bowl of goldfish crackers. CIO

**11/14/15 Saturday 3:05 P.M.** I was able to get the Adobe Flash Player and Adobe Reader to install by downloading the full versions and installing them. I got the Microsoft Live Essentials to install by installing version 11. I will start a complete PC backup to the second hard drive in a little while. I am just about to eat a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

**11/14/15 Saturday 1:00 P.M.** I am still configuring the old primary work computer as a backup computer. I can not get the Microsoft Essentials Programs and the Adobe Flash and Reader programs to download and install. I am copying files from the Seagate 1 TB external hard drive to the old primary work computer. I chatted with a relative. CIO

**11/14/15 Saturday 9:20 A.M.** I went back to bed, and I woke up at 7 A.M.. I made my bed. I showered, and I cleaned up. I threw out the garbage. I drove over to the Stop and Shop. I bought deli sliced ham for \$4.99 a pound for \$5.24, deli sliced white American cheese for \$4.99 a pound for \$5.04, a 1.75 quart Friendly Butter Scotch ice cream for \$3.49, a 5 quart pack of Stop and Shop powdered milk for \$7.29, a 9.5 ounce Utz wavy potato chips for \$3, a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$8.99, three zucchinis for \$1.99 a pound for \$3.02, three baking potatoes for .99 a pound for \$2.49,



bananas for .49 a pound for .85 and .35 can return for \$39.06 total. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.279 a gallon for 3.051 gallons at odometer reading of 111901 miles for 51.8 miles driven since Sunday November 1, 2015 for 16.979 miles per gallon in mixed traffic. I then returned home. I put away my groceries. I chatted with a relative twice. On the old primary work computer, all of the Windows 7 Updates are installed on it. McAfee would not install on it, so I am using Microsoft Internet Security which is just as good. I will now start configuring it. I then will have to make backups of it. CIO

11/14/15 Saturday 4:50 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. CIO

11/14/15 Saturday 4:10 A.M. I woke up and ate a small bowl of goldfish crackers. I finished Windows Updates on the old primary computer. I finally woke up at 3:30 A.M.. 153 were killed in the terrorism in Paris, France. CIO

11/13/15 Friday 6:55 P.M. I have been watching the Paris, France terrorism on television. I ate a bag of microwave popcorn. I will now shut down the primary work computers, and I will go to bed. CIO

11/13/15 Friday 5:45 P.M. The fire alarm went off around 4:15 P.M.. I checked around, but no apartment lights were on. I called the Greenwich Housing Authority, and they sent somebody over to reset it. I surfed the internet. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

11/13/15 Friday 3:15 P.M. On the Dell Optiplex 740 mini tower, I installed the latest Windows 10 update. I did a Complete PC backup of it to the second internal hard drive and the Samsung 5 TB external USB SATA hard drive. I then did Aomei backups to the same drives. I am still installing the Windows Updates on the old primary work computer. I chatted with a relative. I ate a ham and cheese sandwich with slices of Vidalia onion on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. I tried to sleep, but I did not get any rest. Earlier this morning, I threw out the garbage.

Dutch Royal Household, English Link at Bottom of the Page, Het Koninklijk Huis

Tracking is Newegg.com DHL Tracking on the replacement order for Thinklux TKUCA35S01-4.5W-830-E12 40 Watt Equivalent LED Light Bulb - Newegg.com CIO

11/13/15 Friday 7:20 A.M. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of

coffee with Splenda sweetener and milk. I made my bed. I showered, and I cleaned up. CIO

11/13/15 Friday 5:15 A.M. I woke up, and I ate two small bowls of goldfish crackers. I finally woke up at 4:30 A.M.. On my original old primary work computer, I reinstalled Windows 7 Ultimate on it in a second partition, and I am now installing the updates. I will then configure it. Thus once I am done, it will be refreshed. CIO

11/12/15 Thursday 8:50 P.M. I ate a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I picked up the mail. The order with tracking of tracking of <http://www.dhl-usa.com/en/express/tracking.shtml?AWB=4200683092748901015478100012497997&brand=DHL> or <http://webtrack.dhlglobalmail.com/?trackingnumber=4200683092748901015478100012497997> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16803636014&ignorebbr=1> for \$22.99 with free shipping arrived. One of the four bulbs was broken. I called up Newegg, and they are sending me a replacement bulb. I put the three bulbs in the three sconces to the right above the primary computer setup with the left one with a regular bulb. I chatted with a relative. On the Dell Optiplex 740 tower, I did Complete PC backups to the second internal hard drive and the Samsung 5 TB external hard drives, and then I did the same two backups with the Aomei backup program. I watched "Hitler's Riches" and episode 1 of "Secrets of the Third Reich". I ate a bag of microwave popcorn. I will now shut down both primary work computers, and I will go to bed. CIO

11/12/15 Thursday 2:50 A.M. I chatted with two relatives. I moved the Dell Optiplex 740 mini tower and its NEC 23 inch monitor to where the primary work computer was on the left side of the HP Compaq computer. I also moved its accessories. I transferred any files I need for working with it as my primary work computer. I am now installing the Windows updates. I have it hooked up the Brother Laser printer that was on the Dell Latitude E6400 laptop. I have the Dell Latitude E6400 Laptop hooked up the Dell Laser printer. I moved the old self built primary work computer to in front of the mahogany bureau with its 20 inch Dell monitor. I have it hooked up the old Minolta Pagepro 1350 W laser printer. It all took a while, but it will be faster work computer. CIO

11/12/15 Thursday 9:15 A.M. I chatted with a relative. CIO

11/12/15 Thursday 8:45 A.M. I woke up at 6 A.M., and I went through <http://scott-mike.com/bf.htm> . I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I went back to bed until 8:30 A.M.. I will now make my bed. I will then shower and clean up.

Key West old oil tank Island Deluxe Island Resort off Mallory Square on west side towards sunset

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

Chain of Luxury Hotels that own them

<http://luxurycollectiondestinations.com/>

part of

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

CIO

11/12/15 Thursday 4:55 A.M. I put away the clean laundry. I will now rest some more.  
CIO

11/12/15 Thursday 3:40 A.M. I have 50 minutes to go on two dry cycles. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/12/15 Thursday 3:10 A.M. I woke up at 2:30 P.M.. I put clean linens on the bed. I started two loads of wash, and I have 15 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/11/15 Wednesday 11:15 P.M. I chatted with a friend after the last note, and then I went back to bed. I woke up at 10 A.M., and I chatted with a friend. I will now eat three scoops of butterscotch ice cream. CIO

11/11/15 Wednesday 2:40 P.M. I woke back up at 1:30 P.M.. I did some routine surfing on the internet. Not much to report on from the low budget end of the internet. I never made any money off the internet, but it helps me keep better informed, and sometimes I find a few bargains. Alas, I am not living in Greenwich, India; and the local Wall Street crowd in my neighborhood also has their own perspective which might not be the same as mine. After living in Greenwich, Connecticut USA since June 1962, and walked around frequently downtown on Greenwich Avenue since December 1983 and before, there is nobody I am really networked with, since I am frequently on a night schedule, and not awake in the daytime. 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

11/11/15 Wednesday 9:35 A.M.. I installed the Zorin OS 10 32 bit on the second Dell Latitude D410 laptop and installed its updates. It works just fine. I ate two small bowls of goldfish crackers. I will now rest some more. CIO

!!!!!! 11/11/15 Wednesday 7:05 A.M.. Alternative operating system with free and also free slim down version for older systems <http://zorinos.com/> . CIO

11/11/15 Wednesday 6:30 A.M.. I woke up, and I ate three scoops of butterscotch ice cream and three ounces of croutons. I finally woke up at 5 A.M.. For breakfast, I ate a bowl of

oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/10/15 Tuesday 6:25 P.M.. I chatted with a relative. I will now shut down the two primary computers, and I will go to bed. I get tired after being awake 12 hours anymore. I searched the internet, and although Bloomberg News said two weeks ago that Berkshire Hathaway had bought the Union Pacific Railroad, there are no other news stories to that effect. It does say the Union Pacific Railroad manages to make a bit of money. CIO

11/10/15 Tuesday 4:55 P.M.. I could not sleep, so I did some regular internet work. I picked up the mail. I delivered a package to a neighbor. Maybe somebody should put up a web site <http://www.howtolosemybigfatbelly.com/> . CIO

11/10/15 Tuesday 1:50 P.M.. I did some random internet surfing. Traditionally in resorts, Mondays and Tuesdays are the weekend holidays for the local resort people, because the local resort people have to work on weekends. I will now take a nap. CIO

11/10/15 Tuesday 12:50 P.M.. I chatted with a relative. I ate 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed slice zucchini with Smart Balance Spread and extra virgin olive oil and Italian seasoning and grated parmesan and Romano cheese and a microwaved 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

11/10/15 Tuesday 11:10 A.M.. I ordered in black for \$19.50 <http://slickdeals.net/f/8224854-casio-mens-ws220-tough-solar-powered-digital-runners-120-lap-memory-watch-choice-of-grey-or-black-21-50-f-s> . CIO

11/10/15 Tuesday 10:45 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. A couple of days ago, I picked up two new Metro North train schedules at the train station that started October 1, 2015. They are doing sewer repairs at the bottom of Greenwich Avenue. I stopped by CVS, and I bought two 2 one ounce package boxes of Lipton Onion soup for \$1.50 each box, and two 20 bag boxes of Tazo chamomile tea for \$2.99 each box for \$8.98 total. After I finished my walk, I used the bathroom at the Senior and the Arts Center. With a misty day, it was not very busy downtown. I then returned home. CIO

11/10/15 Tuesday 7:35 A.M.. I woke up again at 6 A.M.. I went through <http://scott-mike.com/bf.htm> . I chatted with a friend. I ate a small bowl of goldfish crackers. I made my bed. I will now shower and clean up. I will then go downtown to the post garbage truck time on Greenwich Avenue which is slightly more glamorous watching the millennials buy their morning coffee. CIO

11/10/15 Tuesday 4:20 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will now go back to bed. CIO

11/10/15 Tuesday 3:45 A.M.. I can't sleep, so I go out of bed. I chatted with a relative at 7 P.M.. On the HP Compaq computer, I thought about buying and installing <http://www.newegg.com/Product/Product.aspx?Item=N82E16817997037> and <http://www.newegg.com/Product/Product.aspx?Item=N82E16820228135> as the primary hard drive, but since the memory hard drive is 240 GB, I would not be able to restore the backup from the larger 1 TB backup hard drive, since the disk partitioning would be different. The North Ghost backup utility that comes with Windows as their complete PC backup, does not allow restoring to smaller hard drives than what the backup was made from. CIO

11/10/15 Tuesday 2:50 A.M.. I woke up at 1:30 A.M.. I ate a small bowl of goldfish crackers. I will now go back to bed. CIO

11/09/15 Monday 6:20 P.M.. I chatted with a relative. I ate a 14 ounce Marie Callender Salisbury steak dinner with a 12 ounce Schweppes Ginger Ale. I threw out the garbage and shipping material. I picked up the rest of the mail. I will now shut down the primary work computers, and I will go to bed. CIO

11/09/15 Monday 5:20 P.M.. I took the SATA PCI Express Card, and I installed it in the HP Compaq computer with the 75 GB Western Digital backup hard drive connected to it. I installed the new Hitachi 1 TB hard drive as a third hard drive in the system to be used for backups. It is the second SATA drive on the internal system. The Toshiba 1 TB hard drive is still the main system hard drive. I did a Windows 10 Complete PC backup to the new Hitachi backup hard drive. I will now copy some more files to the Hitachi backup hard drive. I now have two internal Complete PC backups on the two different backup hard drives. CIO

11/09/15 Monday 4:00 P.M.. The Google Maps directions were wrong. The Allstate claim center at 3040 Westchester Avenue in Purchase, New York is further north than the map indicated. I went as far north as Anderson Hill Road and had to double back. They settled the claim for my passenger side rear lens, and they gave me a check for \$297.16 which I deposited at the Chase Bank at Deerfield Place, when I returned to Greenwich. I then returned home. I picked up some of the mail. The order with tracking of tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405509699939402453704> on the order for <http://www.ebay.com/itm/281836785440?trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT> L.L.BEAN GOOSE DOWN FILLED WINTER MEN'S COAT JACKET Size XXL for \$50 and \$7.55 shipping for \$57.55 total arrived. The order with <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9374889949084181782142> on the order for <http://bensbargains.com/bargain/120-count-green-tea-extract-fat-burner-supplement-0-10-at-156663/#rss> for \$5.24 with shipping arrived. The order with tracking

of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405515901639555580298> on the order for <http://www.ebay.com/itm/Hitachi-1TB-32MB-7200RPM-SATA3Gb-s-3-5-Hard-Drive-PC-Mac-RAID-NAS-CCTV-DVR-/161474687869?hash=item2598a4337d:g:efsAAOSw1XdUWrYU> for \$39.99 with free shipping arrived. The jacket is Burgundy and fits just fine and looks just great. CIO

11/09/15 Monday 1:20 P.M.. I also ate three ounces of wavy potato chips and three cherry tomatoes. I might head out early for my 2:40 P.M. appointment with Allstate by the Rye Brook Hilton. It is supposed to be only three miles away, but I am not familiar with that area, since I never drive west into New York State or that area. The order with tracking number of "1Z1822450307464370" at [www.ups.com](http://www.ups.com) on the order for <http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500005519> for \$14.99, <http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500005638> for \$7.49, <http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500005531> for \$7.49, <http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500011474> for \$10, <http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500003719> for \$7.47, <http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500000137> for \$7.49 and free shipping with coupon code "BUCKSHIP" and \$3.49 tax for \$58.42 total arrived. I stored the tall flat box behind the bookcase at the hallway entrance. CIO

11/09/15 Monday 12:45 P.M.. I went to my 11 A.M. appointment at the Greenwich Town Hall early. I paid a \$1.50 to park for two hours. While waiting I read the Vanity Fair magazine about Mark Zuckerberg and Melinda Gates and a Fairfield Country magazine about food. I met with my social worker. I turned in the paper work for the holiday aid and for the energy assistance. I then returned back to my apartment. I am just about to eat a 16 ounce Boston Market chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

11/09/15 Monday 9:50 A.M.. I chatted with a relative. <http://www.prisonplanet.com/violent-shaking-along-the-ring-of-fire-continues-a-progression-of-disasters-that-began-in-september.html>. I will now get ready to go out to my 11 A.M. appointment. I will go to it a little bit early. CIO

11/09/15 Monday 9:25 A.M.. I threw out the garbage. I surfed the internet a bit. I chatted with a relative. It is beginning to warm up a bit. We have not yet reached the snowy time of the year. It usually gets much colder here around the first week of December. It is usually not too cold at Thanksgiving Time. Alas none of my friends from my youth when I roamed the country have kept up with me. Well, I guess there is a new younger generation out there exploring the country with their high tech devices. Of course travel today is a lot more expensive than in my day, when one could drive across country for \$50 in gasoline and sleep in one's car in a camp ground on the west coast. I some times see people from the

West Coast here, but they seem to be better financed than when I visited the west coast. Some people like driving automobiles. Since I quit smoking cigarettes three months ago, it has not increased my karma any. I guess nearby New York City gets all of the attention in this area as opposed to the rural poor folk out in the Connecticut suburbs. CIO

11/09/15 Monday 6:30 A.M.. I woke up at 5:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

11/08/15 Sunday 4:50 P.M.. I ate two small bowls of goldfish crackers. I will now shut down the primary work computers, and I will go to bed directly. I have an 11 A.M. and 2:40 P.M. appointment tomorrow. CIO

11/08/15 Sunday 3:20 P.M.. The former Ponce De Leon Hotel in St. Augustine, Florida is now Flagler College, but they might have alligators around it. I searched the term at Google, "World's Oldest Buildings", and it is interesting they don't show St. Peter's. Of course I happened to be looking at the Fort Lauderdale Harbor Web Cam, and I came across this interesting link <http://keywestharborwebcam.com/> with local conch music for any rum runners. Of course it was 42 degrees Fahrenheit, when I went out at 7 A.M. this morning, but it went up to 55 degrees Fahrenheit. It is not quite yet "Polar Vortex" time. CIO

11/08/15 Sunday 1:05 P.M.. I ate a 14 ounce Marie Callender Salisbury steak dinner with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. CIO

11/08/15 Sunday 12:05 P.M.. I threw out the garbage. 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 CVS, and I used the bathroom. I bought buy one get one free of GE 100 watt Reveal bulbs for \$10 both. After I finished my walk, I chatted with missionaries from the Philippines whom come out here frequently. I gave each of the three my calling cards. I bought an Ace's High scratch card for a dollar at Zen Stationary, but I lost. I chatted with another morning regular. I then went by the Stop and Shop. I bought two 16 ounce Marie Callender mushroom chicken pot pies for \$2.50 each, and two 14 ounce Marie Callender Salisbury steak dinners for \$2.50 each, a 42 ounce Stop and Shop old fashioned oatmeal for \$3, and bananas for .49 a pound for .59 and .70 can return for \$12.89 total. I then returned back home to Chez Mike's. I chatted with a relative. The relative told me their is a root spice from India called "Hing" that helps reduce intestinal gas. CIO

End of Scott's Notes week of 11/08/15

11/08/15 Sunday 6:40 A.M.. I am just about to eat a Boston Market chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9374889949084181782142> on

the order for <http://bensbargains.com/bargain/120-count-green-tea-extract-fat-burner-supplement-0-10-at-156663/#rss> for \$5.24 with shipping.

I will now send out my weekly notes. I will then go downtown to the greater waste land of Greenwich Avenue for better or worse in the now colder weather. CIO

11/08/15 Sunday 6:05 A.M.. The Ebay vendor of the 256 GB micro SD card said it can not returned after 14 days. I tried a number of methods to fix it to no avail. When I try to format it, it says it is write protected, but none of the methods work to remove the write protection on two different Windows 10 computers. So I guess it is broken and not fixable. CIO

11/08/15 Sunday 12:45 A.M.. I woke up at 11:45 P.M.. I went through <http://scott-mike.com/bf.htm> . I made my bed. I ate at a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now shower and clean up. CIO

11/07/15 Saturday 6:35 P.M.. I chatted with a friend. I threw out the garbage. I picked up the mail. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/07/15 Saturday 4:50 P.M.. I woke up briefly, and I ate three scoops of butterscotch ice cream. I also woke up again briefly, and I chatted with two relatives. I just now woke up again. I have been tired a lot recently. I guess it is old age. CIO

11/07/15 Saturday 8:05 A.M.. I will go back to bed. I was told that when I cross my legs, it causes them to fall asleep. CIO

11/07/15 Saturday 7:35 A.M.. I woke up at 7 A.M.. I chatted with a friend. I drank a cup of coffee with Splenda sweetener and milk. CIO

11/07/15 Saturday 6:20 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate and added 20 cherry tomatoes and one fourth Vidalia sweet onion diced and a peeled and sliced ripe avocado. I seasoned it with Lowry's seasoned salt, garlic powder, ground black pepper, Italian spices, 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 couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it and Kraft Zesty Italian dressing with 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

11/07/15 Saturday 5:35 A.M.. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qtC\\_tLabels1=9405509699939402453704](https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9405509699939402453704) on the order for <http://www.ebay.com/itm/281836785440?trksid=p2060353.m2749.l2649&ssPageName=ST>



**RK%3AMEBIDX%3AIT L.L.BEAN GOOSE DOWN FILLED WINTER MEN'S COAT JACKET Size XXL for \$50 and \$7.55 shipping for \$57.55 total.**

Tracking is <http://www.dhl-usa.com/en/express/tracking.shtml?AWB=4200683092748901015478100012497997&brand=DHL> or <http://webtrack.dhlglobalmail.com/?trackingnumber=4200683092748901015478100012497997> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16803636014&ignorebb=1> for \$22.99 with free shipping.

