

01/31/16 Sunday 5:30 P.M. I chatted with two relatives. I watched episode 1 of "The Last Detective". I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

01/31/16 Sunday 2:55 P.M. I woke up at 2:30 P.M.. I ate two small bowls of goldfish crackers. CIO

01/31/16 Sunday 11:20 A.M. I ate 16 ounces of heated Pacific organic onion soup with a package of Ramen noodles with the flavor package and a 12 ounce glass of Schweppes Ginger Ale. I heated the soup mixture in a plastic microwave proof pot with lid for eight minutes on 60% power. I will now rest some more. CIO

01/31/16 Sunday 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. At the Greenwich Cigar store, I bought an Ace's High scratch card for a dollar, but I lost. I toured CVS. After my walk, I drove over to CVS, and I bought five 12 packs of 12 ounce cans of Canada Dry Ginger Ale for \$15.00 and \$3 can deposit and .95 tax for \$18.95 total. I then bought two 10 ounce Doritos corn chip scoops for \$3 each less \$5 bonus bucks on the previous purchase for \$1 total. I then drove back downtown, and I sat out for a while enjoying the slower warmer day. I wore my new L.L. Bean jacket which was warm and comfortable. I then went to the Stop and Shop. I bought two 12 ounce Calavo hot guacamole for \$2.49 each, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Welch's grape juice with calcium for \$4.19, a 28 ounce Tostitos mild salsa for \$3.34, a five quart box of powdered milk for \$7.29, bananas for .49 a pound for .53 for \$23.32 total. I then went by the Putnam Shell Station at 401 West Putnam Avenue, and I bought \$6.50 of self service V-Power gasoline for \$2.979 a gallon for 2.183 gallons at odometer reading of 112137 miles for 24.4 miles drive since Saturday January 16, 2016 for 11.178 miles per gallon in local traffic. I then returned home. I used my little folding cart from the rear of the Volvo wagon to bring up the ginger ale. I put my other groceries away. CIO

01/31/16 Sunday 6:10 A.M. I chatted with a friend. I will go downtown after I clean up. CIO

End of Scott's Notes week of 01/31/16

01/31/16 Sunday 5:45 A.M. I ate 14 ounces of Tostitos medium salsa mix with Tostitos corn shell chips.

[http://forbesreg.net/view\\_online.asp?1336006&7cc98d1df5637b42&18](http://forbesreg.net/view_online.asp?1336006&7cc98d1df5637b42&18)

I will now send out my weekly notes. I will then make my bed, and I will shower and clean up. CIO

01/31/16 Sunday 4:30 A.M. I went back to bed until 4 A.M.. I drank a cup of coffee with Equal sweetener and milk. I no longer will use extra virgin olive oil on my English muffins, since the olive oil makes my bowels too lose. CIO

01/30/16 Saturday 11:20 A.M. I chatted with a relative at noon. I chatted with another relative at 8 P.M.. I finally woke up at 10:15 P.M.. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tlLabels1=9461209699938157052724](https://tools.usps.com/go/TrackConfirmAction?qt_c_tlLabels1=9461209699938157052724) on the order for <http://www.ebay.com/itm/L-L-BEAN-Mens-featherdown-insulated-coat-size-2X/191787887124?trksid=p2047675.c100011.m1850&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D35218%26meid%3D45b150814b434dda836ac2345f591c9c%26pid%3D100011%26rk%3D3%26rkt%3D6%26sd%3D191735685945> for \$26.99 and \$3.99 shipping for \$30.98 total arrived. The order for [http://flash.newegg.com/Product/N82E16826105480?icid=WP\\_13\\_01242016](http://flash.newegg.com/Product/N82E16826105480?icid=WP_13_01242016) for \$11.74 with free shipping, two packs of two waist 54 inches for \$14 each two pack <http://www.hanes.com/hanes/men/underwear/all-mens-underwear/hanes-mens-tartan-boxers-120459> and \$1.99 shipping with coupon code "89685" and \$1.91 tax for \$31.90 total, and two in black

[http://www.cabelas.com/product/CABELAS-ACRYLIC-KNIT-WATCH-HAT/2028648.uts?productVariantId=4181058&srccode=cii\\_10043468&cpncode=45-130941031-2&WT.tsrc=CSE&WT.mc\\_id=Shopzilla&WT.z\\_mc\\_id1=04169660&rid=20](http://www.cabelas.com/product/CABELAS-ACRYLIC-KNIT-WATCH-HAT/2028648.uts?productVariantId=4181058&srccode=cii_10043468&cpncode=45-130941031-2&WT.tsrc=CSE&WT.mc_id=Shopzilla&WT.z_mc_id1=04169660&rid=20) for \$2.49 each with 10% discount and free shipping with coupon code "16WINTER" and .28 tax for \$4.76 total arrived. I threw out the garbage. I picked up the mail. The rent statement from the Greenwich Housing Authority arrived. I heard the beeping again from my missing Casio wrist watch, and I finally found it in the upper outer pouch of my Swiss Army back pack behind the front door. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

01/30/16 Saturday 11:15 A.M. I woke up at 10:30 A.M.. I ate 16 ounces of heated Pacific organic onion soup with a package of Ramen noodles without the flavor package and a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. I will now rest some more. CIO

01/30/16 Saturday 8:30 A.M. I watched "Hyde Park on the Hudson". I will now rest some more. CIO

01/30/16 Saturday 6:35 A.M. I ate 12 ounce of Tostitos medium salsa sauce with Tostitos corn shell chips. CIO

01/30/16 Saturday 6:00 A.M. I washed the breakfast dishes. I made my bed. I turned off the Honeywell HEPA air purifier in the living room to keep it quieter and save electricity. I cleaned the Ionic air purifier at the hallway entrance. CIO

01/30/16 Saturday 5:35 A.M. I went back to bed until 5 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

01/30/16 Saturday 12:40 A.M. I woke up at 12:15 A.M.. I checked out. I did not get any mail today. 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 Equal sweetener and milk. CIO

01/29/16 Friday 12:10 P.M. I will now rest for a while. CIO

01/29/16 Friday 11:40 A.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

01/29/16 Friday 11:20 A.M. I went out, and I threw out the garbage. I drove over to the Acme grocery store, and I discovered I had lost my Icelandic knit cap. I drove back to my building, and I found it laying in the driveway. I then returned to the Acme grocery store. They did not have any Campbell's French Onion soup. Their announcer said spiral cut hams were 69 cents a pound, but that is too much food. I got 70 cents in can return. I then went to the CVS on Greenwich Avenue. I used their bathroom. I bought two 100 count CVS Beanaid for \$11.99 each bottle and 25% off for \$5.50 off with a CVS coupon for \$18.48 total. I then bought a 12 ounce Starbucks medium ground coffee for \$5.99 less \$5 off with a CVS Bonus Bucks coupon from the previous purchase for .99 total. I then drove further downtown, and I sat outside for a while downtown on Greenwich Avenue, and it was pretty slow out. I then went to Whole Foods, and I bought two 32 ounce Pacific organic onion soup for \$4.99 each for \$9.98 total. I then went to the Stop and Shop, and I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all, deli sliced Stop and Shop Danish ham for \$6.99 a pound for \$7.13, deli sliced Stop and Shop white American cheese for \$4.99 a pound for \$5.19, a 42 ounce Quaker old fashioned oatmeal for \$4.24, two 15 ounce Campbell's French Onion soup for \$1.79 each, two 28 ounce Tositos medium salsa for \$3.34 each, two 8.5 ounce Tostitos corn chip scoops for

\$3.33 each, a 9.5 ounce Utz wavy potato chips for \$3 and bananas for .49 a pound .67 for \$41.54 total. I then returned home, and I carried up, and I put away my groceries. CIO

01/29/16 Friday 7:10 A.M. I went back to bed until 7 A.M.. I ate two small bowls of goldfish crackers. I will now make my bed. I will then shower and clean up. I then will go downtown. CIO

01/29/16 Friday 4:25 A.M. I watched "Martin Clunes, Islands of Britain, The South" off Acorn TV. CIO

01/29/16 Friday 3:30 A.M. I went back to bed until 3 A.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. CIO

01/29/16 Friday 1:40 A.M. I went back to bed until 1 A.M.. I will eat three cups of Lipton onion soup with a glass cold filtered water. CIO

01/28/16 Thursday 11:20 P.M. I went back to bed until 11 P.M.. I drank a cup of coffee with Equal sweetener and milk. I will now wash the breakfast dishes. CIO

01/28/16 Thursday 8:05 P.M. The fire marshal and building custodian checked out my apartment at 11 A.M.. I ate a small bowl of goldfish crackers. I woke up at 7:30 P.M.. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tqtLabels1=92748901095826602605403248> on the order for <http://www.ebay.com/itm/HP-x3000-Wireless-Optical-Mouse-Black-/191758111587?&rmvSB=true> for \$7.99 with free shipping and .51 tax for \$8.50 total. The order with tracking of [USPS.com® - USPS Tracking®](http://www.bigtallpants.com/52-X-30-Closeouts/RGM-Big-Mens-Plain-Front-Heathered-Dress-Pant/10037872/3778-4038-7671/Product) on the order for 52 inch waist by 30 inch inseam <http://www.bigtallpants.com/52-X-30-Closeouts/RGM-Big-Mens-Plain-Front-Heathered-Dress-Pant/10037872/3778-4038-7671/Product> for \$29.88 with free shipping with promo code "PROMOBFG" for \$29.88 total arrived. 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 Equal sweetener and milk. CIO

01/28/16 Thursday 9:45 A.M. I watched "Martin Clunes, Islands of Britain, The West" off Acorn TV. I will now shut down the primary work computer, and I will go to bed. CIO

01/28/16 Thursday 8:40 A.M. I ate 11 Triscut rosemary and extra virgin olive oil crackers with 2 ounces of Norwegian Jarlsberg cheese cut into small slices. CIO

01/28/16 Thursday 8:25 A.M. I ordered [http://flash.newegg.com/Product/N82E16826105480?icid=WP\\_13\\_01242016](http://flash.newegg.com/Product/N82E16826105480?icid=WP_13_01242016) for \$11.74 with free shipping.

01/28/16 Thursday 7:35 A.M. I woke up at 7 A.M.. I am feeling a little bit better staying inside during the colder weather instead of exercise walking on Greenwich Avenue. Still, one gets a bit of cabin fever. In the old days or boredom in this area, I used to drive up to New Canaan and tour the Visiting Nurse Thrift Shop across the street from the downtown New Canaan fire house. Smith Corona typewriters used to be headquartered in New Canaan. One can also linger in the public libraries of New Canaan or Ridgefield which have a slower ambience than the Greenwich Library. I never visit [www.yale.edu](http://www.yale.edu) which is not too far away, because there is now too much traffic in that direction. It is not like the old days, when one could drive up there and find a parking place in front of the Sterling Library and munch on vending machine food in the basement while watching the students go about the merry business. The Sterling Library was always full of Asian students on weekends, when the American students were engaged in other activities. We probably still have students investigating our area while they pursue their educational progress. This time of year, anyone can drive out to the wilds of Tod's Point beach in Old Greenwich without a beach pass. When Yale students visit New York City, they are not too street wise unlike the local students in the City. One can always reread "Catcher in the Rye". Of course a lot of the international students might not have very good English language skills. Prince Albert of Monaco attended Amherst College for a while. Crown Princess Victoria of

Sweden attended Yale for a while and her father the King of Sweden as did the Aga Khan attended Harvard. The Empress of Japan also attended Radcliff before it became part of Harvard. As students, they probably lead low key lifestyles. CIO

01/28/16 Thursday 5:05 A.M. I heated and ate a 18.8 ounce can of Campbell's New England clam chowder that I seasoned with dried parsley, ground black pepper and celery salt, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

01/28/16 Thursday 4:15 A.M. I watched "Martin Clunes, Islands of Britain, The North" off Acorn TV. CIO

01/28/16 Thursday 2:50 A.M. I watched the final episode 63 of "Monarch of the Glen". CIO

01/28/16 Thursday 1:45 A.M. I ate 6 ounces of reheated Perdue Italian chicken cutlets, 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 seasoned with garlic powder, ground black pepper, and Italian seasoning, 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. CIO

01/28/16 Thursday 12:35 A.M. When I visited California a few times up until November 1980, I noticed there were no McDonalds in California, and a lot of people were vegetarians that liked to eat taco corn chips. There was an ice cream parlor on the beach in Laguna Beach. Denny's was the local restaurant chain in California like Howard Johnson's back east. Alas <http://glorydaysdiner.com/> is not opened 24 hours anymore in Greenwich. I think the Subway sandwich places on I-95 and possibly on the Merritt Parkway are opened 24 hours. Of course near me on West Putnam Avenue in Greenwich are three 24 gasoline stations with convenience stores with food and a 24 hour CVS with food. However <http://www.portchestercoachdiner.com/> is opened 24 hours. If one wants to hob nob around the Rockefeller group in Tarrytown, New York, there used to be a 24 hour diner by the Shell Station off I-287 in Tarrytown, New York just before the Tappan Zee Bridge exit. CIO

01/28/16 Thursday 12:10 A.M. In California, they are not anymore friendly if you don't have wampum. Basically in Laguna Beach, California, even when I had money, nobody would talk to me at the 24 hour Denny's near the local hospital, since I was not programmed the way they were. CIO

01/27/16 Wednesday 11:55 P.M. Having lived around the Bush group a large part of my life, I have seen no evidence of drug use, but there is a lot of alcohol use around them <http://www.greenwichtime.com/entertainment/radar/article/New-Book-Rips-Lid-Off-Jeb-Bush-Cocaine-Scandal-6784145.php>. However, around the liberal Kennedy group in politics, there is a lot of evidence of recreational drug use that the media covers up. CIO

01/27/16 Wednesday 11:20 P.M. If you are dumb enough to think liberal billionaires are going to help you out, one can read this <http://www.bbc.com/news/world-us-canada-35421490> and see how much <https://www.gatesnotes.com/> with all of his money did to help on a local matter in his own back yard. CIO

01/27/16 Wednesday 10:35 P.M. I chatted with a relative about 8 P.M.. I went back to bed after the previous note until 10:20 P.M.. I will now drink a cup of coffee with Equal sweetener and milk. I will then make my bed and shower and clean up. Although I have been sleeping a lot more recently like I am in hibernation mode, I am feeling better without the stress of walking Greenwich Avenue in the colder weather. I notice amongst the so called movers and shakers of Greenwich, one never sees any of them on Greenwich Avenue anytime of the year, so I guess they shop elsewhere. One does see a lot of young Turks during the early morning buying coffee at Starbucks on Greenwich, before they take off to run the world. My viewpoint is that if they can not even make a cup of coffee at their own homes, they might not be qualified to run the world. CIO

01/27/16 Wednesday 6:45 P.M. I chatted with a relative. I checked outside for the mail twice, but it does not seem to have arrived today. I guess the fire department scared away the mail truck. CIO

01/27/16 Wednesday 5:40 P.M. I woke up at 5:10 P.M., when I heard the building fire alarm going off. It was a burnt toast alarm, so the fire department responded and reset the alarm. When they last showed up a week and a half ago, and they could not find what set off the alarm, I think it might have been the stairway hall heater on the east end of the building. I just now told them that. I can not hear the building fire alarm, if I am asleep in my building. I just happened to be waking up. 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 Equal sweetener and milk. CIO

01/27/16 Wednesday 1:00 P.M. I woke up at noon. I chatted with a relative. CIO

01/27/16 Wednesday 6:45 A.M. Sometime tomorrow Thursday January 28, 2016, the fire department inspector will be inspecting the apartments. I ate 11 Triscut rosemary and extra virgin olive oil crackers with 2 ounces of Norwegian Jarlsberg cheese cut into small slices. I will now rest for a while. CIO

01/27/16 Wednesday 5:50 A.M. I watched episode 62 of "Monarch of the Glen". CIO

01/27/16 Wednesday 4:50 A.M. I ate a 16 ounce Marie Callender corn chowder chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/27/16 Wednesday 4:20 A.M. <http://www.greenwichtime.com/business/article/Study-Conn-third-worst-for-retirees-6782505.php> CIO

01/27/16 Wednesday 4:15 A.M. I went through <http://scott-mike.com/bf.htm> . I put away the clean laundry. I said hello to a neighbor. CIO

01/27/16 Wednesday 3:00 A.M. I have 50 minutes to go on two dry cycles. CIO

01/27/16 Wednesday 2:35 A.M. I put clean linens on the bed. I showered, and I cleaned up. I have 10 minutes to go on two wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

01/27/16 Wednesday 1:30 A.M. I went back to bed until 1 A.M.. I ate the rest of the nacho chips with salsa. CIO

01/26/16 Tuesday 11:05 P.M. I went back to bed until 10:30 P.M.. I washed the breakfast dishes.

Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9461209699938157052724](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9461209699938157052724) on the order for <http://www.ebay.com/itm/L-L-BEAN-Mens-featherdown-insulated-coat-size-2X/191787887124?trksid=p2047675.c100011.m1850&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D35218%26meid%3D45b150814b434dda836ac2345f591c9c%26pid%3D100011%26rk%3D3%26rkt%3D6%26sd%3D191735685945> for \$26.99 and \$3.99 shipping for \$30.98 total.

Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=92748901095826602605403248](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=92748901095826602605403248) on the order for <http://www.ebay.com/itm/HP-x3000-Wireless-Optical-Mouse-Black-/191758111587?&rmvSB=true> for \$7.99 with free shipping and .51 tax for \$8.50 total. I will now eat a dozen Nacho shell chips with a bit of guacamole. CIO

01/26/16 Tuesday 8:00 P.M. I woke up and ate 8 ounces of Dannon vanilla yogurt. I chatted with a friend around noon. I finally 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 Equal sweetener and milk. Pied A Terre in Greenwich <http://www.greenwichtime.com/realestate/article/Price-cut-on-Mel-Gibson-s-former-Greenwich-home-6031618.php> . CIO

01/26/16 Tuesday 7:35 A.M. I threw out the garbage. I moved my Volvo wagon into my building parking lot closer to its usual place. I will now shut down the primary work computer. I will then go to bed.