<http://wiht.link/programming-resources>

CIO

11/07/15 Saturday 4:45 A.M.. I went back to bed until 4:20 A.M.. I threw out the garbage. I sat outside briefly. I picked up the mail. Possibly being on a night schedule for so long has lowered my dopamine level causing Seasonal Adjusted Syndrome or SAD. CIO

11/07/15 Saturday 1:50 A.M.. I went back to bed until 1:30 A.M.. Yesterday morning, when I was half way through my walk of Greenwich Avenue, I sat in front of the Senior Center for about a half hour. When I got up to walk upper Greenwich Avenue, my left leg and left foot had fallen asleep. I held onto the back of the bench, and I moved my left leg and foot around. I then walked slowly over to a street sign, and I held its post, and I moved my left leg and foot some more until the circulation was restored. I then walked upper Greenwich Avenue starting out slowly. I guess the aging process creeps up on us slowly sooner or later. I don't know why I have been sleeping more recently, except possibly that since I took the air conditioners out on these warmer fall days, it has been warmer in my apartment which tends to make me more tired. CIO

11/06/15 Friday 11:50 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/06/15 Friday 10:55 P.M.. I woke up and ate two small bowls of goldfish crackers. I finally woke up at 10:30 P.M.. CIO

11/06/15 Friday 11:40 A.M.. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I will now shut down the primary work computers, and I will go to bed. CIO

11/06/15 Friday 10:55 A.M.. I bought <http://www.ebay.com/itm/281836785440?trksid=p2060353.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT> L.L.BEAN GOOSE DOWN FILLED WINTER MEN'S COAT JACKET Size XXL for \$50 and \$7.55 shipping for \$57.55 total. It should come in handy

on cold days in the winter. This British Jacket <http://www.ebay.com/itm/Campbell-Cooper-Mens-Tweed-Shooting-Fishing-Riding-Hunting-Jacket-Coat-Green-New-/390921253490?var=660286087281&hash=item5b04b8f272:m:mbJZXBo1ykvQSISAIvmR3jw> is available for \$100 with free shipping, but I think I would wear a 3 XL or larger, since British sizes are different. CIO

11/06/15 Friday 9:15 A.M.. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. The squirrels are doing their best to collect the few remaining acorns. After my walk, I used the bathroom at Starbucks. I chatted with a regular visitor about railroads. I have a problem in crowded noisy places, in that with my hearing when multiple people are chatting it sounds like geese. After my walk, I went to the Stop and Shop. I bought a 8 pack of large Stop and Shop eggs expire December 16, 2015 for \$2.19, a International Meals 7 ounce pasta with pesto sauce for \$1.89, a two liter can of Botticelli extra virgin olive oil for \$9.99, and bananas for .49 a pound for .64 for \$17.70 total. I chatted with a another local. I then returned home. I chatted with a neighbor. I put away my groceries. CIO

11/06/15 Friday 5:05 A.M.. Justin Trudeau is now Prime Minister of Canada. I will now go downtown to Greenwich Avenue for a walk. CIO

11/06/15 Friday 4:20 A.M.. When I was down in Fort Lauderdale in the fall of 1976, the King of Norway was down there on vacation. Also the Danish Royal family used to vacation in Key West. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate and added 20 cherry tomatoes and one fourth Vidalia sweet onion diced and a peeled and sliced ripe avocado. I seasoned it with Lowry's seasoned salt, garlic powder, ground black pepper, Italian spices, 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 couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it and Kraft Zesty Italian dressing with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. The British Royal family used to occasionally vacation in Tobago. Also Greta Garbo had a house in Tobago. When Princess Anne was supposedly on her honeymoon in Barbados, she was actually in Tobago. The official family photographer for the British Royal family was Norman Parkinson, and he also had a house in Tobago. It is suppose to get cold here later on the week. My email address for the Brazilian Tourist Authority has not worked since last January 2015, and the last I heard was they had bought a new Fort Escort in Sao Paulo. It is suppose get cold here pretty soon. CIO

11/06/15 Friday 3:40 A.M.. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405515901639555580298](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405515901639555580298) on the order for <http://www.ebay.com/itm/Hitachi-1TB-32MB-7200RPM-SATA3Gb-s-3-5-Hard-Drive-PC-Mac-RAID-NAS-CCTV-DVR-/161474687869?hash=item2598a4337d:g:efsAAOSw1XdUWrYU> for \$39.99 with free shipping. CIO

11/06/15 Friday 2:35 A.M.. In the period I was in Key West from January 1977 to April 1977 and from February 1978 to May 1978 and during February 1982 to March 1982, I did not drink much alcohol. Around January 1977, I had a Schlitz beer at the Bull bar. Around March 1977, I drank a Heineken with Jim Eldert at the patio of hotel on the west side of the island. In February 1978, I drank a beer with somebody from Champaign, Illinois at the bar restaurant on the east side of the island across from the Atlantic Shore beach club. In February 1982, Steve Bahl bought me two vodka and tonics at the Monster disco. That was the extent of my drinking experience down there. When I stayed with John Bolton at the abandoned Casa Marina Hotel during the winter of 1978, he would send me out to buy him a Miller beer every night, but I did not drink any. I first showed up in Key West on Halloween in 1976 with Brian Hibbs, and everything was boarded up except a few bars. I recall one bar with a white lacquer concert piano. I never knew when some of my other friends down there were there or not, because they would come and go, and one did not see them out in the general public. In February 1982, the bartender at the Cabana bar at the Fogarty house gave me a free orange juice, and he was also the bartender at that time at the Languedoc restaurant in Nantucket. Cliff Robertson and Dina Merrill were sitting on the two stools opposite me. The older man raking the white gravel in the lawn of the Fogarty House looked like Ronald Reagan. I did pay a short visit with a friend in the winter of 1979, but we only stayed one night, and also in August 1980 for one night on the way to California. On that trip, I found a Key Palm coconut near the southern most house that I donated to botanical garden at Stamford University later in the trip. Possibly I started the med fly invasion in California, but the agricultural inspectors at the California border sprayed the Key Palm coconut. Key Palms are miniature palm trees. CIO

11/06/15 Friday 1:50 A.M.. For the light fixtures above my primary work computer, I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16803636014&ignorebbbr=1> for \$22.99 with free shipping. I will now make a cup of green tea and drink it with Splenda sweetener and lemon juice. CIO

11/06/15 Friday 1:00 A.M.. I ordered this <http://bensbargains.com/bargain/120-count-green-tea-extract-fat-burner-supplement-0-10-at-156663/#rss> for \$5.24 with shipping. CIO

11/06/15 Friday 12:45 A.M.. I went out the east entrance, and I saw two young deer on the edge of the woods; so they are awake at night too. I threw out the garbage. I moved the Volvo wagon to its usual place. I sat out for a while enjoying the night air. I picked up the mail. I got the [www.llbean.com](http://www.llbean.com) catalog. They are also awake at night, if one wants to call them up in Freeport, Maine. Of course CVS on West Putnam Avenue is also opened 24 hours seven days a week including their pharmacy. CIO

11/05/15 Thursday 11:40 P.M.. I went back to bed after the last note. I woke up at 11:30 P.M.. I will now make my bed. I will then shower and clean up. CIO

11/05/15 Thursday 9:50 P.M.. I woke up when Allstate called back at 2 P.M. to tell me that there is a \$43 a day allowance for a rental car, if I need it, when the Volvo wagon is being repaired. I woke up, and I ate a small bowl of goldfish crackers and two scoops of butter

scotch ice cream. I woke up at 7 A.M., and I chatted with a relative. I finally woke up at 9 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/05/15 Thursday 10:00 A.M.. I called up [www.stamfordvolvo.com](http://www.stamfordvolvo.com) and it is one hour labor or \$135 to replace the rear tail light lens, and \$152 for the tail light lens. There are two different model lens depending on the VIN model. One of the tail light models are in stock. Thus it would be \$287 and \$18.25 tax or about \$306 to have the Volvo wagon lens replaced. I have an appointment at the Allstate office by the Rye Town Hilton at 2:40 P.M. next Monday to have my Volvo Wagon Claim checked out. I will now shut down the primary work computers, and I will go to bed. CIO

11/05/15 Thursday 8:20 A.M.. I woke up at 6 P.M.. I chatted with a friend. I ate a small bowl of goldfish crackers. For the third hard drive in the HP Compaq computer, I bought <http://www.ebay.com/itm/Hitachi-1TB-32MB-7200RPM-SATA3Gb-s-3-5-Hard-Drive-PC-Mac-RAID-NAS-CCTV-DVR-/161474687869?hash=item2598a4337d:g:efsAAOSw1XdUWrYU> for \$39.99 with free shipping. CIO

11/05/15 Thursday 5:30 A.M.. I tried watching some Netflix video, but the internet was too slow. I will now take a nap. CIO

11/05/15 Thursday 4:05 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate and added 17 cherry tomatoes and one fourth Vidalia sweet onion diced and a peeled and sliced ripe avocado. I seasoned it with Lowry's seasoned salt, garlic powder, ground black pepper, Italian spices, 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 couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it and Kraft Zesty Italian dressing with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

11/05/15 Thursday 3:15 A.M.. I finished sorting out the paper work by the laptop computers at the apartment entrance. I threw out the old paper work in the recycle bin outside. I gathered the non functioning Weather Direct parts, and I put them in a large zip lock bag underneath the [www.harvard.edu](http://www.harvard.edu) chair. I am 22% done in low level formatting the 256 GB micro SD card. I still need to gather the paper work for my Energy Assistance application and my Thanksgiving Assistance and make an appointment with my social worker to submit it. I also need to open a claim with Allstate Insurance on the damage to my passenger side rear tail light lens and get an estimate from Stamford Volvo. All of which are daytime activity, whenever I get on a daytime schedule. CIO

11/05/15 Thursday 2:40 A.M.. I put away the clean laundry. I sorted out the paper work on the oak folding table in front of the Rubbermaid colored clothes hamper in the bedroom. I bound each group of paper work with a rubber band, so it is neater and easier to sort through. I cleaned the twist ties, rubber bands, and bread tabs out of the center kitchen drawer, and I put them in zip lock bags with the same similar items that I place on the white book case shelf at the kitchen entrance. I need to go through the paper work on the laptop computers at the apartment entrance. CIO

11/05/15 Thursday 1:20 A.M.. I have 50 minutes to go down two dry cycles. I bought <http://www.amazon.com/Big-Christmas-Box-Various-artists/dp/B00A2KV7XW> for 89 cents. When I was copying the compressed files to my 256 GB SD card, it corrupted the card, so I am trying to do a low level format of the 256 GB SD card using the Dell 740 mini tower Optiplex computer. I have the Christmas songs on the HP Compaq Music folder and on the Samsung 64 GB micro SD card. CIO

11/05/15 Thursday 12:30 A.M.. I went back to bed until 10 P.M.. I did a Complete PC backup of the first hard drive on the HP Compaq computer to the second hard drive. I put clean linens on my bed. I showered, and I cleaned up. I started two loads of wash. I threw out the garbage and the old periodical literature. I watered the plants, and I also put some Miracle Gro indoor plant foam on them. CIO

11/04/15 Wednesday 8:35 P.M.. I woke up at 7:30 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/04/15 Wednesday 9:45 A.M.. I will now shut down the primary work computers and go to bed. CIO

11/04/15 Wednesday 8:50 A.M.. The procedure below would not work on the Dell D410 laptop, so I am putting Ubuntu 15.10 32 bit on it. I can always restore Windows XP to it, if I want. I tried the procedure below on the Asus Netbook, and it would not work either. I chatted with a friend. I ate a small bowl of goldfish crackers. CIO

11/04/15 Wednesday 6:40 A.M.. I woke up at 5:30 A.M.. I chatted with a sick friend. I am using this method to create a bootable Chromebook install USB that I will try installing on the second Dell D410 laptop <http://www.cnet.com/how-to/turn-an-old-laptop-into-a-chromebook/>. It is suppose to work with it. If one has the Chrome Web Browser installed on Windows, one can download and install the Chromebook Recovery Utility to make the USB bootable drive from the downloadable \*.bin file. CIO

11/04/15 Wednesday 4:35 A.M.. I watched episode 1 of "The Pyramid Code". I will now take a nap. CIO

11/04/15 Wednesday 3:40 A.M.. I took a fourth of a head of Cello iceberg lettuce, and I ripped it up into small pieces on a dinner plate and one sliced tomato and one fourth Bermuda red onion diced and a peeled and sliced ripe avocado. I seasoned it with Lowry's seasoned salt, garlic powder, ground black pepper, Italian spices, Montreal Spicy Steak Seasoning, a quarter cup of grated parmesan and Romano cheese, 2 ounces of Norwegian Jarlsberg cheese cut into 1.5 inch by 3/8th inch by .25 inch pieces, a couple of dozen Caesar croutons, and I put a lot of Wish Bone blue cheese dressing on it and Kraft Zesty Italian dressing with extra virgin olive oil on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

11/04/15 Wednesday 2:45 A.M.. Tracking number is "1Z1822450307464370" at [www.ups.com](http://www.ups.com) on the order for  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500005519> for \$14.99,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500005638> for \$7.49,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500005531> for \$7.49,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500011474> for \$10,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500003719> for \$7.47,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod201500000137> for \$7.49 and free shipping with coupon code "BUCKSHIP" and \$3.49 tax for \$58.42 total.

I chatted with a friend. CIO

11/04/15 Wednesday 1:40 A.M.. I threw out the garbage. I heard some sort of wild animal making noise in the woods. I picked up the mail. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

11/04/15 Wednesday 12:50 A.M.. I went back to bed until 11:30 P.M.. I made my bed. I downloaded Chrome OS <http://chromeos.hexxeh.net/> and burned it to the 16 GB pen drive from the Dell Optiplex 740 mini tower. It does boot Chrome OS on the Asus Netbook Eee PC from its USB port, but it does not show how to install it as a dual boot. It is not that exciting, so I will leave Windows 10 on the Asus Netbook Eee PC. I will now shower and clean up. CIO

11/03/15 Tuesday 9:30 P.M.. I went back to bed after the last note. I woke up at 8:30 P.M.. I bottom fished to no avail at <http://scott-mike.com/bf.htm> . I will now make my bed, and then I will shower and clean up. I guess I will have another long night keeping an eye out for the Western Hemisphere while it is the dark side of the planet. I will eat two small bowls of goldfish crackers. CIO

11/03/15 Tuesday 6:55 P.M.. I woke up at 6 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

11/03/15 Tuesday 8:30 A.M.. I will now shut down the primary work computers. I will then go to bed. CIO

11/03/15 Tuesday 7:50 A.M.. I put a spare copy of Norton Utilities on the HP Compaq Windows 10 computer. It fixed a 100 registry items and cleaned up 34,000 privacy issues. I went over the New Lebanon school in Byram, and I voted in our local election. I then went downtown to Greenwich Avenue, and I watched the morning people going about their business. I then went to the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all, a 59 ounce Florida Natural orange juice with calcium for \$3, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Ocean Spray crangrape juice for \$2.50, a five quart box of Stop and Shop powdered milk for \$7.29, and two 12 ounce generic honey for \$2.50 each for \$24.68 total. I then returned home, and I carried up and put away my groceries. I will now make and eat a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

11/03/15 Tuesday 4:35 A.M.. I woke up at 2 P.M.. I ate a bag of microwave popcorn. I watched, "Partners in Crime", episode 3 and "Secrets of Her Majesty's Secret Service, MI6". Well not much happening on the dark side of the planet. I have to go out a little before 6 A.M. to vote in our local election. I guess after that I will sleep all day once again. I am no longer used to walking Greenwich Avenue at odd hours. Also my arthritis tends to bother me a bit more as I get older. I still have my computers and the internet to keep me busy. The local television news seems to be mostly about the presidential election which is a year away. In watching the Bloomberg News it does not make much sense, since I don't know much about modern finance. I guess I have to get used to being relaxed and comfortable at home in my small apartment that I have lived in here for about 27 years. It does take a bit of coordination to run everything as best as I can figure out. Still on limited financial budget, there is not much to do but walk around Greenwich Avenue or sit in the Greenwich Library, when not at home. I do not have the budget for posh dining downtown in some of our luxurious dining establishments. I do see our local inexpensive grocery stores frequently. Since I gave up drinking alcohol over 25 years ago, I can not go pub crawling to see what is happening locally. It is sort of amusing that with all of the vast communication elements of the internet, we seem to know even less than we knew in the stone age of visiting nearby Manhattan. I guess we are sort of out of the picture locally as far as the movers and thinkers are concerned. Still, I notice when I go out in the daytime there is a lot of traffic in the area, so people are managing to keep busy in this remote haven in the Connecticut wilderness. My contact in Manhattan told me the Big Cheese visited Manhattan last night for a fund raiser, but that happens frequently. Well, I guess the various news organizations are interested in more news stories. CIO

11/03/15 Tuesday 12:10 A.M.. I put a 19.8 ounce frozen Tombstone five cheese pizza on a baking sheet, and I seasoned it with garlic powder, ground black pepper, Italian seasoning,

grated parmesan and Romano cheese and extra virgin olive oil. I cooked it in the Farberware convection oven at 400 degrees Fahrenheit for 15 minutes. I cut it into four slices which I put on a dinner plate, and I ate it with a knife and fork and a 12 ounce glass of Coke. I will now take a nap. CIO

11/02/15 Monday 10:15 P.M.. I drank a cup of coffee with Splenda sweetener and milk. CIO

11/02/15 Monday 9:15 P.M.. I chatted with a friend. I threw out the garbage. I picked up the mail. I chatted with a neighbor. CIO

11/02/15 Monday 7:55 P.M.. I woke up at 7 P.M.. I ate a small bowl of goldfish crackers. I chatted with two relatives. I will make my bed. I will shower and clean up. CIO

11/02/15 Monday 4:50 P.M.. I ate a small bowl of goldfish crackers. I woke up at 4 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will go back to bed. CIO

11/02/15 Monday 10:55 A.M.. I woke up at 9 A.M.. I drove a neighbor to the Greenwich Town Hall. I then went by the Chase Bank at Deerfield Place. I then went by the new Wells Fargo Bank, and I paid my rent to the Greenwich Housing Authority. I then went by the Stop and Shop, and I bought a 1.75 quart Friendly Butter Scotch ice cream for \$2.50, a 30 ounce Pepperidge Farm Goldfish crackers \$8.99, and bananas for .49 a pound for .74 for \$12.23 total. I then went by the Valley Road Post Office, and I mailed my financial statement to a relative. I then returned back home. I will now go back to bed. CIO

11/02/15 Monday 3:30 A.M.. I woke up at 1 P.M.. I watched "Partners in Crime" episode 1 and 2. I will now try to rest some more. CIO

11/01/15 Sunday 11:50 P.M.. On the way home this evening, I also stopped by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power gasoline for \$3.279 a gallon with a dime a gallon off with my Stop and Shop card for 2.744 gallons at odometer reading of 111849 miles for 31.7 miles driven since Friday October 23, 2015 for 11.553 miles per gallon in local traffic. I will now eat two scoops of butterscotch ice cream, and I will take a nap. CIO

End of Scott's Notes week of 11/01/15

11/01/15 Sunday 11:30 P.M.. I ordered  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod20150000551>  
 9 for \$14.99,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod20150000563>  
 8 for \$7.49,  
<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod20150000553>



1 for \$7.49,

<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod20150001147>

4 for \$10,

<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod20150000371>

9 for \$7.47,

<http://www.calendars.com/catalog/product.jsp?navCount=1&productId=prod20150000013>

7 for \$7.49 and free shipping with coupon code "BUCKSHIP" and \$3.49 tax for \$58.42 total.