<http://www.greenwichtime.com/news/world/article/British-explorer-Henry-Worsley-dies-on-solo-6781689.php> CIO

01/26/16 Tuesday 6:55 A.M. I chatted with a friend. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

01/26/16 Tuesday 6:20 A.M. Dutch refugee center <http://www.koninklijkhuis.nl/actueel/nieuws/2016/01/19/koning-met-staatssecretaris-dijkhoff-op-werkbezoek-in-ter-apel> . CIO

01/26/16 Tuesday 6:10 A.M. I bought <http://www.ebay.com/itm/L-L-BEAN-Mens-featherdown-insulated-coat-size-2X/191787887124?trksid=p2047675.c100011.m1850&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D35218%26meid%3D45b150814b434dda836ac2345f591c9c%26pid%3D100011%26rk%3D3%26rkt%3D6%26sd%3D191735685945> for \$26.99 and \$3.99 shipping for \$30.98 total. CIO

01/26/16 Tuesday 5:50 A.M. One might find this handy, if one had to camp out in South Florida in the winter [http://www.cabelas.com/product/tru-spec-men-s-military-poncho/751063.uts?Ntk=AllProducts&searchPath=%2Fcatalog%2Fsearch.cmd%3Fform\\_state%3DsearchForm%26N%3D0%26fsch%3Dtrue%26Ntk%3DAllProducts%26Ntt%3Dmens%252Bfield%252Bcoat%26x%3D10%26v%3D6%26WTz1%3DHeader%253BSearch-All%252BProducts&Ntt=mens+field+coat](http://www.cabelas.com/product/tru-spec-men-s-military-poncho/751063.uts?Ntk=AllProducts&searchPath=%2Fcatalog%2Fsearch.cmd%3Fform_state%3DsearchForm%26N%3D0%26fsch%3Dtrue%26Ntk%3DAllProducts%26Ntt%3Dmens%252Bfield%252Bcoat%26x%3D10%26v%3D6%26WTz1%3DHeader%253BSearch-All%252BProducts&Ntt=mens+field+coat) Military Grade Poncho for \$40. CIO

01/26/16 Tuesday 5:40 A.M. I woke up at 4:30 A.M.. I did some systems maintenance on the Dell Latitude E6400 laptop. I had not backed it up since installing the HP wireless laser printer on it. I am now doing a Windows Complete PC backup to the Samsung 5 TB external USB hard drive. I will then an Aomei backup of it to the Samsung 5 TB external USB hard drive. CIO

01/26/16 Tuesday 3:50 A.M. I ate 8 ounces of Nacho salsa with about 40 Nacho shell chips and a two ounce chunk of Norwegian Jarlsberg cheese. I will now rest for a while. CIO

01/26/16 Tuesday 3:05 A.M. I watched episode 61 of "Monarch of the Glen" <http://www.ardverikie.com/> . CIO

01/26/16 Tuesday 2:00 A.M. I ate 30 Tostitos scoops with a fourth of a teaspoon of fresh guacamole on each. CIO

01/26/16 Tuesday 1:15 A.M. Dutch Music <http://tunein.com/radio/100-NL-1044-s76590/> . I ate 30 Tostitos scoops with a fourth of a teaspoon of fresh guacamole on each. CIO

01/26/16 Tuesday 12:50 A.M. I ordered two in black [http://www.cabelas.com/product/CABELAS-ACRYLIC-KNIT-WATCH-HAT/2028648.uts?productVariantId=4181058&srccode=cii\\_10043468&cpncode=45-130941031-2&WT.tsrc=CSE&WT.mc\\_id=Shopzilla&WT.z\\_mc\\_id1=04169660&rid=20](http://www.cabelas.com/product/CABELAS-ACRYLIC-KNIT-WATCH-HAT/2028648.uts?productVariantId=4181058&srccode=cii_10043468&cpncode=45-130941031-2&WT.tsrc=CSE&WT.mc_id=Shopzilla&WT.z_mc_id1=04169660&rid=20) for \$2.49 each with 10% discount and free shipping with coupon code "16WINTER" and .28 tax for \$4.76 total.

I ordered <http://www.ebay.com/itm/HP-x3000-Wireless-Optical-Mouse-Black-/191758111587?&rmvSB=true> for \$7.99 with free shipping and .51 tax for \$8.50 total. CIO

01/25/16 Monday 10:45 P.M. I chatted with a relative. I went back to bed until 9 P.M.. I threw out the garbage. I went out to the Stop and Shop. I bought a 59 ounce container of Florida Natural orange juice with calcium for \$1.99, a 48 ounce tub of Smart Balance Spread for \$7.39, two 19 ounce Stouffer's meat and tomato lasagnas for \$3 each, a 28 ounce Oncor beef patties for \$2.69, two Marie Callender corn chowder chicken pot pies for \$3.59 each, a 64 ounce Welch's' grape juice for \$4.19, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a quart of Tostitos mild salsa for \$3.33, two 8.5 ounce bags of Tostitos shells for \$3.33 each bag, two baking potatoes for .99 a pound for \$1.88, bananas for .49 a pound for \$1.44, fresh guacamole for \$3.99 a pound for \$4.43 for \$50.19 total. I then tried to drive downtown Greenwich Avenue, but it was blocked off by the police department with the public works department cleaning off Greenwich Avenue. I then returned home, and I put away my groceries. I will now have a cup of coffee with Equal sweetener and milk. I will then make my bed and shower and clean up. CIO

01/25/16 Monday 6:55 P.M. I ate 10 Danish butter cookies and a blueberry muffin. I also ate 2 ounces of Norwegian Jarlsberg cheese and 3 deli slices of white American cheese. I chatted with a friend at 4 P.M.. I woke up at 6 P.M.. I threw out the garbage. I checked the outside environment. 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 Equal sweetener and milk. CIO

01/25/16 Monday 6:10 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

01/25/16 Monday 6:00 A.M. I ate 16 Danish butter cookies. I ate 30 ounces of Campbell's French Onion soup with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/25/16 Monday 5:30 A.M. This size 48 to size 50 might barely fit me for \$75 and \$90 after shipping and tax <http://www.sierratradingpost.com/marmot-ramble-component-jacket-waterproof-3-in-1-for-men~p~7913d/?filterString=sports-and-outdoors~d~4868%2Fclearance~1%2Fsizefamily~general%3B3xl%2C2xl%2F&colorFamily=07> . CIO

01/25/16 Monday 5:10 A.M. Another Fat Man's Sporting Jacket for \$75 Similar to L.L. Bean Field Coat <http://www.ebay.com/itm/Orvis-Heritage-Field-Coat-Mens-XXL-2XL-Size-50-52-Upland-Game-Bird-Hunting-/221999966086?hash=item33b03aa786:g:gz8AAOSwqYBwnroR> . At the moment the L.L. Bean Field Jackets in larger sizes are sold out. However, these \$47 jackets from Jolly Old England are available <http://www.ebay.co.uk/itm/MENS-COUNTRYMAN-PADDED-WAX-JACKET-COAT-BRITISH-HUNTING-FISHING-WALKING-SHOOTING-/271802566764> . CIO

01/25/16 Monday 4:00 A.M. I watched episode 60 of "Monarch of the Glen" <http://www.ardverikie.com/> . I checked outside and walked around the parking lot. I turned the living room thermostat back down from 78 degrees Fahrenheit to 72 degrees Fahrenheit. CIO

01/25/16 Monday 2:35 A.M. Well not much happening in this area. I guess most older retired people do not waste their extra money on cable television and computers and the internet. Still, I started this activity when I was much younger at age 40 hoping to revive the locally depressed economy. I think the European Unions have retirement communities in southern Spain, where a lot of northern Europeans retire for warmer weather. CIO

01/25/16 Monday 2:05 A.M. I watched episode 59 of "Monarch of the Glen" <http://www.ardverikie.com/> . I guess the American version of European aristocracy working to make ends meet on their properties is [www.biltmore.com](http://www.biltmore.com) . Alas coming from an ordinary American family, although I am disabled I grew up with the work ethic, so I keep busy with my personal computers and the internet. Of course, some times I burn out, and I have to rest a bit. After working with personal computers for 26 years, I tend to know what I am

doing, although age wise, I might be a bit to old for the modern generation of device users. Still, everything in its own place and own time. It is sort of amusing that coming from a private established family, other established individuals do not know how to network, but I suppose it is because with all of the media people in this area, most people would prefer to keep their own privacy. One could always try moving to the "Leisure World" <http://www.lagunawoodsvillage.com/> retirement community east of Laguna Beach, California and enjoying the ordinary middle class lifestyle of a lot of ordinary people living in simple bungalows instead of trying to keep up with the upper glass of the gold coast of Connecticut. Alas, at my economic status, that would not be an option. Of course, since the United States of America has been some sort of democracy for most of its existence, we do not try to maintain the European standards of a by gone era. It is my experience, one pretty much has to pay their own way in this neck of the woods, and the social services as they are provide subsistence living, so over time one has to learn to be a penny pincher and frugal. About the only think I have been extravagant on is my computer setup <http://scott-mike.com/computer.htm> which does work just fine, but alas, the more mobile younger generation prefers the more expensive more mobile devices. They are not really word orientated but more travel orientated. They of course have different values too. From a political viewpoint, I think the government social services should give disabled people more money, so they can have more extensive lifestyles. CIO

01/25/16 Monday 12:40 A.M. <http://www.amazon.com/Scottish-Highland-Jacobite-Jacobean-Ghillie/dp/B00D63XZ4Q>

[http://www.ebay.com/itm/NEW-White-JACOBITE-GHILLIE-KILT-SHIRT-Small-Med-Large-XL-2XL-3XL-4XL/231117872979?\\_trksid=p2141725.c100338.m3726&\\_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3D07e41ba7d7604777844fef743c20d5ba%26pid%3D100338%26rk%3D3%26rkt%3D17%26sd%3D230914233109](http://www.ebay.com/itm/NEW-White-JACOBITE-GHILLIE-KILT-SHIRT-Small-Med-Large-XL-2XL-3XL-4XL/231117872979?_trksid=p2141725.c100338.m3726&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3D07e41ba7d7604777844fef743c20d5ba%26pid%3D100338%26rk%3D3%26rkt%3D17%26sd%3D230914233109)

CIO

End of Scott's Notes week of 01/25/16

01/25/16 Monday 12:20 A.M. [Snow Removal Info & Winter Weather Tips - Town of Greenwich, Connecticut](#)

I will now send of out my weekly notes. CIO

01/25/16 Monday 12:05 A.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

01/24/16 Sunday 11:20 P.M. One can always escape.

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](http://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

01/24/16 Sunday 11:15 P.M. I went outside, and I surveyed the local tundra. I ordered two packs of two waist 54 inches for \$14 each two pack <http://www.hanes.com/hanes/men/underwear/all-mens-underwear/hanes-mens-tartan-boxers-120459> and \$1.99 shipping with coupon code "89685" and \$1.91 tax for \$31.90 total. CIO

01/24/16 Sunday 8:50 P.M. There is supposed to be a low of 16 degrees Fahrenheit tonight. There might be black ice. Downton Abby comes on Channel 13 [www.pbs.org](http://www.pbs.org) at 9 P.M.. CIO

01/24/16 Sunday 8:40 P.M. I woke up at 8 P.M., and I chatted with two relatives. I made my bed. I showered, and I cleaned up. CIO

01/24/16 Sunday 6:10 P.M. I chatted with a relative. Panda Bear in the snow  
<http://nationalzoo.si.edu/animals/webcams/giant-panda.cfm>

<http://www.greenwichtime.com/nation/article/National-Zoo-panda-Tian-Tian-playing-in-the-snow-6779042.php> . CIO

01/24/16 Sunday 5:45 P.M. I ate 14 Danish butter cookies. I chatted with a friend at 6 A.M. and a relative at 3 P.M.. I finally woke up at 5 P.M.. I checked the Volvo wagon and it seems to be fine where it is. I chatted with a new Norwegian neighbor. 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 Equal sweetener and milk. I guess I am sleeping a lot because with winter setting in, I am beginning to hibernate. CIO

01/24/16 Sunday 2:35 A.M. I went back to bed until 2:00 A.M.. I ate 6 ounces of reheated Perdue Italian chicken cutlets, 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 seasoned with garlic powder, ground black pepper, and Italian seasoning, 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. CIO

01/24/16 Sunday 12:25 A.M. I went through <http://scott-mike.com/bf.htm> . I threw out the garbage down the garbage chute outside my apartment. I went outside. The driveway is plowed, but the main walkway into the building needs shoveling. There are no plowed parking spaces in our parking lot for moving cars around. The rear ice skating rink parking lot seems to be plowed, but one would have to walk through the snow covered field between our building and the ice skating parking lot. I chatted with a neighbor. CIO

01/23/16 Saturday 11:45 P.M. I chatted with a friend at 9 P.M., and the friend reported only a few inches of snow on the roof of her building by the Metropolitan Museum in Manhattan, however CNN reports 25 inches of snow at LaGuardia airport. Outside in the suburbs of Philadelphia, they got 30 inches of snow and Washington D.C. got 25 inches of snow. I woke up again at 11 P.M.. I heated and ate a 18 ounce bowl of Campbell's Italian Wedding spinach and sausage soup, which I ate with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/23/16 Saturday 7:25 P.M. I chatted with two friends. I washed the breakfast dishes. I will now rest some more. CIO

01/23/16 Saturday 6:00 P.M. I chatted with a relative and a friend. The Greenwich Warning system called to say, we might have up to 20 inches of snow up until midnight. I woke up at 5 P.M.. I dressed warmly, and I went outside. I cleared off about a foot of snow off my Volvo wagon. I was able to move it to a clear parking space. The Volvo wagon has new all season tires and four wheel drive, so it has good traction on snow. 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 Equal sweetener and milk. CIO

01/23/16 Saturday 7:35 A.M. I ate 14 Triscuit rosemary and extra virgin olive oil crackers with three ounces of Norwegian Jarlsberg cheese cut into thin slices. I will now rest for a while. CIO

01/23/16 Saturday 7:15 A.M.

[http://www.scottishtradingcompany.com/index.php?main\\_page=index&cPath=150](http://www.scottishtradingcompany.com/index.php?main_page=index&cPath=150)

<http://www.houseoflabhran.com/> CIO

01/23/16 Saturday 6:55 A.M. <http://www.canada-goose.com/> Big Buck Winter Clothing.

Orvis Field Coats on Sale

[http://www.orvis.com/store/product\\_search\\_tnail.aspx?keyword=field%20coat&adv=584368&cm\\_mmc=Orvisbrand--Tm-x-clothing-us-exact--Tm-x-clothing-coat-field-x-x--orvis%20field%20coat&gclid=CPuKvoDvv8oCFQseHwode9UKCg](http://www.orvis.com/store/product_search_tnail.aspx?keyword=field%20coat&adv=584368&cm_mmc=Orvisbrand--Tm-x-clothing-us-exact--Tm-x-clothing-coat-field-x-x--orvis%20field%20coat&gclid=CPuKvoDvv8oCFQseHwode9UKCg) CIO

01/23/16 Saturday 6:10 A.M. I watched series 2 episode 2 of "The Gadget Man" and episode 58 of "Monarch of the Glen". I chatted with a friend. CIO

01/23/16 Saturday 4:15 A.M. I ate a 16 ounce Marie Callender beef pot pie with a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. Snowed in Washington D.C. <http://www.earthtv.com/en/camera-destination/washington-dc-usa/> . CIO

01/23/16 Saturday 3:50 A.M. I turned the living room thermostat backup from 72 to 78 degrees Fahrenheit to keep the apartment warmer in case we should lose electricity in the expected high winds. CIO

01/23/16 Saturday 3:40 A.M. New York City seems clear at the moment <http://www.cnyclive.com/> . CIO

01/23/16 Saturday 3:30 A.M. Local I-95 highway web cam  
<http://www.ct.gov/dot/cwp/view.asp?a=2354&q=415220> . CIO

01/23/16 Saturday 3:30 A.M. I think British clothing sizes are different, so one would have to cross reference them [http://www.ebay.com/itm/New-Wax-Padded-Jacket-Coat-Green-Blue-Ladies-Mens-XS-S-M-L-XL-XXL-3XL-4XL-5XL/351239623756?\\_trksid=p2047675.c100005.m1851&\\_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20131003132420%26meid%3D78a97007c4954441b7404263ec8deb7c%26pid%3D100005%26rk%3D1%26rkt%3D6%26sd%3D291516721074](http://www.ebay.com/itm/New-Wax-Padded-Jacket-Coat-Green-Blue-Ladies-Mens-XS-S-M-L-XL-XXL-3XL-4XL-5XL/351239623756?_trksid=p2047675.c100005.m1851&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20131003132420%26meid%3D78a97007c4954441b7404263ec8deb7c%26pid%3D100005%26rk%3D1%26rkt%3D6%26sd%3D291516721074) and [http://www.ebay.com/sch/campbellcooper01/m.html?item=351239623756&rt=nc&\\_trksid=p2047675.12562](http://www.ebay.com/sch/campbellcooper01/m.html?item=351239623756&rt=nc&_trksid=p2047675.12562) and <http://www.asknumbers.com/ClothingMensConversion.aspx> . CIO

01/23/16 Saturday 2:55 A.M. I watched series 2 episode 1 of "The Gadget Man". It has started to snow outside. CIO

01/23/16 Saturday 1:55 A.M. I made my bed. I showered, and I cleaned up.