My [www.eversource.com](http://www.eversource.com) electricity bill for October 2015 was \$150.52 for 871 kWh for 29 days for 30.03 kWh per day with an average temperature of 54.8 degrees Fahrenheit. For October 2014, it was \$200.67 for 1151 kWh for 30 days for 38.37 kWh per day with an average temperature of 56.6 degrees Fahrenheit. I will now send out my weekly notes. CIO

11/01/15 Sunday 9:45 P.M.. I ate three four ounce On Cor beef patties with beef gravy, a microwaved baked potato with Smart Balance spread, extra virgin olive oil, and beef gravy, steamed sliced zucchini with Smart Balance spread, extra virgin olive oil, Italian spices, and grated parmesan and Romano cheese, a 12 ounce glass of Sprite lemon soda, and a cup of Twinings green tea, with Splenda sweetener and lemon juice. CIO

11/01/15 Sunday 9:45 P.M.. I chatted with a relative. 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 CVS, and I used the bathroom. I bought two 20 ounce Dinty Moore beef stew for \$2 each and two 16 ounce Kraft Zesty Italian dressing for \$2 each for \$8 total. I finished my walk, and I sat out for a while. I then went by the Stop and Shop. I bought buy one get two free six packs of Thomas' English muffins for \$4.39 all, Norwegian Jarlsberg cheese for \$4.99 a pound for \$6.34, a 8 ounce Perdue boneless breast of chicken Italian short cuts for \$3, buy one get one free pints of cherry tomatoes for \$3.99 both, two Fresh Gourmet 5 ounce low fat Caesar croutons for \$1 each, two zucchini squash for \$1.99 a pound for \$2.19, a head of Cello iceberg lettuce for \$1.49, a Vidalia sweet onion for \$1.49 a pound for .86, two baking potatoes for .99 a pound for \$1.55, three Hass avocados for \$1 each for \$28.81 total. I then returned home, and I carried up my groceries, and I put them away. I printed out two copies of my Microsoft Money Sunset Income versus Spending report for October 2015, and I have one copy ready to mail to an interested relative with a .49 forever stamp. CIO

11/01/15 Sunday 4:50 P.M.. I chatted with a relative at 11 A.M.. I woke up at 3:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will make my bed. I will shower and clean up. I will then go downtown for a walk. CIO

11/01/15 Sunday 2:55 A.M.. I watched the first half of "Ancient Aliens" episode 3. I will now take a nap. I ate two small bowls of goldfish crackers. CIO

**11/01/15 Sunday 1:20 A.M.. Daylight savings time ended. I set all of my clocks and some of my watches back an hour. I recently have had two older Casio watches left out by the bedroom entrance to have available to wear. One of them is missing. I knocked down a small chest at that location recently, so maybe I miss placed it, but I can not find the other Casio watch at the moment. CIO**

**11/01/15 Sunday 1:50 A.M. I ate three four ounce On Cor beef patties with beef gravy, a microwaved baked potato with Smart Balance spread, extra virgin olive oil, and beef gravy, steamed sliced zucchini with Smart Balance spread, extra virgin olive oil, Italian spices, and grated parmesan and Romano cheese, a 12 ounce glass of Schweppes Ginger Ale, and a cup of Twinings green tea, with Splenda sweetener and lemon juice. CIO**

12/31/15 Thursday 11:25 P.M. The order with tracking of [https://www.fedex.com/apps/fedextrack/?action=track&action=track&language=english&country\\_code=us&initial=x&tracknumbers=076549985798869](https://www.fedex.com/apps/fedextrack/?action=track&action=track&language=english&country_code=us&initial=x&tracknumbers=076549985798869) on the order for <http://www.walmart.com/ip/TracFone-LG-441G-Prepaid-Cell-Phone/44751496> for \$4.84 and \$4.97 shipping and .63 tax for \$10.44 total arrived. I chatted with relatives at 4:30 P.M. and 7:30 P.M.. I woke up at 9:30 P.M.. I activated the new cell phone with my old Obama Phone account. I still have to enter the telephone numbers. I am charging it up. I picked up the mail. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/31/15 Thursday 9:35 A.M. I watched "The Bourne Supremacy". I will now shut down the primary work computer. I will eat a German chocolate muffin. I will go to bed. CIO

12/31/15 Thursday 7:35 A.M. I woke up at 6:30 A.M.. I chatted with a friend. I drank a cup of coffee with Equal sweetener and milk. CIO

12/31/15 Thursday 4:40 A.M. I ate 8 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed slice zucchini and steamed baby carrots with Smart Balance Spread and extra virgin olive oil and Italian seasoning and grated parmesan and Romano cheese and a microwaved 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 Equal sweetener and America's Choice lemon juice. I will now take a nap. CIO

12/31/15 Thursday 3:45 A.M. I was refunded the \$126.56 on the laptop that I returned to Microsoft. I paid my Cablevision High Definition Television, my Optimum High Speed Cable Modem, and my Optimum long distance telephone at <http://optimum.net/> . I also paid my <http://www.eversource.com/> electricity bill and my <http://www.verizon.net/> local telephone bill. CIO

12/31/15 Thursday 3:20 A.M. I watched episode 3 of Bill Connolly's Route 66.

12/31/15 Thursday 2:20 A.M. I put away the clean laundry. CIO

12/31/15 Thursday 1:35 A.M. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report I guess old timers like myself are behind the times, and nobody communicates with old timers like myself. Since recently I have been napping quite a bit to avoid the colder damper weather, I do not have too much to report on. People watching on Greenwich Avenue in the winter is not too exciting. Still there are Nordic people in this area, so the younger generation still moves around despite the colder weather. CIO

12/31/15 Thursday 12:35 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry. I threw out the garbage and the old periodical literature. I watered the plants. CIO

12/30/15 Wednesday 11:30 P.M. The Cusine Art coffee maker works just fine. I fill the water tank to the five cup mark, and I put six scoops of coffee in the filter basket holder. That make a little over two giant 12 ounce cups of coffee. CIO

12/30/15 Wednesday 10:25 P.M. I went out to the Acme grocery store, and I bought a package of 200 brown 8 to 12 cup basket Melita coffee filters for \$3.19 and .20 tax for \$3.39 total. I drove through the center of town with nothing going on a rainy night, and then I returned home. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/30/15 Wednesday 9:25 P.M. The order with tracking of [https://www.fedex.com/apps/fedextrack/?action=track&ascend\\_header=1&clienttype=dotcom&cntry\\_code=us&language=english&tracknumbers=278616911139938](https://www.fedex.com/apps/fedextrack/?action=track&ascend_header=1&clienttype=dotcom&cntry_code=us&language=english&tracknumbers=278616911139938) on the order for [http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html?listingId=471106165&scld=pla\\_google\\_BeachCamera&adid=29963&http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html%3FlistingId%3D471106165%26scld%3Dpla\\_google\\_BeachCamera%26adid%3D29963&rmatt=tsid:1012713|cid:317497009|agid:18304695049|tid:pla-73393647649|crid:64278431569|nw:g|rnd:5758293523688279231|dvc:c|adp:1o2&gclid=CMX7yvCLgcoCFYEsHwodiogEPQ](http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html?listingId=471106165&scld=pla_google_BeachCamera&adid=29963&http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html%3FlistingId%3D471106165%26scld%3Dpla_google_BeachCamera%26adid%3D29963&rmatt=tsid:1012713|cid:317497009|agid:18304695049|tid:pla-73393647649|crid:64278431569|nw:g|rnd:5758293523688279231|dvc:c|adp:1o2&gclid=CMX7yvCLgcoCFYEsHwodiogEPQ) for \$34.95 with free shipping and the order with tracking number of "1ZR106A00351760370" at [www.ups.com](http://www.ups.com) on the order for eight <http://www.amazon.com/Staples-Clamp-Binder-Clear/dp/B00WKZ3SE8> for \$3.73 each for \$29.84 total with free shipping arrived. I slept until 7 A.M., when I chatted with a relative. I went back to bed until 8:30 P.M.. I setup the Cuisine Art coffee maker on center kitchen counter, and I moved the one cup Krups to the left counter. CIO

12/30/15 Wednesday 10:00 A.M. I watched episode 3 of Bill Connolly's Route 66. I will now rest for a while. CIO

12/30/15 Wednesday 8:55 A.M. I ate a baloney and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale.

12/30/15 Wednesday 8:25 A.M. I went downtown, and I sat outside for about a half hour. I then went to the Stop and Shop. I bought a quart of Dannon vanilla yogurt for \$2.99, 16 ounces of deli sliced German baloney for \$2.99 a pound \$3.05, 16 ounces of Stop and Shop deli sliced orange American cheese for \$4.99 a pound for \$4.89, two 13 ounce Marie Callender steak and potato meals for \$1.99 each, a 12 ounce generic honey for \$2.50, a 7.5 ounce Lays sour cream and onion potato chips for \$2.50, and bananas for .49 a pound for .67 for \$18.59 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$6 of self service V-Power premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.079 a gallon for 1.948 gallons at odometer reading for 112045 miles

for 24.6 miles driven since Friday December 18, 2015 for 12.629 miles per gallon in local traffic. I then returned home, and I put away my groceries. CIO

12/30/15 Wednesday 6:35 A.M. I will now dress up warmly and go downtown to the vast wasteland of Greenwich Avenue. In the cold tundra weather, I probably will not be walking, but I will go by the Stop and Shop to get some provisions. CIO

12/30/15 Wednesday 6:25 A.M. I watched episode 2 of Bill Connolly's Route 66. CIO

12/30/15 Wednesday 4:35 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

12/30/15 Wednesday 3:45 A.M. I rested some more until 3:30 A.M.. I will now drink a cup of coffee with Equal sweetener and milk. I will then make my bed. I will then shower and clean up. CIO

12/30/15 Wednesday 2:45 A.M. I went back to bed until 1:30 A.M.. I went through <http://scott-mike.com/bf.htm> . I ate two scoops of butter Scotch ice cream.

12/29/15 Tuesday 11:30 P.M. I went back to bed until 11:15 P.M.. I threw out the garbage. I picked up the mail. CIO

12/29/15 Tuesday 8:45 P.M. I chatted with a relative at 7 P.M.. I finally woke up at 8:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk.

The laptop return UPS tracking on the return is [UPS: Tracking Information](#) on this order this item on sale with more storage [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-One-Cloudbook-11-AO1-131-C1G9-Signature-Edition-Laptop/productID.323774500](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-One-Cloudbook-11-AO1-131-C1G9-Signature-Edition-Laptop/productID.323774500) has been returned and refunded, but the funds have not yet shown up in my account.

Tracking is

[https://www.fedex.com/apps/fedextrack/?action=track&ascend\\_header=1&clienttype=dotcom&cntry\\_code=us&language=english&tracknumbers=278616911139938](https://www.fedex.com/apps/fedextrack/?action=track&ascend_header=1&clienttype=dotcom&cntry_code=us&language=english&tracknumbers=278616911139938) on the order for [http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html?listingId=471106165&scld=pla\\_google\\_BeachCamera&adid=29963&http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html%3FlistingId%3D471106165%26scld%3Dpla\\_google\\_BeachCamera%26adid%3D29963&rmatt=tsid:1012713|cid:317497009|agid:18304695049|tid:pla-73393647649|crd:64278431569|nw:g|rnd:5758293523688279231|dvc:c|adp:1o2&gclid=CMX7yvCLgcoCFYEsHwodiogEPQ](http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html?listingId=471106165&scld=pla_google_BeachCamera&adid=29963&http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html%3FlistingId%3D471106165%26scld%3Dpla_google_BeachCamera%26adid%3D29963&rmatt=tsid:1012713|cid:317497009|agid:18304695049|tid:pla-73393647649|crd:64278431569|nw:g|rnd:5758293523688279231|dvc:c|adp:1o2&gclid=CMX7yvCLgcoCFYEsHwodiogEPQ) for \$34.95 with free shipping. CIO

12/29/15 Tuesday 9:35 A.M. I will now shut down the primary work computer. I will eat a German chocolate muffin. I will then go back to bed. CIO

12/29/15 Tuesday 8:55 A.M.. This is a video on the Acer Aspire R11 that I bought for my Christmas present <https://www.youtube.com/watch?v=Pjh-UUjLg80> and <http://liliputing.com/2015/10/acer-aspire-r11-convertible-windows-notebook-review.html> for \$199 plus tax here [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200) . CIO

12/29/15 Tuesday 7:55 A.M.. I ordered [http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html?listingId=471106165&scld=pla\\_google\\_BeachCamera&adid=29963&http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html%3FlistingId%3D471106165%26scld%3Dpla\\_google\\_BeachCamera%26adid%3D29963&rmatt=tsid:1012713|cid:317497009|agid:18304695049|tid:pla-73393647649|crd:64278431569|nw:g|rnd:5758293523688279231|dvc:c|adp:1o2&gclid=CMX7yvCLgcoCFYEsHwodiogEPO](http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html?listingId=471106165&scld=pla_google_BeachCamera&adid=29963&http://www.rakuten.com/prod/cuisinart-dcc-3000-coffee-on-demand-12-cup-programmable-coffeemaker/235690694.html%3FlistingId%3D471106165%26scld%3Dpla_google_BeachCamera%26adid%3D29963&rmatt=tsid:1012713|cid:317497009|agid:18304695049|tid:pla-73393647649|crd:64278431569|nw:g|rnd:5758293523688279231|dvc:c|adp:1o2&gclid=CMX7yvCLgcoCFYEsHwodiogEPO) for \$34.95 with free shipping. CIO

12/29/15 Tuesday 7:15 A.M.. If one looks at <http://www.priceoftravel.com/6/united-states/new-york-city-prices> , maybe I could make money renting out my apartment to visitors if the Greenwich Housing Authority would allow it. Of course, any visitors would have to put up with my presence. CIO

12/29/15 Tuesday 6:25 A.M.. I chatted with a friend. I will now make and drink a cup of coffee with Equal sweetener and milk. CIO

12/29/15 Tuesday 5:40 A.M.. I watched episode 1 of Bill Connolly's Route 66. CIO

12/29/15 Tuesday 4:10 A.M.. [http://www.nytimes.com/2015/12/28/world/europe/british-army-is-deployed-as-flooding-submerges-northern-england.html?emc=edit\\_th\\_20151228&nl=todaysheadlines&nliid=46729&r=0](http://www.nytimes.com/2015/12/28/world/europe/british-army-is-deployed-as-flooding-submerges-northern-england.html?emc=edit_th_20151228&nl=todaysheadlines&nliid=46729&r=0)

[http://www.nytimes.com/2015/12/27/business/international/in-sweden-a-cash-free-future-nears.html?emc=edit\\_th\\_20151227&nl=todaysheadlines&nliid=46729](http://www.nytimes.com/2015/12/27/business/international/in-sweden-a-cash-free-future-nears.html?emc=edit_th_20151227&nl=todaysheadlines&nliid=46729)

Well, we had some bad weather down south in America too. CIO

12/29/15 Tuesday 3:50 A.M.. I took a 10 ounce rib eye steak, and I sautéed in extra virgin olive oil over medium high electric burner heat until it was medium rare. I seasoned it on both sides at the beginning with garlic powder, ground black pepper, Italian seasoning, and Montreal Steak Seasoning, and I sautéed it in soy sauce for the last few minutes. I ate it with Lea and Perrins Worcestershire sauce and with a microwaved potato with Smart Balance Spread and extra virgin olive oil and steamed slice zucchini and steamed baby carrots seasoned with Smart Balance Spread, Italian Seasoning, grated parmesan and

Romano cheese, and extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and lemon juice. CIO

12/29/15 Tuesday 2:45 A.M.. I worked with the Acer Aspire laptop for a while. I think I got Chrome Cast working on it. I am not sure if it needs to be connected by WiFi to work or it can work through the LAN. CIO

12/29/15 Tuesday 12:35 A.M.. I slept some more until now. I will now make my bed. I will then shower and clean up. CIO

12/28/15 Monday 10:05 P.M.. Tracking is [https://www.fedex.com/apps/fedextrack/?action=track&action=track&language=english&country\\_code=us&initial=x&tracknumbers=076549985798869](https://www.fedex.com/apps/fedextrack/?action=track&action=track&language=english&country_code=us&initial=x&tracknumbers=076549985798869) on the order for <http://www.walmart.com/ip/TracFone-LG-441G-Prepaid-Cell-Phone/44751496> for \$4.84 and \$4.97 shipping and .63 tax for \$10.44 total. I will now drink a cup of coffee with Equal sweetener and milk. CIO

12/28/15 Monday 9:55 P.M.. I woke up at 9:30 P.M.. I threw out the garbage. I picked up the mail. CIO

12/28/15 Monday 7:15 P.M.. I woke up at 7 P.M.. I chatted with a relative. 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

12/28/15 Monday 12:25 P.M.. I went back to bed until noon. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I will now rest some more. I guess I am worn out after all of the holiday activity. CIO

12/28/15 Monday 6:05 A.M.. I went back to bed until 6 A.M.. I ate a small bowl of goldfish crackers. CIO

12/28/15 Monday 3:20 A.M.. I made my bed. CIO

12/28/15 Monday 2:30 A.M.. I went back to bed until 2:20 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/28/15 Monday 12:45 A.M.. I ate two scoops of butter Scotch ice cream and a 8.5 ounce can of Perrier with a few dashes of Angostura bitters. CIO

12/27/15 Sunday 11:45 P.M.. I woke up at 8 P.M.. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I went back to bed until 11:30 P.M.. CIO

**12/27/15 Sunday 5:35 P.M.. I rested some more until 5:15 P.M.. While resting, I chatted with two relatives and a friend. I guess one sleeps more, when one gets older. CIO**

**12/27/15 Sunday 5:20 A.M.. I woke up at 5 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO**

**End of Scott's Notes week of 12/26/15**

**12/26/15 Saturday 11:20 P.M.. I ate a German chocolate muffin. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO**

**12/26/15 Saturday 10:25 P.M.. I am just about to eat a 16 ounce Marie Callender mushroom chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO**

**12/26/15 Saturday 10:15 P.M.. I went downtown. I went by the Chase Bank ATM at Deerfield Place. 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 Zen Stationary for a dollar, but I lost. I toured the Apple computer store, and I told them about my Christmas Acer Aspire laptop computer purchase. I chatted with a relative on my wireless telephone. I stopped by CVS, and I bought a 16 roll bundle of Charmin extra strong 2X toilet paper for \$9.99 and two 16 card boxes of Hallmark Christmas tree cards for half price for \$3.49 each box and \$1.08 6.35% Connecticut tax for \$18.05 total. On my way down Greenwich Avenue, I used the bathroom at CVS. After my walk, I sat out for a while. I then went by the Acme grocery store. I bought two Lancaster rib eye steaks for \$6.79 a pound for \$13.65, five 16 ounce Marie Callender chicken pot pies for \$11, a loaf of Pepperidge Farm 15 grain bread for \$4.29, four German chocolate muffins for \$3.99 for \$32.93 total. I then returned home, and I put away my groceries. CIO**