<http://www.sothebys.com/en/auctions/2016/deborah-duchess-devonshire-116318.html> CIO

01/23/16 Saturday 12:35 A.M. I am just about to eat 21 ounces of Bar Harbor New England Style lobster bisque with a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. CIO

01/23/16 Saturday 12:20 A.M. I slept some more until midnight. I chatted with a friend at 9 P.M. and a relative at 11 P.M.. CIO

01/22/16 Friday 8:30 P.M. I threw out the garbage. I picked up the mail. I chatted with a relative. I washed the breakfast dishes. CIO

01/22/16 Friday 7:15 P.M. I ate a small bowl of goldfish crackers. I chatted with a friend at 4 P.M.. I finally 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, I drank a cup of coffee with Equal sweetener and milk. CIO

01/22/16 Friday 11:35 A.M. I woke up at 11 A.M.. I ate a <http://scott-mike.com/em.htm> along with a 10 ounce glass of 50% punch and 50% Schweppes Ginger Ale. CIO

01/22/16 Friday 3:30 A.M. I just ate 15 Rosemary and olive oil triscuit crackers with about three ounces Norwegian Jarlsberg cheese cut into this slices on them. I will now try to rest for a while. CIO

01/22/16 Friday 3:00 A.M. Once the cup cools, I am about to have a cup of Tazo chamomile tea with Equal sweetener. CIO

01/22/16 Friday 2:45 A.M. Tracking is [USPS.com](http://USPS.com)® - [USPS Tracking](http://USPS.com)® on the order for 52 inch waist by 30 inch inseam <http://www.bigtallpants.com/52-X-30-Closeouts/RGM-Big-Mens-Plain-Front-Heathered-Dress-Pant/10037872/3778-4038-7671/Product> for \$29.88 with free shipping with promo code "PROMOBFG" for \$29.88 total.

[http://view.klm-mail.com/?j=fe88177373670d7b7c&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff5c15797c&ju=fe581c707d6502787d17&r=0&WT.mc\\_id=L\\_US\\_Email\\_ExactTarget\\_Campaign\\_Initial\\_vougo\\_Jan16&WT.tsrc=Email&WT.i\\_vid=59129346](http://view.klm-mail.com/?j=fe88177373670d7b7c&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff5c15797c&ju=fe581c707d6502787d17&r=0&WT.mc_id=L_US_Email_ExactTarget_Campaign_Initial_vougo_Jan16&WT.tsrc=Email&WT.i_vid=59129346)

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

Spanish Volcano Información

These are the world's best countries. (Sorry, America — you're No. 4.) - The Washington Post CIO

01/22/16 Friday 2:30 A.M. I watched episode 4 of "The Dark Ages, The Age of Light" on Acorn TV and the Series 1, episode 4 of "The Gadget Man" on Acorn TV. CIO

01/22/16 Friday 12:35 A.M. I remember once about 10 to 15 years ago, when North Carolina got two feet or more of snow, the French Canadians came down and helped plow them out. The Canadians can only help out, if they don't get snow. CIO

01/22/16 Friday 12:20 A.M. I ate just about to eat a 30 ounce bowl of Campbell's French Onion soup with a 12 ounce glass of 50% Schweppes Ginger Ale and 50% punch. CIO

01/21/16 Thursday 11:55 P.M. I went back to bed until 11:45 P.M.. CIO

01/21/16 Thursday 9:40 P.M. I went back to bed until 9:30 P.M.. I threw out the garbage. I picked up the mail. I ate a small bowl of goldfish crackers. CIO

01/21/16 Thursday 6:45 P.M. I chatted with a relative. In the old days, when people could afford cooks, Thursdays were the cook's night off, so people would go out to dinner. CIO

01/21/16 Thursday 5:25 P.M. I woke up at 5 P.M.. I had one telephone call from con artists offering me a free trip for two to the Bahamas. Possibly the reason I am sleeping so much is that my system is worn out from beta testing and installing Windows 10 for the past year, and I am worn out. It is like the move "Cousin, Cousine" about the French Sleep cure, where they let you sleep for two weeks, and one wakes up completely rested. However, with the colder weather outside, there is not much to do outside in the local tundra besides go to the Greenwich Library and the grocery store. I guess one could also sit around Starbucks. I never visit Manhattan, because it is too busy, and not enough places to go to the bathroom, and it is very expensive. I used to be pretty go at hustling a drink, but I don't drink alcohol anymore. 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 Equal sweetener and milk. CIO

01/21/16 Thursday 3:25 A.M. I will now shut down the primary work computer. I will then eat a blueberry muffin, and then I will go to bed. CIO

01/21/16 Thursday 3:10 A.M. Video on my Acer laptop <https://www.youtube.com/watch?v=Pjh-UUjLg80>

<http://liliputing.com/2015/10/acer-aspire-r11-convertible-windows-notebook-review.html> CIO

01/21/16 Thursday 2:40 A.M. [https://overpowerd.com/machines/incredible-footage-of-a-speeding-train-plowing-through-heavy-snow-on-the-tracks-like-its-nothing/?utm\\_source=Outbrain&utm\\_medium=CPC&utm\\_campaign=OB\\_Train\\_Plow\\_US](https://overpowerd.com/machines/incredible-footage-of-a-speeding-train-plowing-through-heavy-snow-on-the-tracks-like-its-nothing/?utm_source=Outbrain&utm_medium=CPC&utm_campaign=OB_Train_Plow_US) CIO

01/21/16 Thursday 2:30 A.M. I ate 30 ounces of Campbell's cream of shrimp soup with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/21/16 Thursday 2:00 A.M. <http://www.davos.ch/en/davos-klosters/news/live-cams/livecams-davos-klosters/>

<https://www.weflive.com/?gclid=CiJiwdWousoCFYQXHwodoo8O3Q#!/topic/all-topics> CIO

01/21/16 Thursday 1:30 A.M. <http://www.foxnews.com/science/2016/01/20/scientists-may-have-just-found-ninth-planet-and-its-massive.html?intcmp=hpbt4> . CIO

!!!!!! 01/21/16 Thursday 1:15 A.M. <http://www.cnn.com/2016/01/20/weather/northeast-snowstorm-weather/index.html> . CIO

01/21/16 Thursday 1:05 A.M. Besides my waist 48 inch corduroys and khakis which are a bit snug, I also have my waist 50 inch and waist 48 inch blue jeans, and I also have two pairs khaki light silk pants waist 48 inches in my left living room closet. I watched episode 3 of "The Dark Ages, The Age of Light" on Acorn TV. CIO

01/20/16 Wednesday 11:20 P.M. I ordered in 52 inch waist by 30 inch inseam <http://www.bigtallpants.com/52-X-30-Closeouts/RGM-Big-Mens-Plain-Front-Heathered-Dress-Pant/10037872/3778-4038-7671/Product> for \$29.88 with free shipping with promo code "PROMOBFG" for \$29.88 total. It is the nature that in my old age, I am sort of portly. CIO

01/20/16 Wednesday 11:00 P.M. I ate a 14 ounce Boston Market meat loaf dinner with Smart Balance spread on the mashed potatoes and a 12 ounce glass of Schweppes Ginger Ale and some wavy potato chips. CIO

01/20/16 Wednesday 10:05 P.M. I ate rest of the Nacho shells and guacamole. I put away the clean laundry. I am charging up the three jump start systems. CIO

01/20/16 Wednesday 9:05 P.M. This is the Acer laptop that I got from the Microsoft Store before Christmas for \$200 plus tax and shipping for \$254.88 <http://www.amazon.com/Acer-Aspire-R3-131T-P344-11-6-inch-Notebook/dp/B012IBOCR0> . CIO

01/20/16 Wednesday 8:45 P.M. I have 50 minutes to go on two dry cycles. CIO

01/20/16 Wednesday 8:15 P.M. I put clean linens on the bed. I showered, and I cleaned up. I have 10 minutes to go on two wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

01/20/16 Wednesday 7:10 P.M. I went back to bed until 7 P.M.. I made up a fresh batch of punch. I chatted with a relative. CIO

01/20/16 Wednesday 4:30 P.M. I woke up, and I ate five ounces of Tostitos scoops and 8 ounces of guacamole. I went back to bed, and I woke up and ate 8 ounces of Dannon vanilla yogurt. I finally woke up at 10:45 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 Equal sweetener and milk. CIO

01/20/16 Wednesday 1:00 A.M. I watched episode 2 of "The Dark Ages, The Age of Light" on Acorn TV. I ate 4 Danish butter cookies. I will now rest for a while. CIO

01/19/16 Tuesday 11:35 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/19/16 Tuesday 10:55 P.M. Guatemala volcano expedition Dec 2015: photos

Petrology and Volcanology Research Group | University of Perugia |

CIO

01/19/16 Tuesday 10:05 P.M. I saw an individual at the Stop and Shop entrance tying about 10 plastic bags together to carry home, I guess walking which is a hoist. This expensive item is available for such a chore <http://www.amazon.com/Hook-Go-Portable-Supermarket-Shopping/dp/B001I3V4NA> . CIO

01/19/16 Tuesday 9:45 P.M. I ate 25 Tostitos scoops with a half teaspoon of guacamole. Traditional Florida cooking has a Mexican Spanish influence, since a few of them live down south in Florida. CIO

01/19/16 Tuesday 9:30 P.M. I threw out the garbage. I did not get any mail. I went downtown to CVS on Greenwich Avenue, and I picked up a prescription. I bought three 15 ounce cans of Chef Boyardee small ravioli for a dollar each two 15 ounce Chef Boyardee ravioli for a dollar each for \$5 total. I then drove down through the center of a quiet downtown Greenwich Avenue with not much going on. From my years of experience walking Greenwich Avenue and the train station area, I know <http://www.planetpizza.com/greenwich-ct/14> usually has four to six drivers working for them ready to deliver to hungry people stuck at home. I went to the Stop and Shop. I bought a loaf of Pepperidge Farm 15 grain bread for \$4.29, a quart of Dannon vanilla yogurt for \$2.99, two 14 ounce Boston Market meatloaf dinners for \$2.50 each, a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$7.99, a 42 ounce Quaker old fashioned oatmeal for \$4.24, a 10 ounce Tostitos scoops for \$3.50, bananas for .49 a pound for .95, fresh guacamole for \$3.99 a pound for \$4.35 less 50 cents off can return for \$35.41 total. I then returned home, and I carried up my groceries, and I put them away. CIO

01/19/16 Tuesday 7:20 P.M. I will now make my bed. I will then shower and clean up and go downtown. A friend told me, we might have a foot of snow on Saturday from a Northeasterner storm. CIO

01/19/16 Tuesday 7:15 P.M. I chatted with a relative. I went back to bed until 7 P.M.. I washed the breakfast dishes. CIO

01/19/16 Tuesday 4:50 P.M. I woke up and ate 16 Danish butter cookies. I chatted with a friend at 6 A.M.. I woke up at 4:00 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 Equal sweetener and milk. CIO

01/19/16 Tuesday 2:45 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

01/19/16 Tuesday 2:35 A.M. <http://www.earthtv.com/en/camera-destination/washington-dc-usa/>

I took a 15 ounce can of Chef Boyardee ravioli, and I put it in a plastic microwave pot with lid, and I mixed it with a quarter cup of Heinz ketchup, a few dashes Frank's hot sauce, Italian spices, ground black pepper, and garlic powder, and I heated it for five minutes on 60% power in the microwave oven. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/19/16 Tuesday 1:50 A.M. I watched episode 1 of "The Dark Ages, The Age of Light" on Acorn TV. I ate 10 Danish butter cookies. CIO

01/18/16 Monday 11:15 P.M. The building fire alarm went off about 10 P.M., and the fire department arrived shortly there after. The alarm system said it was the first floor west, but on the first floor east there was the smell of cooking smoke. However, the fire department checked each apartment, and there was no problem. None of the lights were on above the individual doorways. I watched the fifth episode of "You Can't Get the Staff". I am just about done with the Acer laptop backups. CIO

01/18/16 Monday 9:05 P.M. Princess Anne way down south  
[https://www.facebook.com/TheBritishMonarchy/timeline?ref=page\\_internal](https://www.facebook.com/TheBritishMonarchy/timeline?ref=page_internal) . I ate 10 Danish butter cookies. CIO

01/18/16 Monday 8:50 P.M. I ate a bowl of goldfish crackers. On the new Acer laptop, the latest version of 64 bit WaterFox web browser now works. I am now doing the four different backups on it to save all of the changes. CIO

01/18/16 Monday 7:35 P.M. I chatted with two relatives. I ate a 18 ounce Progresso New England clam chowder with dried parsley and ground black pepper and a 12 ounce glass of Schweppes Ginger Ale. Well, I guess we should activate the "Freezing Norwegian" patrol downtown for any young Norwegians brave enough to venture out in the cold weather. Of course one has to dress warmly for it. It is not as simple as just sitting in Starbucks watching the world go by. CIO

01/18/16 Monday 6:45 P.M. I threw out the garbage. There is no mail today on the Federal Holiday. CIO

01/18/16 Monday 5:50 P.M. I will now make my bed. I will then shower and clean up. I guess sleeping so much, I have gone into the human version of hibernation. CIO

01/18/16 Monday 5:20 P.M. I went back to bed until 4:30 P.M.. I drank a cup of coffee with Equal sweetener and milk. I watched a commercial for \$100 for 11 DVDs <https://bobhope.timelife.com> . Back in the summer of 1972, I saw Bob Hope playing in a charity golf tournament at the <http://www.onwentsiaclub.org/> in Lake Forest, Illinois. I went inside to go to the bathroom, and he showed up shortly at the urinal next to me. CIO

01/18/16 Monday 12:35 P.M. I woke up at noon. I cleaned a little bit of snow and ice off the windshield of the Volvo wagon. Other than that, it was clear. 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 Equal sweetener and milk. CIO

01/18/16 Monday 4:15 A.M. I woke up at 3:35 A.M.. I ate 30 ounces of Campbell's French onion soup and a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. CIO

01/18/16 Monday 12:10 A.M. I ate a bag of microwave popcorn. I watched episode 4 of, "You Can't Get the Staff." I have limited experience in dealing with the British, since I have never been to the United Kingdom. Mostly of them that I have met are corporate associates in the old days, and a few individuals around pubs in the Manhattan area. If there are any British residents in this area, they have not made their presence known. I suppose the world is so international anymore, one does not know whom is whom anymore. Of course watching the British programming on Acorn TV gives me a little bit of an idea of what the British might be like. Well, recently I seem to have been slowing down a bit and sleeping more. I don't know why that is. Possibly I just finally burned out from all of the computer work over the years. Still I should try to resume some of my computer activities to keep up with my usual computer routines. I have a number of system backups that I could also do. The lack of communications with other computer people leads me to believe I might be a bit out of step with some of the other computer people in this area. However, I can not and do not want to invest in Apple devices just to see what they are like. I don't think they would be that much more different. I will now rest some more. CIO

01/17/16 Sunday 10:30 P.M. I watched Downton Abby. I chatted with a friend. CIO



01/17/16 Sunday 8:15 P.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, garlic powder, ground black pepper 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 chatted with a relative. Downton Abby comes on at 9 P.M. on Channel 13 [www.pbs.org](http://www.pbs.org) . CIO

01/17/16 Sunday 7:25 P.M. I threw out an over ripe pineapple down the garbage chute outside the apartment. I have a coupon good for a free pineapple at the Acme grocery store. Alas nobody has communicated with me today, so I am isolated up in the tundra of Greenwich, Connecticut this evening. I suppose my worldwide network of friends and associates are busy with other matters. I guess I am back on a night time schedule. I have plenty of food in my apartment, so I am not starving. For part of the time from June 1984 until December 1988, I was a Donald Trump neighbor, when I lived on Steamboat Road in Greenwich, so I guess I have seen some of his friends and associates besides the Bush Rockefeller group locally here in Greenwich. Alas, so many of them go down south in the winter, one is not sure whom is left around here anymore. Of course from what I know, the most famous person that I saw and chatted with down on the pier on Steamboat Road over the years was probably crown Princess Victoria of Sweden. Alas, having lived around the United Nations in the 1970s, I did see Queen Elizabeth and Prince Phillip on July 5, 1976, when they visit Manhattan for the Bicentennial of the American revolution. Of course having visited two Presidential inaugurations and one Winter Olympics, I have seen other famous people in my travels. CIO

01/17/16 Sunday 6:55 P.M. I threw out the garbage down the garbage chute by my apartment. I said hello to a neighbor. I sat outside briefly for a while observing the less than a half inch of snow so far. CIO

End of Scott's Notes week of 01/17/16

01/17/16 Sunday 6:00 P.M. I will send out my weekly notes. I will now make my bed. I will then shower and clean up. I obviously will not brave the snowy conditions on Greenwich Avenue.