**12/26/15 Saturday 6:15 P.M.. I woke up at 6 P.M.. I made my bed. I picked up the mail. I will now go downtown. CIO**

**12/26/15 Saturday 1:25 P.M.. I went outside, and I moved the Volvo wagon to its usual place. I ate the roast beef sandwich with ridge potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO**

**12/26/15 Saturday 12:45 P.M.. I threw out the garbage. I went downtown, and I left the Krups espresso machine return to newegg.com at the UPS store at the top of Greenwich Avenue just east on East Putnam Avenue. I then sat out for a while downtown watching a very slow day with mostly older people moving around. I then went to the Stop and Shop. I bought Norwegian Jarlsberg cheese for \$4.99 a pound for \$7.09, a Simply Orange orange juice with calcium for \$2.50, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Welch's grape juice for \$4.19, a 42 ounce Stop and Shop old fashioned oatmeal for \$3, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.99, a quart jar of Mount Olive kosher dill spears for \$2, two 8 ounce Perdue grill chicken breast short cuts**



for \$3 each, a deli prepared roast beef sandwich for \$3.99, bananas for .49 a pound for .52, two zucchini squash for \$1.99 a pound for \$1.77, and a baking potato for .99 a pound for .76 less a \$3 off \$30 Stop and Shop mail coupon and \$25 off with the Greenwich Department of Social Services voucher for \$10.37 paid. I then returned back home, and I put away my groceries. CIO

12/26/15 Saturday 8:45 A.M.. I woke up at 8:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will then make my bed. I will next shower and clean up. I will then go downtown. CIO

12/26/15 Saturday 12:20 A.M.. Earlier I drank a 8.5 ounce can of cold Perrier with a few dashes of Angostura bitters. I just now ate two scoops of butter Scotch ice cream and two small bowls of goldfish crackers. I will now shut down the primary work computer, and I will go to bed. CIO

12/25/15 Friday 11:35 P.M.. I opened up the Christmas boxes that I had ordered recently. I left the white Timex watch in its packaging. I left the Cyber Toothbrush in its packaging, and I put it on the shelf of the small bookcase in the bathroom. I put the Reebok sneakers in their box on the floor of the left living room closet for use when it is sunny, dry, and summery. I put the Toast Master toaster in its box on the bedroom closet shelf, since I think my older Rowenta toaster might be better, so I will keep the Toast Master toaster for a spare. When I setup the Krups espresso machine, it would not pump water for espresso or coffee. I did notice on its coffee filters there are small holes on the inside on the filter, but only one tiny hold on the outside of the filter. The machine would not use its water to prime the pump, so I would say it is defective. I got an RMA and UPS label from Newegg, and I packaged it back up to send back to NewEgg. I will drop it off at the UPS store, when I am awake on a day schedule. Its tracking number is "1Z02319W9090785320" at [www.ups.com](http://www.ups.com). I threw out some of the other packaging. I put the espresso on the kitchen bookcase storage shelf. I still have one more new mouse pad left and two old mouse pads. Of course the Acer Aspire laptop is the primary Christmas present, and it works just fine. CIO

12/25/15 Friday 9:00 P.M.. I threw out the garbage. I went downtown to CVS on Greenwich Avenue which closed at 8 P.M. tonight. I bought one box of 16 [www.hallmark.com](http://www.hallmark.com) Christmas tree cards for \$6.99 and a second box for half price for \$3.49 and three 1 liter bottles of dinosaur water [www.perrier.com](http://www.perrier.com) for \$4 and 92 cent 6.35% Connecticut sales tax for \$15.55 total. I then drove further downtown. I sat out for a while downtown viewing the full moon through the mist with the lighted trees at the Senior and the Arts Center. I then returned to Chez Mike's. I put one bottle of Perrier in the refrigerator to have cold. The former green glass bottles used to freeze and break in my refrigerator for some odd reason. CIO

12/25/15 Friday 7:20 P.M.. I will now go downtown for a breath of fresh air. CIO

12/25/15 Friday 6:25 P.M.. I took a 10 ounce rib eye steak, and I sautéed in extra virgin olive oil over medium high electric burner heat until it was medium rare. I seasoned it on both sides at the beginning with garlic powder, ground black pepper, Italian seasoning, and Montreal Steak Seasoning, and I sautéed it in soy sauce for the last few minutes. I ate it with Lea and Perrins Worcestershire sauce and with a microwaved potato with Smart Balance Spread and extra virgin olive oil and steamed slice zucchini and steamed baby carrots seasoned with Smart Balance Spread, Italian Seasoning, grated parmesan and Romano cheese, and extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and lemon juice. CIO

12/25/15 Friday 5:30 P.M.. I chatted with a relative. CIO

12/25/15 Friday 4:55 P.M.. I threw out the garbage. I have a 20 ounce Lancaster, Pa. rib eye steak that I will cook half of of 10 ounces and eat in a little while. Tonight there is suppose to be a full moon, but it is a bit over cast. CIO

!!!!!! 12/25/15 Friday 4:15 P.M.. King Wilhelm of the Netherlands Christmas 2015 speech in Dutch <https://www.youtube.com/watch?v=NFaCw34CRI> . CIO

12/25/15 Friday 4:00 P.M..

<http://www.telegraph.co.uk/news/picturegalleries/royalty/11313242/The-Queen-and-Royal-Family-attend-church-service-in-Sandringham-in-pictures.html>

<http://www.telegraph.co.uk/news/uknews/theroyalfamily/12068887/The-Queen-wears-fur-coat-to-attend-Christmas-Day-church-service-with-Royal-Family-in-Sandringham.html>  
CIO

12/25/15 Friday 3:45 P.M.. I went back to bed after the last note. I chatted with a friend at 11 A.M.. I finally woke up at 3:30 P.M.. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up.

!!!!!!

<http://www.royal.gov.uk/ImagesandBroadcasts/TheQueensChristmasBroadcasts/ChristmasBroadcasts/ChristmasBroadcast2015.aspx> . CIO

12/25/15 Friday 9:20 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/25/15 Friday 8:40 A.M.. For some reason in the Skype program, my contacts from outlook.com have all disappeared. However, there is a new web browser Skype <https://web.skype.com/en/> that does show the outlook.com contacts.

12/25/15 Friday 6:30 A.M.. I woke up at 6 A.M..

**!!!!!! QUEEN'S CHRISTMAS MESSAGE 2015 (In full) CIO**

**12/25/15 Friday 12:35 A.M.. Merry Christmas. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale.**

**<https://open.spotify.com/special/thebeatles>**

**I will now rest a while. CIO**

**12/24/15 Thursday 11:45 P.M.. Only on even years, no party this year  
<http://www.internationaldebutanteball.com/> . Getting out shortly  
<http://www.stjohndivine.org/visit/calendar/events/liturgy-worship/13049/christmas-eve-festal-eucharist-2> . CIO**

**12/24/15 Thursday 11:00 P.M.. I have been listening to some of my Christmas music that I have stored on my primary work computer. All quiet on the Eastern front. During World War I, they used to have a truce on Christmas Eve and Christmas Day. CIO**

**12/24/15 Thursday 8:20 P.M.. <http://www.liveduvalstreet.com/> and <http://www.liveduvalstreet.com/crowdcam.cfm> and <http://keywestharborwebcam.com/> are now working again, but <http://southernmostpointwebcam.com/> is not working. For some modern Dutch Christmas music <http://tunein.com/radio/100-NL-1044-s76590/> . CIO**

**12/24/15 Thursday 8:00 P.M.. I went back to bed until 7 P.M.. I went through <http://scott-mike.com/bf.htm> . I threw out the garbage. I did not get any mail today. I will now make my bed. I will then shower and clean up. From what I can tell [www.cvs.com](http://www.cvs.com) on Greenwich Avenue is opened until 10 P.M. and tomorrow Christmas Day. The CVS at 644 West Putnam Avenue is opened 24 hours. CIO**

**12/24/15 Thursday 4:50 P.M.. I woke up at 4:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO**

**12/24/15 Thursday 8:55 A.M.. I woke up at 4 A.M.. I worked with the Acer Aspire in Tablet mode, and it works quite well. I did some minor maintenance on it. For some reason the WaterFox browser will not work on it, so I put the latest version of FireFox on it which works just fine. I also in the setting for background apps, I turned them all off to preserve resources. I will now shut down the primary work computer, and I will go to bed. CIO**

**12/24/15 Thursday 2:30 A.M.. I will now eat a small bowl of goldfish crackers, and then I will rest for a while. CIO**

**12/24/15 Thursday 2:00 A.M.. I watched episode 5 of "Earth". I threw out the old broken Sunbeam table fan and the garbage and the old periodical literature. It is 61 degrees**

Fahrenheit outside, and it has quit raining, but it might rain a bit more today. If one happens to be down south in Washington D.C., this is always very festive to visit <https://www.usbg.gov/plan-your-holiday-visit> , but of course one can not forget to visit <http://nationalzoo.si.edu/animals/webcams/giant-panda.cfm?cam=panda03> . CIO

12/24/15 Thursday 12:15 A.M.. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

Volvo of Stamford Monthly Newsletter

I renewed my [www.aarp.org](http://www.aarp.org) membership for another year for \$16 good through May 30, 2017. CIO

12/23/15 Wednesday 11:30 P.M.. I put away the clean laundry. The 12 inch Sunbeam table fan on the living room window ledge quit working, so I will throw it out. I have the larger fan on the white wicker breakfast tray in the window blowing the hot electric heat air around. I unpacked the apple blossom Amarillo bulb. I used 1.5 cups of hot water in a large quart cup to decompress the dirt capsule. I planted the Amarillo bulb in its pot, and I used a little Miracle Gro foam with the water that I put on it. Unfortunately since it is a clearance item, it looks like the blossom shoot might have already started to bloom and wither, so we might not get a blossom. I put the pot in a cereal bowl in the living room window where the Sunbeam fan was. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

12/23/15 Wednesday 10:10 P.M.. I rested until 8 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 now have 45 minutes to go on two dry cycles. I chatted with a friend. I watered the plants. Mansion down south for rent <http://gastateparks.org/lodges/reynolds/> . CIO

12/23/15 Wednesday 6:10 P.M.. I finished the backups. I ate two small bowls of goldfish crackers. I chatted with a relative. I threw out the garbage. I picked up the mail. I will now go back to bed for a while. CIO

12/23/15 Wednesday 5:25 P.M.. New development sold out on Steamboat Road <http://www.greenwichtime.com/printpromotion/article/The-Harbor-at-Greenwich-sold-out-6716834.php#photo-9152561> . CIO

12/23/15 Wednesday 3:45 P.M.. I woke up at 3 P.M.. On the Acer Aspire, I am doing Complete PC backups and Aomei backups to both the Samsung 5 TB USB external hard drive and the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/23/15 Wednesday 8:40 A.M.. On the Acer Aspire, I installed the Store Apps. I have it shut down now. At a later time, I need to make a backup with the Apps installed. I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

12/23/15 Wednesday 6:20 A.M.. <http://www.cnn.com/2015/12/21/sport/gallery/symmetry-superyacht-sinot/index.html> . I ate a small bowl of goldfish crackers. The backups of the Acer Aspire are just about done. CIO

12/23/15 Wednesday 5:05 A.M.. On the Acer Aspire, after the latest version of Windows 10 update installed, the Microsoft Wireless USB mouse would not work smoothly. I tried all sorts of fixes to no avail. After several hours, I finally restored the original configured version of Windows 10 before the update, so the Acer Aspire is running just fine and configured. I am now doing Complete PC backup and Aomei backup to the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

12/22/15 Tuesday 10:50 P.M.. Tracking number is "1ZR106A00351760370" at [www.ups.com](http://www.ups.com) on the order for eight <http://www.amazon.com/Staples-Clamp-Binder-Clear/dp/B00WKZ3SE8> for \$3.73 each for \$29.84 total with free shipping.

[https://www.klm.com/travel/us\\_en/plan\\_and\\_book/special\\_offers/try\\_the\\_world.htm?WT.mc\\_id=L\\_US\\_email\\_ExactTarget\\_Newsletter\\_null\\_Null\\_null&WT.tsrc=Email&WT.i\\_vid=59129346](https://www.klm.com/travel/us_en/plan_and_book/special_offers/try_the_world.htm?WT.mc_id=L_US_email_ExactTarget_Newsletter_null_Null_null&WT.tsrc=Email&WT.i_vid=59129346)

[Volcanoes 2016 Wall Calendar: 9781465046468 | | Calendars.com](http://Calendars.com)

[BrownTrout Publishers, Inc. - Connecting People to Their Passions](#)

[Announcing Windows 10 Insider Preview Build 11082 | Windows Experience Blog](#) CIO

12/22/15 Tuesday 10:05 P.M.. I finished the initial configuration of the Acer Aspire R11 laptop. The HP Wireless laser printer setup works just fine on it for wireless printing. I am now installing the Windows Updates. I then have to do the multiple backups. At a later date I have to install some more free apps from the Store. I ate a blueberry muffin and a small bowl of goldfish crackers. CIO

12/22/15 Tuesday 8:35 P.M.. I am still configuring the Acer Aspire R11 laptop. The Optimum TV app works on it. The old Microsoft Reader App does not. It seems to work just fine. CIO

12/22/15 Tuesday 7:05 P.M.. I chatted with two relatives earlier. I am continuing to configure the Acer Aspire R11 laptop. CIO

12/22/15 Tuesday 4:35 P.M.. I threw out the garbage. I picked up the mail. I setup the Acer Laptop. It installed the latest updates. I am now making Complete PC backups of its

original configuration to the Samsung 5 TB external USB hard drive and the Toshiba 2 TB SATA drive in the Rosewill USB SATA external drive holder. I will then configured the Acer laptop which will take a while, and then there will be more backups. CIO

12/22/15 Tuesday 3:40 P.M.. The last I looked they were still selling live Christmas Trees and wreaths at the Chase Bank parking lot on West Putnam Avenue by Valley Road. In Manhattan in the 1970s, entrepreneurs from Vermont used to sell Christmas trees and wreaths at First Avenue and between 50th and 51st street in front of Paul Mellon's son's florist across the street from the Kips Bay Boys Club. They also sold them on the northwest corner of Broadway and 72nd street near the Lincoln Savings Bank. Of course in New York City apartments and modern homes, live Christmas trees are now considered a fire hazard, but artificial ones can also catch fire. CIO

12/22/15 Tuesday 3:05 P.M..

I happened to notice while I was sitting downtown at the top of Greenwich Avenue in one of my usual observation places, that there was a big truck that services this area called <https://www.freshdirect.com/> that delivers food into this area, if one does not want to face the hoards of food shoppers in the grocery store at this time of year.

However, if you feel the need for some Christmas cheer from Vermont, you can always buy some [http://www.vermontpuremaple.com/buy\\_maple\\_syrup.htm](http://www.vermontpuremaple.com/buy_maple_syrup.htm) .

The Vermont Country Store General Store | Classic Products | Hard to Find Products

Harrington's of Vermont

Shelburne Farms, Vermont

Garelick Farms

Cabot Cheese - Award Winning Vermont cheddar.

and if Vermont is not your fancy, there is always

Carr Valley Cheese Co. - Wisconsin Cheddar, American Originals, Artisanal and Award Winning Cheeses

Smoked Turkeys - Great for Thanksgiving and Christmas!

Balmoral Estates Royal Gift Shop

Turduckens | \$85 Delivered | Order Now! | Fresh from CajunGrocer

It serves 125, takes eight hours to cook and is stuffed with 12 different birds ... now that really IS a Christmas dinner | Mail Online

better have it <http://www.fedex.com/> if you can afford it Heal Farm - On Line Meat and Country Food and [http://www.healfarm.co.uk/product\\_info.php?cPath=32&products\\_id=621](http://www.healfarm.co.uk/product_info.php?cPath=32&products_id=621) , but I am not sure United States Customs would allow it. CIO

12/22/15 Tuesday 2:25 P.M.. I went back to bed until 2 P.M.. I ate a <http://scott-mike.com/em.htm> and a glass of cold filtered water and a cup of coffee with Splenda sweetener and milk.

The order with tracking number is "1Z6Y357V0322430620" at [www.ups.com](http://www.ups.com) on the order for \$199 [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200) for half price plus \$13.72 tax and \$16.99 one to two day shipping for \$229.71 total arrived. I will now make my bed, and I will shower and clean up. CIO

12/22/15 Tuesday 7:45 A.M.. I woke up and went back to bed a few times since 4 A.M.. I went through <http://scott-mike.com/bf.htm> . I chatted with a friend. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/21/15 Monday 11:00 P.M.. I ate a couple of ounces of mixed nuts. I will now rest for a while. CIO

12/21/15 Monday 10:40 P.M.. To Upgrade my Obama Cell Phone, I bought <http://www.walmart.com/ip/TracFone-LG-441G-Prepaid-Cell-Phone/44751496> for \$4.84 and \$4.97 shipping and .63 tax for \$10.44 total. CIO

12/21/15 Monday 10:00 P.M.. For the POSH Poodle Heads, Brooks Brothers in their front store window has men's paten leather dress pumps or black velvet men's slippers with gold embroidery. CIO

12/21/15 Monday 9:35 P.M.. I went out, and I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I picked up a prescription. I bought buy one get one 50% off of 3 ounce Right Guard 24 hour deodorant stick for \$3.99 and \$1.99 and .38 tax for \$6.36 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. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I won \$4 for \$3 profit. On the way back up Greenwich Avenue, I stopped by CVS again, and I used the bathroom. I bought five 1.75 ounce Bumble Bee sardines in soy oil for \$1 each for \$5 total. I finished my walk, and I sat out for a while. I used the bathroom at Starbucks. I then went to the Stop and Shop. I was given the two zucchini they forgot to put in my bag last Friday. I bought buy one get one six pack of Thomas' English muffins for \$4.39 both, a 1.75 ounce Friendly butter Scotch ice cream for \$1.99, a 9 ounce Wise Ridgies potato chips for \$3, bananas for .49 a pound for \$1.36, and a custom made deli roast beef sandwich on a Kaiser rolls with mayonnaise and ground pepper for \$2.50 and 50 cent can return for \$12.90 total.

I then returned home, and I picked up the mail, and I put away my groceries. I will now eat the roast beef sandwich with a dill pickle slice and a Wise Ridgies potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

12/21/15 Monday 4:35 P.M.. I will now make my bed. I will then shower and clean up. I will then go out in the warmer tundra of Greenwich, Connecticut. Rain tomorrow. CIO

12/21/15 Monday 4:10 P.M.. I rested some more until 3:45 P.M.. I washed the breakfast dishes. CIO

12/21/15 Monday 1:35 P.M.. I chatted with a relative at 10 A.M.. I woke up at 1:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/20/15 Sunday 10:40 P.M.. I woke up, and I ate two scoops of butter Scotch ice cream. I finally woke up at 10:15 P.M.. I am just about to drink a cup of coffee with Splenda sweetener and milk. On Christmas Eve, it is supposed to be up to 75 degrees Fahrenheit here in the New York City area. Night owls rule the night. CIO

12/20/15 Sunday 6:40 P.M.. I chatted with two relatives. I ate a 24 ounce Birds Eye Chicken Volia alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. CIO

End of Scott's Notes week of 12/20/15

12/20/15 Sunday 5:30 P.M.. I cancelled <http://www.officedepot.com/a/products/249429/HP-LaserJet-Pro-M125nw-Wireless-Monochrome/> for \$69.99 and \$4.44 tax for \$74.43 total.

[http://www.nytimes.com/2015/12/20/world/europe/norway-offers-migrants-a-lesson-in-how-to-treat-women.html?emc=edit\\_th\\_20151220&nl=todaysheadlines&nid=46729&r=0](http://www.nytimes.com/2015/12/20/world/europe/norway-offers-migrants-a-lesson-in-how-to-treat-women.html?emc=edit_th_20151220&nl=todaysheadlines&nid=46729&r=0)

I will now send out my weekly notes. I will then make my bed. CIO

12/20/15 Sunday 4:35 P.M.. I went back to bed until 4:15 P.M.. I ate two ounces of mixed nuts. I washed the breakfast dishes. CIO

12/20/15 Sunday 1:35 P.M.. I woke up at 12:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO



12/20/15 Sunday 1:55 A.M.. I ate a few ounces of mixed nuts. I will now rest some more. CIO

12/20/15 Sunday 1:05 A.M.. I ordered eight <http://www.amazon.com/Staples-Clamp-Binder-Clear/dp/B00WKZ3SE8> for \$3.73 each for \$29.84 total with free shipping. CIO

12/20/15 Sunday 12:35 A.M.. I bought <http://www.officedepot.com/a/products/249429/HP-LaserJet-Pro-M125nw-Wireless-Monochrome/> for \$69.99 and \$4.44 tax for \$74.43 total. CIO

12/19/15 Saturday 11:25 P.M.. In that period at [www.rockefeller.edu](http://www.rockefeller.edu) , at the cafeteria in the basement of the high rise building on the campus, a cup of yogurt was 65 cents, an apple was 50 cents, and a cup container of milk was about 45 cents, so one could have a meal for less than \$2. I visited Barbara Rockefeller's town house two or three times with Fred. Adam Ginowasky lived with her, and he was a fellow at Rockefeller University with a grant from the Federal government to study marijuana. He had some private government location, where they grew the marijuana, and sometimes one would see people using marijuana on the roof top garden underneath the willow tree. Of course in the post hippie days of America, marijuana was still around. I did not use marijuana except a few times to try it out. My preferred indulgence was bourbon and ginger ale or a beer. In Europe, I got used to drinking wine, and when I returned to America, I started drinking Almaden Mountain White Chablis which I would mix with soda water and a lime for a spritzer. A bourbon and ginger ale would give me a hang over, so I changed to vodka and tonic with a lime. I was not a regular drinker or a heavy drinker, since a beer or an alcoholic drink cost about \$2 which was very expensive. Cigarettes were \$1.29 a package at the numerous India kiosks around the city. CIO

12/19/15 Saturday 11:05 P.M.. I got up earlier, and I ate three scoops of butter scotch ice cream. I just now got up again. I will drink a cup of coffee with Splenda sweetener and milk.

<http://www.theatlantic.com/international/archive/2015/12/slave-labor-shrimp-thailand-walmart-whole-foods/420837/>

<http://therealdeal.com/blog/2015/12/17/ford-foundation-building-to-undergo-190m-renovation/>

Fred Von Mierer's apartment at 420 East 49th street was near the [www.un.org](http://www.un.org) and the Ford Foundation building, but basically like out in Greenwich, there was not too much food to go around. The standard meal fare was cups of yogurt and Fettuccini Alfredo which is basically macaroni and cheese. When in Manhattan from 1973 until 1982, I did frequently buy roast beef sandwiches on Kaiser rolls with mayonnaise at several local delis for about \$3. When times were not good, it was liverwurst sandwiches for \$2. About a half dozen times, I ate roast beef dinners at the Metropolitan Museum cafeteria for about \$7. I did eat a lot of different type egg meals for about \$3. CIO

12/19/15 Saturday 7:25 P.M.. I chatted with a relative. I ate four ounces of mixed nuts. I will now rest some more. CIO

12/19/15 Saturday 6:50 P.M.. I ate 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

12/19/15 Saturday 5:55 P.M.. I chatted with a relative. CIO

12/19/15 Saturday 5:00 P.M.. I chatted with a friend. I will now shower and clean up. CIO

12/19/15 Saturday 4:20 P.M.. I threw out the garbage. I picked up the mail. I delivered a package to a neighbor. The order with tracking of USPS.com® - USPS Tracking® on the order for three <http://www.ebay.com/itm/Thin-Wrist-Mouse-Pad-Mat-Optical-Trackball-Mousepad-Mice-Black-Gaming-Computer-/391008523540?hash=item5b09ec9514:g:7SsAAOSweW5VbgWo> for \$2.99 each and 15 cent discount for \$8.82 total arrived. CIO

12/19/15 Saturday 3:45 P.M.. I rested some more until 3:40 P.M.. I will now make my bed. CIO

12/19/15 Saturday 1:25 P.M.. Supposed to be \$70 at check out <http://www.officedepot.com/a/products/249429/HP-LaserJet-Pro-M125nw-Wireless-Monochrome/> . I will now drink a cup of coffee with Splenda sweetener and milk. I ate the rest of the tin of Danish butter cookies. I will then wash the breakfast dishes. CIO

12/19/15 Saturday 12:35 P.M.. I went back to bed until 12:20 P.M.. Tracking number is "1Z6Y357V0322430620" at [www.ups.com](http://www.ups.com) on the order for \$199 [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200) for half price plus \$13.72 tax and \$16.99 one to two day shipping for \$229.71 total. CIO

12/19/15 Saturday 9:15 A.M.. I woke up at 8 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

!!!!!! 12/18/15 Friday 10:05 P.M.. I ordered for \$199 [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-Signature-Edition-Laptop/productID.323774200) for half price plus \$13.72 tax and \$16.99 one to two day shipping for \$229.71 total. Its specs are here <http://us.acer.com/ac/en/US/content/model/NX.G0YAA.012> . If for some reason, I don't like it; I can always return it. Now I am going to bed. CIO

!!!!!! 12/18/15 Friday 9:25 P.M.. This is \$199 plus tax [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-R-11-R3-131T-P7HA-)

Signature-Edition-Laptop/productID.323774200 for half price. It was sold out the last couple days. I think it is probably a good price for a new item, but they make the processor slower to save on energy. These other sale items are available  
[http://www.microsoftstore.com/store?keywords=acer+&SiteID=msusa&Locale=en\\_US&Action=DisplayProductSearchResultsPage&result=&sortby=score%20descending&filters=](http://www.microsoftstore.com/store?keywords=acer+&SiteID=msusa&Locale=en_US&Action=DisplayProductSearchResultsPage&result=&sortby=score%20descending&filters=)  
 . CIO

12/18/15 Friday 9:15 P.M.. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale and 10 Danish cookies. I will now shut down the primary work computer, and I will go to bed. CIO

12/18/15 Friday 8:35 P.M.. I threw out the garbage. I went to my 1:30 P.M. appointment. Everyone was cheerful as usual. I then went to downtown Greenwich Avenue. I used the bathroom at the Senior and the Arts center. Nothing was going on there, but there was an Christmas art sale on the second floor. I was able to park for free along side the building. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Christian Science Reading Room. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I could not beat an 8, so I lost. I stopped by the People's Bank, and I suggested they put in an ice cream shop in their vacant store front. I stopped by Winston Florists, and I admired their display. They have some inexpensive bulbs for sale. I stopped by  
<http://www.rinfretltd.com/> and admired their display. Some of Billy Baldwin's old books are for sale at Amazon [http://www.amazon.com/s/ref=nb\\_sb\\_ss\\_fb\\_0\\_23?url=search-alias%3Dstripbooks&field-keywords=billy+baldwin+decorates&srefix=Billy+Baldwin+decorates%2Caps%2C175&rh=n%3A283155%2Ck%3Abilly+baldwin+decorates](http://www.amazon.com/s/ref=nb_sb_ss_fb_0_23?url=search-alias%3Dstripbooks&field-keywords=billy+baldwin+decorates&srefix=Billy+Baldwin+decorates%2Caps%2C175&rh=n%3A283155%2Ck%3Abilly+baldwin+decorates) . I chatted with someone walking a Siberian Husky. I stopped by Ralph Lauren's men's department. I stopped by the colorful swim suit shop just south of St. Mary's. I stopped by the Saks Fifth Avenue men's clearance on East Elm Street just east of Greenwich Avenue. They have a size 60 men's parka for \$1895 and it is on sale for 40% more off. They have a large inventory for their month's temporary men's sale. I stopped by CVS, and I used the bathroom, and I toured the busy store. I stopped by the Swedish Lexington clothing store. I stopped by the Chase Bank at the top of Greenwich Avenue. I stopped <http://www.lillypulitzer.com/>. I chatted with someone from Jamaica from New Jersey. I chatted with someone from Anne Fontaine. I used the bathroom at Starbucks. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost for \$3 net loss for the day. I then went to the Stop and Shop. They have cases of Italian Perigrino sparkling water at the front of the store for \$12. I chatted with someone buying cases of Poland Spring water. I bought buy one six pack get one free of Thomas' English muffins for \$4.39 both, a 26 ounce On-Cor chicken filet parmesan with tomato sauce entree for \$3.79, a two pound bag of baby carrots for \$2.50, two baking potatoes for .99 a pound for \$1.69, two zucchini squash for \$1.99 a pound for \$1.51 which were lost in bagging, a Dole golden pineapple for \$2.99, and a Amaryllis Apple Blossom bulb for \$3.99 and .25 tax for \$21.11 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.40 of self service V-Power gasoline for \$3.179 a gallon for 2.643 gallons at odometer reading of 112021 miles for 30.3 miles driven since

Saturday December 12, 2015 for 11.465 miles per gallon in local traffic. I then returned home. I picked up my mail. On Christmas Eve at about an hour before closing the [www.metmuseum.org](http://www.metmuseum.org) has a service around the old fashioned decorated Christmas tree with all of the religious icons around. Not many people ever attend, but it is very joyful. I chatted with a friend and a relative. CIO

12/18/15 Friday 12:25 P.M.. I chatted with a relative. I made my bed. I will now shower and clean up. The financial markets have been down the last couple of days. Sometimes, the financial markets are down at the end of the year, so people can take their gains or losses for the current tax year. I will then go out to my 1:30 P.M. appointment. CIO

12/18/15 Friday 10:55 A.M.. I woke up and surfed the internet since 9:45 A.M.. This old clunker is available for \$200 <http://www.ebay.com/itm/HP-EliteBook-8540w-Mobile-Workstation-Intel-i7-8GB-250GB-HDD-Windows-7-/172022098797?hash=item280d50eb6d:g:AhUAAOSwHQ9WZbLm> , but this <http://www.cnet.com/products/hp-elitebook-mobile-workstation-8540w-series/> says it has short battery life and is heavy. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/18/15 Friday 8:10 A.M.. I left the Microsoft return package at the UPS store at the top of Greenwich Avenue just east on East Putnam Avenue on the north side of the street. I sat out briefly downtown. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I returned home. I will now go back to bed until about 10:30 A.M., when I have to get up and be ready for my 10:30 A.M. appointment. CIO

12/18/15 Friday 6:40 A.M.. The Acer Cloud Book is restored to new Windows 10 configuration. I have it packaged up ready to ship at the UPS store at the top of Greenwich Avenue at 7 A.M. this morning. My \$36 rebate claim <https://www.4myrebate.com/Claim/CheckRebateStatus/?zip=06830&trackingnumber=7217151913191445> on the Seiki monitor that I bought was finally approved, so it should be mailed in about a week. I am managing my finances more closely this Christmas season, since despite the warmer weather, I know we still have a long winter ahead. I made my bed. I will go downtown shortly. CIO

12/18/15 Friday 5:30 A.M.. I decided to return the Acer Cloud Book to Microsoft. I set its bios to default, and I am restoring the Windows 10 to System default. Once that is done, I will package it up in its shipping box and attach the UPS return label along with a invoice inside the box. The UPS tracking on the return is [UPS: Tracking Information](#) . I could order this item on sale with more storage [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Acer-Aspire-One-Cloudbook-11-AO1-131-C1G9-Signature-Edition-Laptop/productID.323774500](http://www.microsoftstore.com/store/msusa/en_US/pdp/Acer-Aspire-One-Cloudbook-11-AO1-131-C1G9-Signature-Edition-Laptop/productID.323774500) , but for now I will hold off and save my money. CIO

12/18/15 Friday 4:45 A.M.. I put \$25 more on my AT&T Go Phone for \$27.10 charge with tax. I now have \$402.55 on it good until March 17, 2015. CIO

12/18/15 Friday 4:15 A.M.. I woke up at 3:45 A.M.. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I have a 1:30 P.M. appointment today. CIO

12/17/15 Thursday 10:10 P.M.. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report I will now rest for a while. CIO

12/17/15 Thursday 9:55 P.M.. I put Hellmann's mayonnaise and ground black pepper on the roast beef sandwich, and I ate it with wavy potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. CIO

12/17/15 Thursday 9:30 P.M.. I went out to the vast wasteland of downtown Greenwich. I stopped by CVS. I chatted with a local traveler from Bridgeport. I bought two one pound tins of Danish cookies for \$2.50 each for \$5 total. I then went further downtown. I stopped by Starbucks. Their most regular night time customer moved away. I was told a pound package of espresso coffee beans are about \$10 to \$12. I then went by the Stop and Shop. I chatted with a local computer person. I bought a 1.75 liter container of Friendly butter Scotch ice cream for \$3.49, a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$8.99, a 8 ounce Wise Natural Ridgies potato chips for \$3, a five quart box of Stop and Shop powdered milk for \$7.29, two 12 ounce generic honey for \$2.50 each, and a deli made roast beef sandwich for \$3.99 for \$31.76 total. I then returned home, and I put away my purchases. CIO

12/17/15 Thursday 6:05 P.M.. <http://www.chemistryislife.com/the-chemistry-of-instant-polaroid-film> and <https://www.the-impossible-project.com/> . CIO

12/17/15 Thursday 5:55 P.M.. I drank a cup of coffee with Splenda sweetener and milk. CIO

12/17/15 Thursday 5:35 P.M.. I chatted with a relative twice. I threw the day's garbage down the garbage chute. I did not get any mail. I voted in the McKinney Terrace elections in the Community Room. CIO

12/17/15 Thursday 4:25 P.M.. I rested some more until 4 P.M.. I chatted with a local walker. I will now make my bed. I will then shower and clean up. CIO

12/17/15 Thursday 1:45 P.M.. I rested some more until 1:30 P.M.. I ate two small bowls of goldfish crackers. CIO

12/17/15 Thursday 11:05 A.M.. I woke up at 10:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I tried calling the

Greenwich parking service at 1-203-618-3084, and I left a message on their answering machine. CIO

12/17/15 Thursday 12:45 A.M.. I put away the clean laundry. I will now shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. CIO

12/16/15 Wednesday 11:20 P.M.. Earlier I ate two small bowls of goldfish crackers. I just now ate the last two scoops of butter Scotch ice cream. CIO

12/16/15 Wednesday 11:10 P.M.. I have 45 minutes to go on two dry cycles. CIO

12/16/15 Wednesday 10:40 P.M.. I put clean linens on the bed. I started two loads of wash, and I have about 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

12/16/15 Wednesday 9:40 P.M.. I rested on and off a bit. I chatted with a relative. CIO

12/16/15 Wednesday 7:15 P.M.. I will now rest for a while. CIO

12/16/15 Wednesday 7:05 P.M.. I ate 9 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed slice zucchini with Smart Balance Spread and extra virgin olive oil and Italian seasoning and grated parmesan and Romano cheese and a microwaved 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

!!!!!! 12/16/15 Wednesday 6:10 P.M.. I better chat with my William Morris agent, I made a picture in the Greenwich Time <http://www.greenwichtime.com/business/article/High-end-women-s-clothing-store-coming-to-6703139.php> . CIO

12/16/15 Wednesday 6:00 P.M.. I threw out the garbage. I went downtown, I picked up a prescription from CVS. I chatted with a family from England. I paid 50 cents to park for 40 minutes. I then went further downtown. I bought an Ace's High scratch card for a dollar at Zen Stationary, but I lost. I toured the Apple store. It was not very busy. There were more sales clerks than customers. I bought an Ace's High scratch card at the Greenwich Cigar Store for a dollar, but I lost. I used the bathroom at the Senior and the Arts Center. I noticed an interesting New York license plate at Saks Fifth Avenue. It said "FLYROD". I chatted with Brooks Brothers. I chatted with Casablanca about horses. I toured CVS again. I stopped by MacInspires. I stopped by the AT&T store. I stopped by St. Claire stationary. I used the bathroom at Starbucks. I was given a warning ticket at the north Board of Education parking lot. Parking for Senior Center passes is supposed to be good there. I stopped by the desk at the Greenwich Police station, and they told me to check with the parking bureau at the town hall. I then went by the Greenwich Library. I chatted with two reference librarians and a regular walker. Their internet connections are very slow there. CNN took five minutes to come up. I then returned home, and I picked up the mail. CIO

12/16/15 Wednesday 12:55 P.M.. I went back to bed until 12:30 P.M.. I will now make my bed and shower and clean up. First I will eat two scoops of butter Scotch ice cream. I guess I will then go downtown to Greenwich Avenue to watch whatever is going on at this holiday season. CIO

12/16/15 Wednesday 9:25 A.M.. I woke up at 9 A.M.. The former location of People's Bank at Pickwick Plaza has been gutted and it is now available for rent, once it is remodeled. There are also a few other vacant store fronts on Greenwich Avenue. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. Bloomberg News just said [www.kolhs.com](http://www.kolhs.com) stores will be opened all night continually until Christmas eve for any night owls out there. CIO

12/15/15 Tuesday 7:10 P.M.. I saw the Google Street Maps car cruising around Putnam Avenue at the top of Greenwich Avenue today. If their cameras were on, they got a picture of me sitting at the top of Greenwich Avenue in front of the Pickwick Plaza. I chatted with a relative. I will now rest for a while. CIO

12/15/15 Tuesday 6:45 P.M.. The laptop case fits fine on the Acer Cloud Book. I chatted with a relative. I drank a cup of coffee with Splenda sweetener and milk. CIO

12/15/15 Tuesday 5:35 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 on a slow day. I stopped by CVS, and I bought buy one 1.76 ounce Altoids for \$2.26 get a second for a .25 for three wintergreen and one cinnamon for \$5 total. I then used the bathroom. I then bought two 1.5 ounce ground black pepper for \$1 each for \$2 total. They are gutting the old Betteridge jewelry store, for new rental properties. After my walk, I used the bathroom at Starbucks. I then went by the Stop and Shop, and I bought a deli roast beef sandwich for \$3.99, bananas for .49 a pound for \$1, and a 8 ounce Lavazza espresso coffee for \$6.49 for \$11.48 total. I then returned home, and I chatted with neighbors. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699937144443691> on the order for \$10 with free shipping <http://www.ebay.com/itm/FREE-SHIPPING-Case-Logic-Intrata-11-6-Inch-iPAD-TABLET-Laptop-Bag-Black-10-/131652514426?hash=item1ea719f27a:g:VuAAAOSwFGNWR8Qf> arrived. I will now eat the roast beef sandwich with Lays wavy potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. On the way home, my 2005 Volvo XC70 station wagon odometer turned to 112,000 miles. CIO

12/15/15 Tuesday 1:55 P.M.. There is a new restaurant on lower Greenwich Avenue on the east side of the street called "East End". It is in the new building where the Thataway restaurant used to be. CIO

12/15/15 Tuesday 1:50 P.M.. I went through <http://scott-mike.com/bf.htm> . I then ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I will now make my

bed. I will then shower and clean up. I will then go downtown and people watch. Tuesdays are usually the slowest day of the week. CIO

12/15/15 Tuesday 1:05 P.M.. I went back to bed until 12:45 P.M.. I don't know why I am tired so much anymore, but I do have low blood pressure, so maybe that make me sleep more. The order with tracking number of "1ZX799470335627662" at [www.ups.com](http://www.ups.com) on the order for Krups Pump Espresso/Cappuccino Machine XP320050 for \$44.99 with free shipping arrived. CIO

12/15/15 Tuesday 9:10 A.M.. I woke up at 9 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/15/15 Tuesday 3:00 A.M.. I will now shut down the primary work computer, and I will go back to bed. CIO

12/15/15 Tuesday 2:45 A.M.. Tracking is USPS.com® - USPS Tracking® on the order for three <http://www.ebay.com/itm/Thin-Wrist-Mouse-Pad-Mat-Optical-Trackball-Mousepad-Mice-Black-Gaming-Computer-/391008523540?hash=item5b09ec9514:g:7SsAAOSweW5VbgWo> for \$2.99 each and 15 cent discount for \$8.82 total.