[https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160116&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78\\_0\\_20160116\\_treatment0](https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=newsletter_im&utm_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160116&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78_0_20160116_treatment0) 50% off Blackstone's Steakhouse in Greenwich, Connecticut . CIO

01/17/16 Sunday 5:25 P.M. I went back to bed until 5 P.M.. It is snowing outside at the moment, and it is suppose to continue snowing all night into the morning. I am just about to drink a cup of coffee with Equal sweetener and milk. CIO

01/17/16 Sunday 1:25 P.M. I went back to bed after the last note. 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 Equal sweetener and milk. CIO

01/17/16 Sunday 5:15 A.M. Since the Aga Khan gave his palace to the Gandhi Trust, it is need of money for maintenance [http://www.virtualpune.com/html/localguide/attractions/html/aga\\_khan\\_palace.shtml](http://www.virtualpune.com/html/localguide/attractions/html/aga_khan_palace.shtml) and [https://en.wikipedia.org/wiki/Aga\\_Khan\\_Palace](https://en.wikipedia.org/wiki/Aga_Khan_Palace) . CIO

01/17/16 Sunday 4:40 A.M. I woke up at 4:30 A.M.. I ate 8 ounces of Dannon vanilla yogurt. CIO

01/16/16 Saturday 11:55 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 will now rest for a while. CIO

01/16/16 Saturday 11:30 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought three 12 packs of 12 ounce cans of Schweppes Ginger Ale for \$11 and \$1.80 can deposit for \$12.80 total. I then bought two 12.6 ounce Ajax orange dishwashing detergent for .79 each, three 12.6 ounce Alberto VO5 Kiwi and Lyme conditioner for \$1.27 each and a 12.6 ounce Alberto VO5 Kiwi and Lyme shampoo for \$1.27 and .42 tax for \$7.08 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. It was moderately busy out for a Saturday night. I stopped by CVS again, and I bought two 1 pound tins of Danish butter cookies for \$3 each for \$6 total. I finished my walk, and I sat out for a while. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.50 of premium self service V-Power gasoline for \$2.979 a gallon for 2.518 gallons for at odometer reading of 112113 miles for 32.5 miles driven since Friday January 8, 2016 for 12.908 miles per gallon in local traffic. I then returned home. I used my little folding cart from the back of the Volvo wagon to bring up the ginger ale. I put the cart back in the rear of the Volvo wagon. I picked up my mail, and I put away the other purchases. CIO

01/16/16 Saturday 7:35 P.M. I chatted with a relative. I will now make my bed. I will then shower and clean up. I will then go downtown to the World Famous Greenwich Avenue with all of its night owls. CIO

01/16/16 Saturday 6:30 P.M. I woke up at 6 P.M.. I am just about ready to eat a Marie Callender 16 ounce beef pot pie with a 12 ounce glass of Schweppes Ginger Ale and a cup of coffee with Equal sweetener and milk. CIO

01/16/16 Saturday 1:35 P.M. I chatted with a friend. I heated and ate a 18 ounce can of Campbell's Italian wedding spinach and meatbeall soup which I ate with a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. CIO

01/16/16 Saturday 1:15 P.M. <http://www.n1wireless.com/insignia-8-inch-intel-atom-32gb-windows-8-tablets.html?fee=1&fep=2734&gclid=CMvGnYDzrsoCFccXHwodYBwNdg> \$49.99 refurbished.

01/16/16 Saturday 12:40 P.M. I went back to bed after the last note. I chatted with a friend at 8 P.M.. I finally woke up at 12:30 P.M.. CIO

01/16/16 Saturday 5:40 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 Equal sweetener and milk. CIO

01/15/16 Friday 10:15 P.M. I watched episode 3 of "You Can't Get the Staff". I ate a small bowl of goldfish crackers. I will now shut down the primary work computer. I will eat a blueberry muffin, and then I will go to bed. CIO

01/15/16 Friday 8:55 P.M. I woke up at 8:15 A.M..

[http://view.klm-mail.com/?j=fe9a17737060017c75&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff6d167075&ju=fe4813797d6c00747613&r=0&WT.mc\\_id=L\\_US\\_email\\_ExactTarget\\_Newsletter\\_null\\_Null\\_null&WT.src=Email&WT.i\\_vid=59129346](http://view.klm-mail.com/?j=fe9a17737060017c75&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff6d167075&ju=fe4813797d6c00747613&r=0&WT.mc_id=L_US_email_ExactTarget_Newsletter_null_Null_null&WT.src=Email&WT.i_vid=59129346)

CIO

01/15/16 Friday 6:30 P.M. I ate a roast beef sandwich with Hellmann's mayonnaise and ground black pepper, a dill pickle slice, wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

01/15/16 Friday 5:55 P.M. I threw out the garbage. I went out to my 1:30 P.M. appointment early. Possibly the reason, I am sleeping so much is that with the warmer winter, my apartment is too warm. I turned down the living room thermostat from 78 degrees Fahrenheit to 72 degrees Fahrenheit. Afterwards, I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at the Senior and the Arts center midway and at the end of my walk. I stopped by CVS, and I bought four 18 ounce cans of Campbell's Italian wedding spinach and sausage soup for \$1.50 a can for \$6 total. The second time around store at the top of Greenwich Avenue got flooded by a broken water pipe. Graham's children hair cutting is going out of business, so they are liquidating their store. The Casablanca polo shop is moving to Wellington, Florida. I then went by the Greenwich Library, and I chatted with a Swedish American Jewish patron, a Chinese American Jewish reference librarian, and a Swiss patron who used to be a former neighbor on Steamboat Road. Nobody is interested in anything I chat about. I then returned home, and I picked up the mail. CIO

01/15/16 Friday 11:55 A.M. I chatted with a relative. I will now head out early to my 1:30 P.M. appointment. CIO

01/15/16 Friday 10:55 A.M. I will now make my bed. I will then shower and clean up. CIO

01/15/16 Friday 9:55 A.M. I went back to bed after the last note. 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, I drank a cup of coffee with Equal sweetener and milk. I have a 1:30 P.M. appointment this afternoon. CIO

01/14/16 Thursday 10:40 P.M. I woke up at 8 P.M.. I threw out the garbage. I went downtown to CVS on Greenwich Avenue, and I picked up a prescription. I then drove down by the waterfront on Steamboat Road. The port-o-potty is gone for the season. It looks perfectly normal down there. The Delamar or its restaurant was busy. I then sat out for a while downtown. I then went by the Stop and Shop. I bought two 8 ounce Lays wavy potato chips for \$2.50 each, a deli roast beef sandwich for \$3.99, two 15 ounce Campbell's cream of shrimp for \$2.29 each, bananas for .49 a pound for .89 and 50 cent can return for \$13.96 total. I then went to the Acme grocery store, and I bought five 15 ounce Campbell's French onion soup for \$1.99 each for \$9.95 total. I then went by McDonalds, and I bought two McMeal double burgers for a dollar each, a mozzarella sticks for \$1, and a French fries for a dollar plus .25 tax for \$4.25 total. I ate it all with a glass of cold ice water. I then returned home. I picked up my mail. I put away my groceries. I will now drink a cup of coffee with Equal sweetener and milk. CIO

01/14/16 Thursday 5:50 P.M. I woke up at 5 P.M.. I washed the breakfast dishes. I ate 30 ounces of French onion soup, two 3 ounce Perdue chicken cutlets, a bowl of Cape Cod kettle mesquite potato chips, and a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. CIO

01/14/16 Thursday 3:10 P.M. I went through <http://scott-mike.com/bf.htm> . I will now eat two small bowls of goldfish crackers. I will then rest some more. CIO

01/14/16 Thursday 2:10 P.M. I went back to bed until 2 P.M.. CIO

01/14/16 Thursday 10:20 A.M. I woke up at 10 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 Equal sweetener and milk. The \$44.99 return on the Krups coffee machine has been returned to my account. CIO

01/13/16 Wednesday 11:50 P.M. I ate 8 ounces of Dannon vanilla yogurt. I will now shut down the primary work computer, and I will go to bed directly. CIO

01/13/16 Wednesday 11:25 P.M. I have a vintage heavy grey L.L. Bean overcoat, two white barn coats, and a blue barn coat, and I also own an earlier version of this field jacket <http://www.llbean.com/llb/shop/83094?feat=515020-GN2&page=men-s-upland-field-coat-with-gore-tex> along with the Burgundy parka I got this past fall and two white lighter L.L. Bean jackets, so I am well stocked up on L.L. Bean not to mention all of my other outerwear which includes an \$800 black cashmere overcoat from Joseph Banks and a \$750 brown leather jacket from Joseph Banks that I bought as clearance items, not to mention all of my other older winter clothing. CIO

01/13/16 Wednesday 11:10 P.M. I did not win the vintage L.L. Bean Duck Hunting jacket at my \$60 bid, but this similar one possibly the same size is available <http://www.ebay.com/itm/VTG-LL-Bean-Mens-Bird-Hunting-Shooting-Coat-Barn-Jacket-Unlined-Size-XL-XXL-/141860056123> , but I really don't need another jacket. CIO

01/13/16 Wednesday 9:50 P.M. A neighbor burned some soup and set off the building fire alarm, and he called the Greenwich Housing Authority to have them come and reset the fire alarm system. CIO

01/13/16 Wednesday 9:30 P.M. I chatted with a relative. I watched episode 2 of "You Can't Get the Staff" on Acorn TV. CIO

01/13/16 Wednesday 8:15 P.M. I chatted with a relative. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Cape Cod kettle mesquite potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

01/13/16 Wednesday 6:45 P.M. I chatted with a friend. Meal delivery available here <https://www.seamless.com/> . CIO

01/13/16 Wednesday 6:30 P.M. <http://www.greenwichtime.com/business/article/Boston-lands-GE-headquarters-6755956.php> CIO

01/13/16 Wednesday 6:25 P.M. I could drop digital cable tv and save \$85 a month, and I could get <https://www.sling.com/> through the internet and get CNN and Bloomberg, but I would not get Fox or the major networks for a \$65 a month savings. Also programs on the Roku devices can be slow to start up versus instant on cable tv. It is the nature of my apartment with the brick building to west of my windows that I can not pick up the Digital High Definition Cable Signal from New York City. CIO

01/13/16 Wednesday 6:20 P.M. I have 50 minutes to go on two dry cycles. I chatted with a neighbor. CIO