Guide to Diamonds, Rocks, and Minerals - Custom Luxury Jewelry Safes|Custom Luxury Jewelry Safes I will now eat a blueberry muffin. CIO

12/15/15 Tuesday 2:15 A.M.. I woke up at 1 A.M.. I moved the HP LaserJet P1102w wireless laser printer to on top of the white bookcase at the kitchen entrance connected to the Dell Latitude E6400 laptop. The HP driver disk set it up on both USB and Wireless without any problem. It might be because the Dell Laptop is 64 bit. I moved the old Konica Minolta PagePro 1350 w laser printer back to the right side of the old Gigabyte computer hooked up to it. It works on Windows 7, but it will not work on Windows 10. The HP wireless laser printers has drivers for other wireless devices such as hand held devices, if one needs to print from them. I move the Chinese vase from that book case to on top of the bookcase in the hallway, and the other smaller bric-a-brac to the stand on the left side of the kitchen entrance. CIO

12/14/15 Monday 8:55 P.M.. I chatted with a relative. I tried to hook up the HP LaserJet Pro P1102w printer to the Acer Cloud Book, but USB plug and play would not install it. I tried it on the Lenovo ThinkCentre in front of the mahogany bureau, and it worked just fine. I put the Dell LaserJet back on the bookcase at the hallway entrance, so it is available for the Lenovo ThinkCentre in front of the mahogany bureau and the Acer Cloud Book with USB cable. On the Acer Cloud Book the devices and printers page comes up slowly for some reason. Possibly the Dell laser drive corrupted it somehow, but the Dell laser printer does work. I put the HP LaserJet Pro P1102w wireless laser printer on the printer table in front of the old Gigabyte computer, so it is available for the computers in that area,



once the drivers are installed. There is an application for installing wireless for wireless devices, but I don't need that right now other than the Acer Cloud Book, it did not work on. I will now rest for a while. CIO

12/14/15 Monday 6:35 P.M.. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and two slices of deli sliced white American cheese and some Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. The order with tracking number of "1ZE4W1680396829671" at [www.ups.com](http://www.ups.com) on the order for \$39.99 with free shipping <http://www.amazon.com/gp/offer-listing/B00847UWUE> refurbished HP LaserJet Pro P1102w Printer arrived. CIO

12/14/15 Monday 5:30 P.M.. I sat outside a couple of times. I chatted with the Microsoft Store, and they still don't know if the other Acer Cloud Book has been returned. They are now in Jamaica instead of Rochester, New York; so I guess they went south for the winter. I move the Konica Minolta 1350 W laser printer from the old Gigabyte computer to the chair in front of the bedroom desk. I moved the Dell laser printer to the old Gigabyte computer. CIO

12/14/15 Monday 2:40 P.M.. I chatted with a relative. CIO

12/14/15 Monday 2:00 P.M.. I went back to bed until 1 P.M.. I ate three small bowls of goldfish crackers. I chatted with a friend twice. I will now make my bed, and then I will shower and clean up. I threw out the garbage. I gave a neighbor some change. CIO

12/14/15 Monday 9:00 A.M.. I woke up at 8:15 A.M. Tracking number is "1ZX799470335627662" at [www.ups.com](http://www.ups.com) on the order for Krups Pump Espresso/Cappuccino Machine XP320050 for \$44.99 with free shipping. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/14/15 Monday 12:40 A.M.. I chatted with a relative about 6:30 P.M.. I ate two scoops of butter Scotch ice cream. I went back to bed until 12:15 A.M.. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

12/13/15 Sunday 5:15 P.M.. I ate a 15 ounce Boston Market turkey dinner with Smart Balance Spread and extra virgin olive oil on the vegetables along with some Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

12/13/15 Sunday 4:40 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 stopped by CVS, and I used the bathroom. I bought two 15 ounce Prego Alfredo sauce for \$1.50 each for \$3 total. I then returned home. It was moderately busy out downtown. CIO

12/13/15 Sunday 1:45 P.M.. I ordered three <http://www.ebay.com/itm/Thin-Wrist-Mouse-Pad-Mat-Optical-Trackball-Mousepad-Mice-Black-Gaming-Computer-/391008523540?hash=item5b09ec9514:g:7SsAAOSweW5VbgWo> for \$2.99 each and 15 cent discount for \$8.82 total. I will now shower and clean up, and then I will go out to Rodeo Drive East to see all of the hoards of wealthy shoppers spending all of their earnings from Wall Street or whatever way they make their wampum. CIO

12/13/15 Sunday 1:20 P.M.. I made my bed. I washed the breakfast dishes. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

12/13/15 Sunday 12:40 P.M.. I went back to bed until 12:15 P.M.. I ate two small bowls of goldfish crackers. CIO

12/13/15 Sunday 6:35 A.M.. I woke up at 6:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

End of Scott's Notes week of 12/12/15

12/12/15 Saturday 8:35 P.M.. I ate two small bowls of goldfish crackers. I will now send out my weekly notes. I will shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

12/12/15 Saturday 8:05 P.M.. New British Combat Jacket [http://www.ebay.com/itm/Classic-M65-Army-Combat-Field-Jacket-Military-Patrol-Style-Mens-Coat-Olive-S-5XL-/281643890162?var=&hash=item419348b5f2:m:mBW56GzuRrlj25xpxV\\_xSZw](http://www.ebay.com/itm/Classic-M65-Army-Combat-Field-Jacket-Military-Patrol-Style-Mens-Coat-Olive-S-5XL-/281643890162?var=&hash=item419348b5f2:m:mBW56GzuRrlj25xpxV_xSZw) \$70.95 and other British Military Clothing <http://stores.ebay.com/Military-1st?trksid=p2047675.l2563> . CIO

12/12/15 Saturday 7:40 P.M.. December 13 is Aga Khan IV birthday. CIO

12/12/15 Saturday 7:20 P.M.. I chatted with a relative. I drank a cup of coffee with Splenda sweetener and milk. CIO

12/12/15 Saturday 6:40 P.M.. I ordered Krups Pump Espresso/Cappuccino Machine XP320050 for \$44.99 with free shipping. I will use it to make my morning coffee. It will be easier to use, since with my arthritis my current Krups has a hard to remove water cap. CIO

12/12/15 Saturday 5:40 P.M.. The \$36 rebate claim <https://www.4myrebate.com/Claim/CheckRebateStatus/?zip=06830&trackingnumber=7217151913191445> on the Seiki monitor that I bought was finally received in El Paso, Texas; so it is in the queue for quick processing. CIO

12/12/15 Saturday 5:30 P.M.. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Sprite lemon soda. I guess the younger people were not downtown, since they are low on funds and can not afford to go out and people watch for better or worse. I made up a fresh batch of punch. CIO

12/12/15 Saturday 4:55 P.M.. I threw out the garbage. I mailed my Christmas cards at the Valley Road Post Office. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I walked up Arch Street, and I saw the three reindeer at McArdle McMillan. I toured the Greenwich Hardware store. I used the bathroom at CVS. It was quite busy out with a lot of older people walking around enjoying the day, but from what I could tell not many people were buying anything. I then went to the Acme grocery store. I bought a package of four blueberry muffins for \$3.99 and a rib eye steak for \$7.99 a pound for \$10.39 for \$14.38 total. I then went to the Shell Station at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline for a dime a gallon off with the Stop and Shop card for \$3.079 a gallon for 3.249 gallons at odometer reading of 111990 miles for 38.7 miles driven since Wednesday December 2, 2015 for 11.912 miles per gallon in local traffic. I then returned home, and I picked up the mail. I got a letter from the Greenwich Housing Authority that my rent will be going up \$15 a month, but since I get Section 8 assistance, I am not sure how much more I will be paying. I put the rib eye steak in a freezer bag, and I put it in the freezer to eat on one of those cold winter nights which should be coming in the near future. CIO

12/12/15 Saturday 12:40 P.M.. I have 32 Christmas cards with Christmas letter ready to mail which I used 36, 49 cent stamps to mail. I will now go out and mail them.

The Christmas Letter is here:

Michael Louis Scott's Christmas Letter 2015

Michael Louis Scott's Christmas Letter 2015

CIO

12/12/15 Saturday 7:25 A.M.. I went back to bed until 7 A.M.. I chatted with a friend. I will now wash the breakfast dishes and make my bed and shower and clean up. CIO

12/12/15 Saturday 5:05 A.M.. I woke up at 4 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I will now make up a batch of fresh punch. CIO

12/11/15 Friday 6:15 P.M.. I will now shut down the primary work computer, and I will go to bed now. CIO

12/11/15 Friday 5:55 P.M.. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of A&W root beer and two scoops of butter Scotch ice cream. CIO

12/11/15 Friday 5:20 P.M.. I chatted with a relative. 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 CVS, and I used the bathroom. I stopped by the Chemise La Coste shop. They have some of their polo shirts for 30% off from \$85. They also have their men's dark blue parka regularly \$500 for half price for \$250. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$4 for \$3 profit. 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 the Senior and the Arts Center. Their 2016 parking permits are not yet available. I then went to the Stop and Shop. I bought a 59 ounce Florida Natural orange juice with calcium for \$2.50, deli sliced Stop and Shop orange American cheese for \$4.99 a pound for \$5.39, deli sliced Stop and Shop ham for \$4.99 a pound for \$4.94, three 16 ounce Marie Callender chicken pot pies for \$2.50 each, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Welch's grape juice for \$4.29, a 8 ounce Stop and Shop grated parmesan cheese for \$3.99, and bananas for .49 a pound for \$1.29 and .70 off with can returns, and \$3 off \$30 purchase Stop and Shop mail coupon for \$28.60 total. I then returned home. I carried up my groceries, and I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405510200793798305544> on the order for <http://www.newegg.com/Product/Product.aspx?Item=9SIA3190ZC1856&ignorebbbr=1> Cybersonic Electronic Toothbrush system \$29.99 with free shipping arrived. I put away my groceries. I chatted with a relative. CIO

12/11/15 Friday 12:45 P.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water along with a small bowl of goldfish crackers. I ran some system's maintenance utilities on the Dell Optiplex 740 mini tower. I will now shut it down. I will then shower and clean up and go downtown to Green Witch Avenue. CIO

12/11/15 Friday 11:35 A.M.. The drive in the Acer Cloud Book is an eMMC drive, so one can not put in a SSD drive for more storage. One is suppose to store up in the cloud. I could move some of my programs to the SD card, if I need more space. I rest some more until 10:30 A.M.. I ate two small bowls of goldfish crackers. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699937144443691> on the order for for \$10 with free shipping <http://www.ebay.com/itm/FREE-SHIPPING-Case-Logic-Intrata-11-6-Inch-iPAD-TABLET-Laptop-Bag-Black-10-/131652514426?hash=item1ea719f27a:g:VuAAAOSwFGNWR8Qf> . I will now make my bed. CIO

12/11/15 Friday 6:40 A.M.. If I had to do a new Windows 10 install on the Acer Cloud Book, there is not recovery media from <http://us-store.acer.com/> for my particular model, but possibly the Windows 10 32 bit \*.iso download from Microsoft would work. For now it is working just fine. However, to install Windows updates, one needs 8 GB of free space which I do not have. CIO

12/11/15 Friday 5:15 A.M.. I received the \$39.99 refund on the 1 TB Hitachi SATA drive that I returned. CIO

12/11/15 Friday 4:45 A.M.. I woke up, and I ate two scoops of butter Scotch ice cream. I woke up again at 1 A.M., and I worked on the Acer Cloud Book until 2:30 A.M.. I can not get it to update, likely possibly the Windows Update server is busy. I went back to sleep at 2:30 A.M. to 4 A.M.. I am now creating a USB Pen Drive backup of the Acer Cloud Book. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/10/15 Thursday 5:50 P.M.. I ate two small bowls of goldfish crackers. I will now shut down the primary work computer, and I will go to bed. CIO

12/10/15 Thursday 5:25 P.M.. He does know how to get attention  
<http://www.bbc.com/news/uk-scotland-north-east-orkney-shetland-35060868> Trump in the BBC News. CIO

12/10/15 Thursday 4:25 P.M.. I chatted with a relative. CIO

12/10/15 Thursday 3:50 P.M.. I picked up the mail. I sorted through the magazine rack on the left side of the Ethan Allen recliner, and I threw out all of the old magazines. CIO

12/10/15 Thursday 3:10 P.M.. I chatted with a friend.

Tracking number is "1ZE4W1680396829671" at [www.ups.com](http://www.ups.com) on the order for \$39.99 with free shipping <http://www.amazon.com/gp/offer-listing/B00847UWUE> refurbished HP LaserJet Pro P1102w Printer. CIO

12/10/15 Thursday 2:20 P.M.. I got up at 1:30 P.M.. I chatted with a local walker.

The order with tracking of  
<https://www.fedex.com/apps/fedextrack/?tracknumbers=977536284613634> on the order for Reebok Work N Cushion KC 2.0 4E - White | Reebok US in size 9.5 for \$59.99 with \$30 off with promo code "CYBER" and \$5 shipping and \$2.22 tax for \$37.21 total arrived.

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

\$85 Le Cremaillere restaurant [https://www.groupon.com/deals/la-cremaillere-restaurant-8-16?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20151209&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78\\_0\\_20151209\\_treatment0](https://www.groupon.com/deals/la-cremaillere-restaurant-8-16?p=1&utm_source=newsletter_im&utm_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20151209&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78_0_20151209_treatment0)

I guess times are bad in Key West too, since they had to quit operating their web cams <http://www.liveduvalstreet.com/> . When I once went to the Salvation Army in Key West for food, they only gave me a can of corn, which was not very much food. I later applied for and got food stamps in 1979, when I was spending the winter at Daytona Beach. I think I got \$56 a month in food stamps. I had enough food stamps left, when I came back north that spring, I spent \$20 of the food stamps at Bonjournos for a standing rib prime roast which my relative's boy friend enjoyed. Before food stamps in Daytona Beach, we would eat a four ounce can of tomato paste watered down with spaghetti noodles, so things are not better in Florida. CIO

12/10/15 Thursday 12:35 P.M.. I ate 9 ounces of reheated Perdue Italian chicken strips of white cooked breast meat, steamed slice zucchini with Smart Balance Spread and extra virgin olive oil and Italian seasoning and grated parmesan and Romano cheese and a microwaved 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. I will now take a nap. CIO

12/10/15 Thursday 11:25 A.M.. I bought for \$39.99 with free shipping <http://www.amazon.com/gp/offer-listing/B00847UWUE> refurbished HP LaserJet Pro P1102w Printer. This <http://support.hp.com/us-en/drivers/selfservice/HP-LaserJet-Pro-P1102-Printer-series/4110394/model/4110306> says its wireless software drivers are suppose to work with Windows 10. CIO

12/10/15 Thursday 10:25 A.M.. I chatted with a friend. I ate a medium size bowl of goldfish crackers. Although when there is a bit of traffic, people think this area is busy, with all of the traffic that moves through this area, it does not mean that downtown is necessarily busy particularly from an economic viewpoint. Despite the warmer weather this fall, some of the movers and shakers are probably down in Florida and other warmer areas of the country, since they have already invested in those area. I guess with the lower prices of oil, some of the oil people are a bit financially strapped. Nobody communicates too much with me, so I guess they prefer their ivy league network of friends and associates compared to someone with a college education from [www.lfc.edu](http://www.lfc.edu) in the grass roots of America. Lake Forest, Illinois is an upscale community on Chicago's north shore, but it tends to be a lot colder out there. When I went to college there, my family was living in Weston, Massachusetts to the west of Boston, so I was use to colder weather. When I returned back east around January 1973, I did not think the New York City area was too cold compared to the Chicago deep freeze. However, as one gets older, one tends to like a quieter lifestyle compared to the chaos of nearby Manhattan, where a lot of people travel around in endless circles trying to get their daily business accomplished, whatever that might be. Basically as everyone knows in Chicago, they have about 10 months of winter and 2 months of summer. Sweaters are very popular in Chicago. CIO

12/10/15 Thursday 9:55 A.M.. I chatted with Microsoft Store in the Philippines to make sure the other Acer Cloud Book is returned to them via UPS. The return address was in Texas. I tried to get the Dell B 1160 W wireless laser printer to work wirelessly on the Acer Cloud Book, but its older Windows 7 program does not work with it. CIO

12/10/15 Thursday 5:55 A.M.. \$24.99 with free shipping <http://www.ebay.com/itm/New-60-Watt-Equivalent-SlimStyle-A19-LED-Light-Bulb-Soft-White-2700K-12-Pack/311493095741?hash=item48866f713d>

I did some bottom fishing on the internet at <http://scott-mike.com/bf.htm> . There are not many holiday bargains with the dollar so weak against the Asian prices.

12/10/15 Thursday 5:55 A.M.. I put away the clean laundry. I put \$10 on my H20Wireless backup Nokia Go PPhone, and I now have \$37.35 on it until March 10, 2015. I will now shower and clean up. CIO

12/10/15 Thursday 4:55 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/10/15 Thursday 4:30 A.M.. I have 45 minutes to go on two dry cycles. CIO

12/10/15 Thursday 4:05 A.M.. I woke up, and I ate a small bowl of goldfish crackers. I finally woke up at 3 A.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

12/09/15 Wednesday 6:45 P.M.. On the Acer Netbook, when I tried to set the CMOS password, it would not work, until I disconnected the TrendNet USB LAN or turned off the LAN. Thus I have the TrendNet USB LAN set behind and above it, so the blue LAN cable can be easily connected and disconnected. It is the rear most LAN switch on the LAN switch power strip to the right side of the primary work computer setup for the 20 port Netgear Switch. The wireless works just fine on the Acer Cloudbook. I have not setup the Cloud Storage yet. I think I get two years of Microsoft Storage. I shut it down for the night. I had a neighbor stop by and ask me something. I chatted with two relatives. I will now shut down the primary work computer. I ate a blueberry muffin before going to bed last night, and I will eat another one now. I will then go to bed. CIO

12/09/15 Wednesday 4:50 P.M.. The JBL headset also works really fast with Cortina on the Acer Cloudbook. With caches cleared, I have 800 mb of free space on the Acer Cloudbook. I picked up the mail. The order with tracking of [Track your package or shipment with FedEx Tracking](#) on the order for for \$9.99 [Toastmaster 4-Slice Cool Touch Toaster | Bon-Ton](#) with free shipping with coupon code "FREESHIP" and .61 tax for \$10.60 total arrived. I put it behind the Ethan Allen recliner behind the chair in front of the old Gigabyte computer. I will open it on Christmas Day. I got an offer for a year of [www.time.com](http://www.time.com) for \$20, so I am sending them a check to have it for a year. CIO

12/09/15 Wednesday 4:15 P.M.. The JBL headset <http://www.newegg.com/Product/Product.aspx?Item=0TH-001X-00031> that I bought for \$25 that did not work with my GoPhone works real well with the Acer Cloud Book. Clear

as a bell with Skype on it and great for listening to audio. I am checking the setting on the Acer Cloudbook. CIO

12/09/15 Wednesday 2:45 P.M.. I showered, and I cleaned up. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

12/09/15 Wednesday 1:30 P.M.. This carrying case <http://www.ebay.com/itm/Sleeve-Handle-Cover-Case-For-11-6-Acer-Chromebook-11-CB3-111-C670-C720-C710-C7-291132817934?hash=item43c8de420e:g:KW8AAOSwLqFV8MBN> is available for the Acer 11.6 inch Cloudbook or <http://www.amazon.com/Chromebook-amCase%C2%AE-Notebook-Protective-Neoprene/dp/B00DUN2PBQ> or <http://www.ebay.com/itm/Handle-Carry-Sleeve-Case-For-11-6-Acer-Chromebook-11-CB3-111-C670-C720-C710-C7-390736681091> or <http://www.newegg.com/Product/Product.aspx?Item=0B1-002H-002Z8> or <http://www.bestbuy.com/site/searchpage.jsp?cp=1&id=pcat17071&nrp=25&sc=Global&se archVariant=A&sp=+currentprice+skuidsaas&st=chromebook+case&type=page&usc=All +Categories> or <http://www.amazon.com/Case-Logic-11-6-Inch-INT-111-Anthracite/dp/B00XREHSE2> and I bought for \$10 with free shipping <http://www.ebay.com/itm/FREE-SHIPPING-Case-Logic-Intrata-11-6-Inch-iPAD-TABLET-Laptop-Bag-Black-10-131652514426?hash=item1ea719f27a:g:VuAAAOSwFGNWR8Qf> .

12/09/15 Wednesday 12:50 P.M.. I rested until noon. I chatted with a Dell tech representative from Arkansas. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

12/09/15 Wednesday 10:30 A.M. I have the Acer Cloudbook configured. I was not able to install the Windows 10 updates at this time of day. I put both Norton Utilities and Norton Internet Security on it along with Office 2007 and a few smaller programs. It seems to work just fine. I could not install the Optimum TV app. I have 1 gigabytes of space free on the 16 gigabyte drive that came with 5 gigabytes of free space. I am now doing Complete PC backup of it to the Samsung 5 TB external hard drive and the Toshiba 2 TB SATA drive in the Rosewill USB external SATA drive holder. I have my 64 GB Samsung SD card plugged into it with my music files. Windows 10 is suppose to also use the SD card for updating, when the update feature is available. I installed the Dell B1160W wireless laser printer on it, but I don't know how to activate the wireless laser feature, if it does not do it automatically, when the Acer laptop is in wireless mode. CIO

12/09/15 Wednesday 8:05 A.M. I made my bed. I have the Acer Cloudbook mostly configured. I am installing the Windows 10 updates which one can do with additional space from an SD card. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qt c tLabels1=9405510200793798305544> on the order for <http://www.newegg.com/Product/Product.aspx?Item=9SIA3190ZC1856&ignorebbbr=1> Cybersonic Electronic Toothbrush system \$29.99 with free shipping. I will now shower and clean up. CIO



12/09/15 Wednesday 5:10 A.M. I have the Acer Cloud book hooked sitting on top of the other older laptops on the side of the oak dining table. On the 16 GB internal drive after startup, there is only 5 gb of space left, so there is not much room to add programs. Still it is suppose to store its contents in the cloud. I also have it hooked up with the TrendNet USB LAN and a wireless Microsoft mouse for home use. On the initial configuration, I did Complete PC backups to the Samsung 5 TB external drive and the Toshiba 2 TB SATA drive in the Rosewill external USB SATA drive holder. The Cable TV boxes upgraded their software this morning. CIO

12/09/15 Wednesday 3:20 A.M. I woke up at 3 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. The Hitachi drive return with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9401915901639555690562](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9401915901639555690562) has been returned and in a few days \$39.99 should be credited to my account. CIO

12/08/15 Tuesday 6:15 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. It is suppose to warm up for the rest of the week. I was just thinking today with the drought out in California for the last four years, I would feel like a super star out there with my arthritis. CIO

12/08/15 Tuesday 5:40 P.M. Anglophile Clothes <http://stores.ebay.com/Campbell-Cooper-Countrywear?trksid=p2047675.l2563> and <http://www.ebay.com/itm/Campbell-Cooper-Mens-Tweed-Shooting-Fishing-Riding-Hunting-Jacket-Coat-Green-New-/390921253490?var=&hash=item99bc1e2076> . CIO

12/08/15 Tuesday 5:20 P.M. Small Emergency Light \$4.99 with free shipping batteries not included [http://flash.newegg.com/Product/N82E16886277013?icid=WP\\_21\\_12052015](http://flash.newegg.com/Product/N82E16886277013?icid=WP_21_12052015) . CIO

12/08/15 Tuesday 4:50 P.M. [View as a webpage Mushroom Log Cultivation Workshop-Friday, December 11, 2015](#)

[Forside | Jobbnorge.no](#)

[Support the Greenwich Library](#)

[http://view.klm-mail.com/?j=fe9c17737562047d72&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff6d167075&ju=fe591375736c077c7611&r=0&WT.mc\\_id=L\\_US\\_email\\_ExactTarget\\_Newsletter\\_null\\_Null\\_null&WT.i\\_vid=59129346](http://view.klm-mail.com/?j=fe9c17737562047d72&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff6d167075&ju=fe591375736c077c7611&r=0&WT.mc_id=L_US_email_ExactTarget_Newsletter_null_Null_null&WT.i_vid=59129346) [www.klm.com](http://www.klm.com) [www.boeing.com](http://www.boeing.com) 787 Dreamliner. I ate two small bowls of goldfish crackers. CIO

12/08/15 Tuesday 4:25 P.M. I chatted with [www.microsoftstore.com](http://www.microsoftstore.com) in Rochester, New York; and they have everything sorted out on the return of the extra laptop. Tracking on the return will be "1Z6Y357V0320216946" at [www.ups.com](http://www.ups.com) . CIO

12/08/15 Tuesday 3:40 P.M. I went out, and I returned the extra Microsoft package at the UPS store on East Putnam Avenue just east of Greenwich Avenue on the north side of the street. They will ship it back to Microsoft in Texas. I paid 50 cents to park at the top of Greenwich Avenue. I then went further downtown, and I sat out for a while watching the ebb and flow of Greenwich Avenue pedestrian traffic. I would say by Greenwich standards, it was a moderate busy day. I then returned back home, and I picked up the mail. CIO

12/08/15 Tuesday 2:15 P.M. I woke up at 12:30 P.M.. The orders with tracking number of "1Z6Y357V0320216946" and "1Z6Y357V0220278435" at [www.ups.com](http://www.ups.com) on the order for \$119 in stock Buy Acer Aspire One Cloudbook 11 AO1-131-C7DW Signature Edition Laptop - Microsoft Store for \$119 and \$7.56 tax for \$126.56 total arrived. Since I received two by mistake, I called up the Microsoft Store number, and they told me to take the additional item to the UPS store to return it. The one that I will return is the first tracking number. I will now go downtown and return it. CIO

12/08/15 Tuesday 10:50 A.M. I threw out the garbage. I will now rest some more. CIO

12/08/15 Tuesday 10:15 A.M. I am just about to eat a 16 ounce Boston Market chicken pot pie with a 12 ounce glass of Schweppes Ginger ale.

This is a picture a relative took of me with an Ipad in Kennebunkport, Maine this past June 2015 <http://scott-mike.com/mlskb1.JPG> . CIO

12/08/15 Tuesday 9:55 A.M. I chatted with a relative.

Six Tips to Driving Safely in Winter Weather | GEICO

EGU2016

UCLA SIMS

Winter driving safety tips | Mobil™ Motor Oils CIO

12/08/15 Tuesday 8:40 A.M. I finished tweaking the Dell Optiplex 760 mini desktop. I put and ran Norton Utilities on it along with the WaterFox web browser. I chatted with a friend. For a little high brow music, I have been listening to <http://tunein.com/radio/WHRB-953-s29417/> WHRB [www.harvard.edu](http://www.harvard.edu) Harvard Radio Broadcasting. CIO

12/08/15 Tuesday 7:10 A.M. I woke up at midnight. I unpacked the Blair clothing, and it seems to be just fine. I did a Windows Complete PC backup of the first drive of the Dell

Optiplex 740 mini tower to its second hard drive. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. I then put the refurbished Maxtor 250 GB SATA drive in the Dell Optiplex 740 mini tower as the first hard drive, and I started a Windows 10 System restore from the second hard drive backup. It took about 3.5 hours to restore. I rested until 4 A.M.. I made my bed. I showered, and I cleaned up. Once the restore was complete, I was able to boot into the same configuration. I speeded it up by running the Norton Utilities and defragmenting the Maxtor drive. I stored away the old Dell SATA 249 GB drive which probably has more usage on it as the original system drive. I also took off the TrendNet USB LAN, and I have the system connected to the motherboard LAN. I am now working the Dell 760 mini PC that I want to tweak some more.

\$99.99 with free shipping Westinghouse 32" LED HDTV <br/> Model # WD32HD1390 CIO

12/07/15 Monday 4:35 P.M. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405515901639555709873](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405515901639555709873) on the order for \$9.99 with free shipping Refurbished: Maxtor MaXLine III 7L250S0 250GB 7200 RPM 16MB Cache SATA 1.5Gb/s 3.5" Hard Drive Bare Drive – NeweggFlash.com and the order tracking of Track your package or shipment with FedEx Tracking on the order for Running River Turtleneck | Blair in 3XL one in pine and one in teal for \$9.97 each and Scandia Woods Flannel Pajamas | Blair in 3 XL red and white check for \$19.97 and in 4 XL Natural for \$9.97 thermal pants Scandia Woods Thermal Underwear | Blair plus you can get 30% off with coupon code "BLXQ" for \$14.96 off and \$12.96 shipping for \$47.91 total arrived. I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. CIO

12/07/15 Monday 3:45 P.M. I ate the roast beef sandwich, which I put some Hellmann's mayonnaise on along with a dill pickle slice and some Utz wavy potato chips along with a 12 ounce glass of Schweppes Ginger ale. CIO

12/07/15 Monday 2:55 P.M. I went out into the vast frigid wasteland of Greenwich, Connecticut. I stopped by the Valley Road Post Office, and I chatted with an expert on aviation. I bought 20 Madonna and Child stamps for .49 each and 20 Peanuts Snoopy stamps for .49 each for \$9.80 total. I then toured the Greenwich Hospital Thrift Shop which has a vast collection of odd items. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I said hello to a former neighbor at the Greenwich Train Station. I toured CVS. I chatted with a neighbor downtown. I then drove to CVS, and I bought four twelve packs of 12 ounce cans of Schweppes Ginger Ale for two for \$7 and \$2.40 can deposit for \$16.40 total. I chatted with a former neighbor. The neighbor did not recognize me with my current hair cut and additional weight. I then picked my neighbor up, and I drove him to a medical building on East Putnam Avenue by exit 5. I then went to Staples. They still have one Brother laser printer left for \$69.99 if one needs a laser printer. They did not have any clamp binders. They were out of toilet

paper in the men's room. I chatted with someone from Brazil and Columbia. I tried to buy a padded mouse pad for \$6.99, but it rang up for \$13.99, so I decided not to buy it. I then drove back west to the Stop and Shop. I bought two 19 ounce Stouffer's meat and tomato lasagnas for \$3 each, a 10.5 ounce Lays Wavy potato chips for \$3.50, a quart jar of Mount Olive kosher dill pickles for \$2, a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$8.99, and for a deluxe change a deli roast beef sandwich for \$3.99 for \$24.48. I chatted with a local dog trainer. I then returned back home. I used my little folding cart from the back of the Volvo wagon to bring up the ginger ale, and then I put the little folding cart in the back of the Volvo wagon.

12/07/15 Monday 8:35 A.M. I ate three small bowls of goldfish crackers. I guess I will now dress up warmly, and I will go downtown to see if any other Greenwich residents have ventured out in the colder weather. CIO

!!!!!! 12/07/15 Monday 7:35 A.M. This is the Dutch Radio Station that I am listening to <http://tunein.com/radio/100-NL-1044-s76590/>. CIO

12/07/15 Monday 6:55 A.M. Dutch Royal Household videos <https://www.youtube.com/user/koninklijkhuis>. <https://www.klm.com/> has a big office off Interstate 287 in White Plains, New York; there might be a few Dutch people in the area. CIO

12/07/15 Monday 6:30 A.M. I made my bed. I washed the breakfast dishes. I still have my Asus Internet radio which I have not listened to in a while. I set it go online with the second net switch back on the power strip controlling the net switches. I am currently listening to classical music from the Netherlands. CIO

12/07/15 Monday 4:50 A.M. I went back to sleep until 3 A.M.. On the Dell Optiplex 740 mini tower, I have a saved copy of WinTV 7 that works better than WinTV 6. I will now shower and clean up. CIO

12/07/15 Monday 12:40 A.M. I woke up at midnight. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/06/15 Sunday 6:50 P.M. I went back to bed. I woke up at 6 P.M.. I chatted with a relative. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405515901639555709873](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405515901639555709873) on the order for \$9.99 with free shipping Refurbished: Maxtor MaXLine III 7L250S0 250GB 7200 RPM 16MB Cache SATA 1.5Gb/s 3.5" Hard Drive Bare Drive – NeweggFlash.com . I think I might rest some more. CIO

End of Scott's Notes week of 12/06/15

12/06/15 Sunday 10:50 A.M. I chatted with a relative. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I will now send out my weekly notes. I will then rest for a while. CIO

12/06/15 Sunday 8:05 A.M. I threw out the garbage. I went downtown. I walked lower Greenwich Avenue and the train station area. I bought an Ace's High scratch card for a dollar at Zen Stationary, but I lost. The sandwich shop at the People's Bank building on lower Greenwich Avenue has gone out of business, but there is a new quick food place across from Zen Stationary. I did not walk upper Greenwich Avenue, since I had to go number 2 to the bathroom. I returned home. CIO

12/06/15 Sunday 6:10 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water along with a cup of coffee with Splenda sweetener and milk. I will now wash the breakfast dishes, make my bed, and shower and clean up. I will then go outside and face the tundra of Greenwich, Connecticut. While downtown, maybe I will walk over to McArdle McMillan and look at the reindeer. CIO

12/06/15 Sunday 5:15 A.M. I ate two bowls of goldfish crackers. I rested until 3 A.M.. I took the Hauppauge WinTV-PVR-150MCE (model 1042) TV card out of the FIC server, and I put it in the Dell Optiplex 740 mini tower. I removed its Rosewill PCI LAN card to fit it in. I have it online with the TrendNet USB LAN. I have both the coaxial cable and a FM antenna connected to the TV card. I installed its software. It works fine enough, but it can hesitate slightly. CIO

12/06/15 Sunday 2:35 A.M. I went back to bed until 2:30 A.M.. Connecticut Coyote facts <http://www.ct.gov/deep/cwp/view.asp?a=2723&q=325992> . CIO

12/05/15 Saturday 10:40 P.M. While asleep, I woke up and ate a small bowl of goldfish crackers. A neighbor rang my door bell about something he left in my car. Shortly after that, a family rang my door bell delivering a paper plate of Holiday cookies. I slept until 10 P.M.. I left the item that a neighbor left in my car outside the neighbor's door. I picked up the mail. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/05/15 Saturday 12:20 P.M. I chatted with a relative. A neighbor's cooking smoke set off the building fire alarm. I called it in, and the fire department arrived to reset the alarm and air out the neighbor's apartment. I will now shut down the primary work computer, and I will go to bed. Being out in the cold in the morning wakes one up quite a bit, but when one slows down in the warmer home environment, one is more tired. CIO

12/05/15 Saturday 11:20 A.M. I ate a blueberry muffin.

Microsoft Laptop deals today only

[http://www.microsoftstore.com/store/msusa/en\\_US/cat/PC-sale/categoryID.69325700?icid=FY16\\_Holiday\\_12DD\\_ModG5\\_Live](http://www.microsoftstore.com/store/msusa/en_US/cat/PC-sale/categoryID.69325700?icid=FY16_Holiday_12DD_ModG5_Live)

I bought

<http://www.newegg.com/Product/Product.aspx?Item=9SIA3190ZC1856&ignorebbbr=1>  
CyberSonic Electronic Toothbrush system \$29.99 with free shipping.

Tracking is <https://www.fedex.com/apps/fedextrack/?tracknumbers=977536284613634> on the order for Reebok Work N Cushion KC 2.0 4E - White | Reebok US in size 9.5 for \$59.99 with \$30 off with promo code "CYBER" and \$5 shipping and \$2.22 tax for \$37.21 total.  
CIO

12/05/15 Saturday 10:10 A.M. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. <http://www.greenwichreindeerfestival.com/> is going on today and tomorrow. There is free parking on Greenwich Avenue both days. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS, and I bought two four ounce cans of Bumble Bee crab meat for \$2 each for \$4 total. I chatted with a neighbor. I sat out for a while downtown after my walk. I used the bathroom at Starbucks. My new L.L. Bean Burgundy down parka was almost too warm on a frosty morning. I gave my neighbor a ride home. We stopped by the Stop and Shop. I bought buy one six pack get two six packs free of Thomas' English muffins for \$4.39 all, a 5 quart box of Stop and Shop powdered milk for \$7.29, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.99, two 9 ounce Perdue grilled short cuts for \$3 each, bananas for .49 a pound for .90, two zucchini for \$1.99 a pound for \$1.45, and two baking potatoes for .99 a pound for \$1.60 for \$25.62 total. I then returned back to Byram with my neighbor. I put away my groceries. CIO

12/05/15 Saturday 6:00 A.M. I will now make my bed again. I will dress up warmly, and go downtown to see if I can survive the colder weather conditions. If one can not take the cold, they don't mind if you sit in Starbucks. I see plenty of people doing that not drinking coffee. CIO

12/05/15 Saturday 5:55 A.M. I got up a few minutes ago, and I ate a bowl of goldfish crackers. CIO

12/05/15 Saturday 5:00 A.M. I will now rest some more. CIO

12/05/15 Saturday 4:30 A.M. I took a 18.8 ounce Tony's frozen cheese pizza, and I put it on a baking sheet, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, oregano, celery salt, grated parmesan and Romano cheese, and extra virgin olive oil. I am baking it in the Farberware convection oven center shelf at 400 degrees Fahrenheit for 17 minutes. I will eat it with a 12 ounce glass of Schweppes Ginger Ale.  
CIO

12/05/15 Saturday 4:00 A.M. I put Waterfox - The fastest 64-Bit browser on the web on the Dell Latitude E6400 laptop computer and the Lenovo desktop in front of the mahogany bureau, and I am just about to put it on the HP Compaq computer. I also ran a quick defrag on the first two computers. I also installed the Norton Utilities on the Lenovo Desktop in front of the mahogany bureau. I also moved the better Logitech USB headset from the IBM ThinkCentre along side the Ethan Allen recliner to the Lenovo desktop in front of the mahogany bureau, putting the less expensive one on the IBM ThinkCentre. Thus I am tweaking my systems in my spare time during the frigid morning hours up here in the tundra. In the old days in Manhattan, back from 1980 to 1982, when I lived with Cyrus Vance's head of work processing in his law firm, I enjoyed walking the white German Shepard around the children's zoo in Central Park where the white German Shepard seemed to get along with the white polar bear named "Scandia". In February 1982, it was down to minus 26 degrees Fahrenheit below zero in Manhattan, and when my roommate had me move out with no place to stay, I stayed with somebody on the east side above a church who was from Hollywood, Florida, and when he had to go down to St. Bart's for an assignment, I flew down to Key West with the \$100 that my roommate had given me, but it was so crowded down there, and when I ran out of people to mooch off of, I was left sleeping on the beach at the Clarence Higgs Park on the north side of the Casa Marina, where I got sun burned. The police officer that arrested me said I was a "Nazi" because I was wearing Bosch and Lomb sun glasses that I had bought at Rockefeller Center for \$86, so I guess the Rockefellers are Nazis. I was trying to sleep on the little brick ledge outside the fence of Fort Mallory. I chatted with a local youth about John James Audubon, so maybe he turned me in. Thus I have never been back to Key West, since then because if they did not like me when I pretended to be poor with no friends, they probably would not like some of my more established friends. I saw my friend who was a Dupont family member down there working as a dog walker in Manhattan, so he never got ahead in life either. CIO

12/05/15 Saturday 2:05 A.M. This might be a bit too slow  
<http://www.ebay.com/itm/Lenovo-ThinkPad-X130e-0627AF8-1-30GHz-AMD-E-300-4GB-320GB-Webcam-WHP64/252174820498?trksid=p2045573.c100033.m2042&trkparms=aid%3D111001%26algo%3DREC.SEED%26ao%3D1%26asc%3D20131017132637%26meid%3D7baa53999923438da1869ccf610dcd6c%26pid%3D100033%26rk%3D1%26rkt%3D2%26sd%3D252174820498>, but the price is good. \$99.99 and \$14.05 shipping from Syracuse, New York.  
 CIO

12/05/15 Saturday 1:10 A.M. I threw out the garbage. I picked up the mail. The painted the new freight elevator exterior wall in the lobby of our building, so it looks like the freight elevator is mostly done. However, it is a lock key freight elevator not available to tenants unless, I guess they are moving. This <http://www.atlantisbahamas.com/> is probably open at night, but it takes big bucks to be there. CIO

12/05/15 Saturday 12:25 A.M. I went back to sleep until 11:30 P.M.. I went through <http://scott-mike.com/bf.htm>, but with the weak American dollar compared to Asian money, there are no bargains. I will now wash the breakfast dishes. I will then make my

bed again. I will then shower and clean up. I can not figure out why I am sleeping so much recently, unless it is just the change of seasons. CIO

12/04/15 Friday 9:40 P.M. I chatted with a relative at 7 P.M.. I finally woke up at 9 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. These are condos on Steamboat Road [http://www.zillow.com/homedetails/559-Steamboat-Rd-UNIT-A3-Greenwich-CT-06830/114418760\\_zpid/](http://www.zillow.com/homedetails/559-Steamboat-Rd-UNIT-A3-Greenwich-CT-06830/114418760_zpid/) and [http://www.zillow.com/homedetails/613-Steamboat-Rd-Greenwich-CT-06830/57304103\\_zpid/](http://www.zillow.com/homedetails/613-Steamboat-Rd-Greenwich-CT-06830/57304103_zpid/) and [http://www.zillow.com/homedetails/633-Steamboat-Rd-APT-1-Greenwich-CT-06830/57309096\\_zpid/](http://www.zillow.com/homedetails/633-Steamboat-Rd-APT-1-Greenwich-CT-06830/57309096_zpid/) and [http://www.zillow.com/homedetails/661-Steamboat-Rd-UNIT-B-Greenwich-CT-06830/57309110\\_zpid/](http://www.zillow.com/homedetails/661-Steamboat-Rd-UNIT-B-Greenwich-CT-06830/57309110_zpid/) and <http://www.trulia.com/property/3138352429-680-Steamboat-Rd-4-Greenwich-CT-06830> and <http://www.trulia.com/homes/Connecticut/Greenwich/sold/267182-613-Steamboat-Rd-Greenwich-CT-06830> and [https://www.coldwellbankerhomes.com/ct/greenwich/661-steamboat-road/pid\\_2437802/](https://www.coldwellbankerhomes.com/ct/greenwich/661-steamboat-road/pid_2437802/). The new group of condos across the street from 600 Steamboat Road do not show up, but some of them looked occupied. I lived at 700 Steamboat Road in a rental studio for \$400 to \$475 a month before I moved to my current public housing in Byram 27 years ago. I moved off of Nantucket with a side trip to Toronto before moving back to Greenwich 32 year ago. People are very private in Greenwich, and there is nobody that I can make a local telephone call to except a retired Palm Beach sheriff that I know. Greenwich a'int cheap anymore <https://www.apartmentlist.com/ct/greenwich>. Maybe somebody is going to be trying to rent out the Port-O-Potty on the end of Steamboat Road. This is where an equestrian friend recently moved [http://www.zillow.com/homedetails/16-Kent-Dr-Hockessin-DE-19707/73021073\\_zpid/](http://www.zillow.com/homedetails/16-Kent-Dr-Hockessin-DE-19707/73021073_zpid/). This where I built the garage apartment 33 years ago [http://www.zillow.com/homedetails/21-Circle-Dr-Manhasset-NY-11030/31083824\\_zpid/](http://www.zillow.com/homedetails/21-Circle-Dr-Manhasset-NY-11030/31083824_zpid/). This [http://www.zillow.com/homedetails/21-Cornelia-Dr-Greenwich-CT-06830/57311911\\_zpid/](http://www.zillow.com/homedetails/21-Cornelia-Dr-Greenwich-CT-06830/57311911_zpid/) is where my family's last house was, before we sold it for \$125,000 in 1978. Of course it was a different house. CIO

12/04/15 Friday 2:45 P.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I have been tired a lot recently. I guess with the change of the weather and with my older age, I need more rest. CIO

12/04/15 Friday 1:45 P.M. Tracking number is "1Z6Y357V0220278435" at [www.ups.com](http://www.ups.com) on the order for \$119 in stock Buy Acer Aspire One Cloudbook 11 AO1-131-C7DW Signature Edition Laptop - Microsoft Store for \$119 and \$7.56 tax for \$126.56 total. WaterFox works a lot faster. CIO

!!!!!! 12/04/15 Friday 1:20 P.M. I went back to bed until 1 P.M.. I am going to try WaterFox a faster 64 bit web browser for Windows Waterfox - The fastest 64-Bit browser on the web. CIO



12/04/15 Friday 7:50 A.M. I woke up at 7:30 A.M.. I ate two small bowls of goldfish crackers. I chatted with a friend. CIO

12/04/15 Friday 5:40 A.M. I will now rest some more. CIO

12/04/15 Friday 5:15 A.M. I ate three four ounce Oncor beef patties with beef gravy, a microwaved baked potato with Smart Balance spread, extra virgin olive oil, and beef gravy, steamed sliced zucchini and baby carrots with Smart Balance spread, extra virgin olive oil, Italian spices, and grated parmesan and Romano cheese, a 12 ounce glass of Schweppes Ginger Ale, and a cup of Twinings green tea, with Splenda sweetener and lemon juice. I noticed the local Stop and Shop sometimes has Lobster Rolls in their seafood cabinet or their prepared sandwich cabinet for \$6.99 which is cheaper than \$11.99 in Kennebunkport. However, I don't know how much lobster they put on each. CIO

12/04/15 Friday 3:55 A.M. Hoverboards, at risk of exploding or catching fire, are now being seized - Dec. 3, 2015

Inside Microsoft's secret design lab - Video - Technology CIO

12/04/15 Friday 3:35 A.M. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

Tracking is Track your package or shipment with FedEx Tracking on the order for for \$9.99 Toastmaster 4-Slice Cool Touch Toaster | Bon-Ton with free shipping with coupon code "FREESHIP" and .61 tax for \$10.60 total. CIO

12/04/15 Friday 3:05 A.M. I put another Nice! blue toilet bowl cleaner in the toilet tank this past afternoon, so I am back to blue water in the toilet. They are available at Walgreen's. CIO

12/04/15 Friday 2:30 A.M. I ate two scoops of butter Scotch ice cream. Last night, I updated the Windows 8.1 Nokia Go Phone. I hardly ever use it, but I have accumulated about \$400 of time on it which I have to recharge again before December 30, 2015. With my Obama phone, I don't need to use the Nokia Go Phone much. I also have another cell phone with H2O wireless that I need to put on \$10 by December 11, 2015. I threw out the garbage. I picked up the mail. I got a \$585 grant on Energy Assistance this year which is about the same as last year. I have to contact the electric company to let them know I got it. I will now make my bed. I will then shower and clean up. It is 41.5 degrees Fahrenheit outside, so it is probably too cold for an early morning walk later this morning. In the mail, I also got McDonald's two for one coupons. CIO

12/04/15 Friday 1:45 A.M. To have a spare hard drive for the Dell Optiplex 740 mini tower, I ordered \$9.99 with free shipping Refurbished: Maxtor MaXLine III 7L250S0 250GB 7200 RPM 16MB Cache SATA 1.5Gb/s 3.5" Hard Drive Bare Drive – NeweggFlash.com . CIO

12/04/15 Friday 12:55 A.M. I went back to bed until 12:45 A.M.. CIO

12/03/15 Thursday 10:00 P.M. I chatted with a relative.

\$279.99 with free shipping from Hong Kong Self Balancing 2 Wheels Mini Hover Board Electric Scooter Skateboard | eBay CIO

12/03/15 Thursday 9:00 P.M. I woke up at 7 P.M., and I chatted with a relative. I went back to bed until 8:30 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/03/15 Thursday 9:00 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

12/03/15 Thursday 8:35 A.M. Is Satya Nadella a better Microsoft CEO than Bill Gates? - Dec. 1, 2015 CIO

12/03/15 Thursday 8:05 A.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

12/03/15 Thursday 7:30 A.M. My [www.eversource.com](http://www.eversource.com) electricity bill for November 2015 was \$138.04 for 794 kWh for 33 days for 24.06 kWh per day with an average temperature of 48.6 degrees Fahrenheit. My bill for November 2014 was \$176.23 for 1012 kWh for 33 days for 30.67 kWh per day with an average temperature of 42.4 degrees Fahrenheit. CIO

12/03/15 Thursday 6:25 A.M. \$38.99 with free shipping Amazon.com: Syma X5C Explorers 2.4G 4CH 6-Axis Gyro RC Quadcopter With HD Camera: Toys & Games only seven minutes flying time. CIO

12/03/15 Thursday 5:25 A.M. I woke up at 4 A.M.. I have been surfing the internet. I will now drink a cup of coffee with Splenda sweetener and milk. CIO

12/03/15 Thursday 2:50 A.M. I will now rest for a while. CIO

12/03/15 Thursday 2:35 A.M. I ate a small bowl of goldfish crackers. I watched episode 4 of "Earth". CIO

12/03/15 Thursday 1:05 A.M. I ate three four ounce Oncor beef patties with beef gravy, a microwaved baked potato with Smart Balance spread, extra virgin olive oil, and beef gravy, steamed sliced zucchini and baby carrots with Smart Balance spread, extra virgin olive oil, Italian spices, and grated parmesan and Romano cheese, a 12 ounce glass of Schweppes Ginger Ale, and a cup of Twinings green tea, with Splenda sweetener and lemon juice. CIO

12/03/15 Thursday 12:10 A.M. I put away the clean laundry. CIO

12/02/15 Wednesday 11:35 P.M. Tracking is Track your package or shipment with FedEx Tracking on the order for Running River Turtleneck | Blair in 3XL one in pine and one in teal for \$9.97 each and Scandia Woods Flannel Pajamas | Blair in 3 XL red and white check for \$19.97 and in 4 XL Natural for \$9.97 thermal pants Scandia Woods Thermal Underwear | Blair plus you can get 30% off with coupon code "BLXQ" for \$14.96 off and \$12.96 shipping for \$47.91 total. CIO

12/02/15 Wednesday 11:15 P.M. \$129.99 with free shipping HP 6005 Pro Desktop PC - AMD Athlon X2 3.4GHz 8gb 500gb DVD Windows 7 Pro (Certified Refurbished)

I have 20 minutes to go on the two dry cycles. CIO

12/02/15 Wednesday 10:25 P.M. I chatted with a relative. I went back to bed until 9:15 P.M.. I put clean linens on my bed. I showered, and I cleaned up. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

12/02/15 Wednesday 6:50 P.M. I woke up and ate a small bowl of goldfish crackers while asleep. I woke up at 6 P.M.. I picked up the mail. The issue of www.forbes.com magazine has Melinda Gates on the cover. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9305520111400987213579> on the order for an opened box Amazon.com: Microsoft LifeChat LX-3000 Headset (JUG-00013): Computers & Accessories for \$13.25 and \$4.99 shipping for \$18.24 total arrived. I took off the Logitech headset off the Dell Optiplex 740 mini tower, and I installed it on the IBM ThinkCentre underneath the Ocosmo TV. I removed the Logitech headset from that one, since its microphone does not work. I put the new Microsoft LifeChat LX-3000 headset on the Dell Optiplex 740 mini tower. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO

12/02/15 Wednesday 6:30 A.M. I will now shut down the primary work computer. I will then go to bed. CIO

12/02/15 Wednesday 5:55 A.M. I ate a bag of microwave popcorn. I watched episode 3 of "Earth". CIO

12/02/15 Wednesday 4:40 A.M. ICEHOTEL Sweden

I ate the last piece of spice cake. CIO

!!!!!! 12/02/15 Wednesday 3:30 A.M. \$199 for \$150 off with free shipping Buy Lenovo Ideapad 100-15IBY Signature Edition Laptop - Microsoft Store

<http://www.pcworld.com/article/2956416/laptop-computers/lenovo-ideapad-100-review-this-big-laptops-got-a-tiny-little-processor-but-its-cheap.html>

<http://www.laptopmag.com/reviews/laptops/lenovo-ideapad-100> CIO

12/02/15 Wednesday 3:00 A.M. [Greenwich Land Trust Donation Page](#)

[https://www.iflymagazine.com/?utm\\_content=US&customer\\_id=TIDP1117XED2000A997DE4F34965F091DF0C3D420YI4&locale=US\\_EN&utm\\_campaign=iFly48&utm\\_medium=mail&utm\\_source=Initial\\_48&de=WW&WT.mc\\_id=C\\_US\\_Email\\_ExactTarget\\_iFly48\\_nu](https://www.iflymagazine.com/?utm_content=US&customer_id=TIDP1117XED2000A997DE4F34965F091DF0C3D420YI4&locale=US_EN&utm_campaign=iFly48&utm_medium=mail&utm_source=Initial_48&de=WW&WT.mc_id=C_US_Email_ExactTarget_iFly48_nu)  
[ll\\_Initial\\_48&WT.tsrc=Email&&WT.i\\_vid=59129346](#) KLM Magazine

[Support the Greenwich Library](#)

[American Red Cross Giving](#)

[12 Days of Deals: Holiday Gifts – Microsoft Store](#) CIO

12/02/15 Wednesday 1:30 A.M. Tracking on the \$36 rebate on the 24 inch Seiki monitor is <https://www.4myrebate.com/Claim/CheckRebateStatus/?zip=06830&trackingnumber=7217151913191445> . CIO

12/02/15 Wednesday 1:25 A.M. I went out, and I mailed the Hitachi drive return package at the central Greenwich Post Office. Tracking on the return Hitachi drive is [https://tools.usps.com/go/TrackConfirmAction?qtC\\_tLabels1=9401915901639555690562](https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9401915901639555690562) . I then drove down to the waterfront on Steamboat Road. There was one car loitering down there. It looks perfectly normal down there. Now all of the Holiday lights are lighted up on the trees on Greenwich Avenue. I think they are suppose to have the reindeer at McArdle McMillan, but I am not sure if that has happened yet. When I was returning up Steamboat Road at the train station, a real healthy large young red fox crossed in front of my Volvo wagon, so we still have wildlife downtown. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$6 of self service premium V-Power gasoline for \$3.379 a gallon for 1.775 gallons for at odometer reading of 111952 miles for 22.5 miles driven since Monday November 23, 2015 for 12.677 miles per gallon in local traffic. I went inside of the convenience store, and I bought a 5.5 ounce super concentrated high mileage STP fuel injector cleaner for \$6.99 and .44 tax for \$7.43 total. I then put it in my fuel tank. It is good to use fuel injector cleaner once a year on fuel injector cars. I then went by CVS at 644 West Putnam Avenue, and although it is a Coca Cola product, Canada Dry Ginger Ale is not on sale. I bought a 12 pack of 12 ounce cans of diet Fresca for \$3.50 and a 12 pack of 12 ounce cans of Sprite for \$3.50 and \$1.20 can deposit and .45 tax for \$8.65 total. I then returned home, and I think I was able to reset the service light on the Volvo wagon, and I used my little folding cart from the back of the Volvo wagon bring up the soda pop, and then I put it back in the rear of the Volvo wagon. I will now eat a 19 ounce Stauffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Splenda sweetener and milk. The new

**"The Grand" restaurant on lower Greenwich Avenue has people having cocktails at their bar area at night. CIO**

**12/01/15 Tuesday 11:25 P.M. I received the Hitachi return label, and I have it packaged up. I will now go out and mail it at the central Greenwich post office. CIO**

**12/01/15 Tuesday 10:00 P.M. I chatted with a relative. I went back to bed until 7:30 P.M.. I made my bed. I showered, and I cleaned up. I picked up the mail. I threw out the garbage. I went downtown to CVS. I bought a 16 roll bundle of Charmin extra soft 2X toilet paper for \$9.99 and .63 tax for \$10.62 total. I drove through the downtown area, and nothing seemed to be going on. I went by the Stop and Shop, and I bought a 1.75 liter container of Friendly Butter Scotch ice cream for \$3.49, a 42 ounce Stop and Shop old fashioned oatmeal for \$2.50, and a 24 ounce B&G kosher dill pickles for \$2 for \$7.99 total. I then went by the Acme grocery store, and I bought a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$7.99 and a four pack of blueberry muffins for \$3.99 for \$11.98 total. I then returned home, and I put away my purchases. CIO**

**12/01/15 Tuesday 6:00 P.M. I woke up at 5 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with extra virgin olive oil, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Splenda sweetener and milk. CIO**

**12/01/15 Tuesday 6:00 A.M. I printed out two copies of my Microsoft Money Sunset Income versus Spending report for November 2015, and I used one stamp to mail one copy to an interested relative. I mailed the envelope in the mail room downstairs. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water along with a piece of spice cake. I will now shut down the primary work computers, and I will go back to bed.**

**COP21: Prince Charles to make forest appeal - BBC News CIO**

**12/01/15 Tuesday 5:15 A.M. I paid my Cablevision High Definition Television, my Optimum High Speed Cable Modem, and my Optimum long distance telephone at <http://optimum.net/> . I also paid my <http://www.eversource.com/> electricity bill and my <http://www.verizon.net/> local telephone bill. CIO**

**12/01/15 Tuesday 4:35 A.M. I woke up at 11 P.M.. I did an Aomei backup to the second hard drive on the Dell Optiplex 740 mini tower. I then installed the new Hitachi hard drive as the first hard drive, and I tried to restore the Aomei backup, but it would not work. I then tried to clone the original hard drive to the Hitachi drive with two different free clone programs that would not work. I then finally figured out the new 1 TB SATA Hitachi hard drive is defective. It will not take a format. I have to return it. I ate two bowls of goldfish crackers, and I watched "Earth" episode 2. CIO**