01/13/16 Wednesday 5:50 P.M. I put clean linens on the bed. I have 10 minutes to go on two wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. I picked up the mail. I got a Christmas Card from <http://www.koninklijkhuis.nl/> The Dutch Royal Household. CIO

01/13/16 Wednesday 4:55 P.M. I woke up at 4:30 P.M.. The broccoli soup gave me a lot of intestinal gas to the maximum. I ate two small bowls of goldfish crackers. CIO

01/13/16 Wednesday 1:20 P.M. I ate a 15.5 ounce can of Campbell's broccoli soup with a can of milk mixed with it and I seasoned it with celery salt, Italian seasoning, ground black pepper and grated parmesan cheese, and I ate it sour cream and onion and mesquite potato chips along with a 12 ounce glass of Schweppes Ginger Ale. I heat the soup ingredients in a Wal-Mart plastic microwave pot with lid, and usually four minutes at 60% power is enough microwave oven time. I will now take my afternoon nap. Traditionally in France, people take a nap from 1 P.M. to 7 P.M. before they wake up for dinner. They usually have a light lunch before their afternoon nap. CIO

01/13/16 Wednesday 12:30 P.M. <http://www.theguardian.com/world/2007/aug/15/italy.travel> and <https://www.youtube.com/watch?v=lKXbytzMvTo> and <https://www.youtube.com/watch?v=D1nyfzP-S7Y> . Life is rough <http://www.dailymail.co.uk/news/article-2685138/Multi-billionaire-Aga-Khan-jets-Plymouth-pick-brand-new-200m-super-yacht-named-racehorse-speeds-immediately-escape-British-weather.html> . CIO

01/13/16 Wednesday 12:15 A.M. It is risky to get a sun tan <http://fraservachts.com/> , you might end up in the <http://www.royalnavy.mod.uk/> . CIO

01/13/16 Wednesday 11:55 A.M. <http://www.greenwichtime.com/homes/article/At-home-with-Donald-and-Melania-Trump-6743792.php> . I chatted with Microsoft down in Jamaica, and they told me I have 45 days grace period from when I ordered the Acer Laptop on December 18, 2015 to return it, if I don't like it. I have not used it in a couple of weeks, but it seems to be good enough. I could buy a used I7 laptop with 8 GB of memory and Windows 7 for about \$200 that I paid for the slower new Acer laptop, but a used laptop could have an old battery or other older parts like cooling fans that wear out. I guess I am like King Henry the Eighth, since my waste around my belly button is now 54 inches, but I am not six foot three inches tall. CIO

01/13/16 Wednesday 10:50 A.M. The L.L. Bean Duck Hunters Jacket in its day, because of all of the pockets was popular with professional photographers. However, when I frequently wore my father's L.L. Bean Duck Hunters Jacket in Manhattan in the 1970s, the jaded New Yorkers thought it was popular with shop lifters, because of the inside pockets. CIO

01/13/16 Wednesday 10:45 A.M. I turned in and signed my section 8 paper work with the Greenwich Housing Authority in the community room downstairs. CIO

!!!!!! 01/13/16 Wednesday 9:45 A.M. \$2 meal  
[http://www.mcdonalds.com/us/en/food/meal\\_bundles/mcpick\\_2.html](http://www.mcdonalds.com/us/en/food/meal_bundles/mcpick_2.html) . CIO

01/13/16 Wednesday 8:25 A.M. I made my bed. I will now shower and clean up. CIO

01/13/16 Wednesday 7:25 A.M. 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 and, I drank a cup of coffee with Equal sweetener and milk. CIO

01/12/16 Tuesday 10:50 P.M. I will now shut down the primary work computer. I will eat a blueberry muffin. I will then go to bed. I have to be up at 7 A.M. tomorrow to be ready for my 10 A.M. appointment. CIO

01/12/16 Tuesday 10:30 P.M. I don't really need it, but I bid on [vintage NOS L.L. BEAN CANVAS hunting outdoorsman jacket 52 XL](#) . CIO

01/12/16 Tuesday 10:10 P.M. I chatted with a relative. I watched episode 1 of "You Can't Get the Staff". Acorn TV through the Roku device through the internet gives the isolated people in the other parts of the world whom can not afford to travel to England, a view point as to how the English really are from their own media perspective. I guess I would be too modern for them. CIO

01/12/16 Tuesday 8:35 P.M. I chatted with a relative. I ate a 16 ounce Maria Callender beef pot pie with a 12 ounce glass of Schweppes Ginger Ale.

[https://www.iflymagazine.com/?utm\\_content=US&customer\\_id=TIDP5044XDDC0B13875C44A20A8226D12188A12A2YI4&locale=US\\_EN&utm\\_campaign=iFly49&utm\\_medium=mail&utm\\_source=initial\\_49&de=W&WT.mc\\_id=C\\_US\\_Email\\_ExactTarget\\_iFly49\\_null\\_initial\\_49&WT.tsrc=Email&&WT.i\\_vid=59129346](https://www.iflymagazine.com/?utm_content=US&customer_id=TIDP5044XDDC0B13875C44A20A8226D12188A12A2YI4&locale=US_EN&utm_campaign=iFly49&utm_medium=mail&utm_source=initial_49&de=W&WT.mc_id=C_US_Email_ExactTarget_iFly49_null_initial_49&WT.tsrc=Email&&WT.i_vid=59129346)

CIO

01/12/16 Tuesday 7:30 P.M. These are available from Jolly Old England for about \$55 <http://www.ebay.co.uk/itm/MENS-COUNTRYMAN-PADDED-WAX-JACKET-COAT-BRITISH-HUNTING-FISHING-WALKING-SHOOTING-/271802566764> or <http://www.ebay.com/itm/Mens-Vintage-Antique-Waxed-Cotton-Unpadded-Jacket-Coat-UK-HUNTING-COUNTRY-HIKING-/161920157781?var=&hash=item25b3318855:m:mMxHJ0V4bSu2EfKG2LgShGg> . Of course although they look a bit like [http://www.llbean.com/llb/shop/18214?feat=field%20jacket-SR0&page=original-field-coat-cotton-lined&attrValue\\_0=Saddle&productId=288601](http://www.llbean.com/llb/shop/18214?feat=field%20jacket-SR0&page=original-field-coat-cotton-lined&attrValue_0=Saddle&productId=288601) or [http://www.llbean.com/llb/shop/19191?feat=field%20jacket-SR0&page=original-field-coat-with-primaloft-liner&attrValue\\_0=Saddle&productId=288695](http://www.llbean.com/llb/shop/19191?feat=field%20jacket-SR0&page=original-field-coat-with-primaloft-liner&attrValue_0=Saddle&productId=288695) . They are not the same.

These are cheaper <http://www.ebay.com/itm/US-Army-Military-M65-Field-Jacket-Quilted-OD-Green-Coat-Liner-M-65-S-M-L-XL-XXL-/190585327761?var=&hash=item2c5fc55091:m:mBQKNV0MzS4P0rkvJhcBqnQ>

For a fat old gentleman's look <http://www.ebay.com/itm/MENS-ORVIS-ZAMBEZI-FIELD-COAT-FISHING-HUNTING-JACKET-LEATHER-TRIM-XXL-50-2X-2XL-/272101370833?hash=item3f5a816bd1:g:zVoAAOSwL7VWkxcl> . CIO

01/12/16 Tuesday 6:45 P.M. I threw out more garbage. I still have not gotten any mail today. I chatted with a neighbor. I ate a bag of microwave popcorn. CIO

01/12/16 Tuesday 5:15 P.M. I added 5 ounce of milk to a 10.5 ounces of Bar Harbor New England style lobster bisque, and I heated it up, and I ate with some sour cream and onion potato chips with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/12/16 Tuesday 4:15 P.M. I threw out the garbage. I moved the Volvo wagon to its usual place. I threw out the expired Wendy and McDonald's coupons. I checked the mail. I did not get any yet. CIO

01/12/16 Tuesday 3:20 P.M. I will now make my bed. I will then shower and clean up. I did a little bottom fishing to no avail at <http://scott-mike.com/bf.htm> . We're suppose to have light snow this afternoon. CIO

01/12/16 Tuesday 3:10 P.M. \$600 soup maker <http://www.sageappliances.co.uk/the-boss.html> and \$299 pounds sterling here <http://www.amazon.co.uk/Sage-Heston-Blumenthal-Super-Blender/dp/B00MNJM1RG> . On the gadget man, they said the soup was not hot enough though. Warning Voltage 240 Volts, only works on British Electricity. CIO

01/12/16 Tuesday 2:20 P.M. I rested some more until 2 P.M.. I ate two small bowls of goldfish crackers. I washed the breakfast dishes. CIO

01/12/16 Tuesday 10:35 A.M. Old news [Former Rockefeller Estate Sells for \\$22.5 Million](#) and [Rockefeller family holdings shrinking in Greenwich](#) and [Greenwich's Outrageous Fortune](#) . Alas, one can not do anything about the winter weather. However, if one can afford a summer villa in Greenwich, one can afford <http://www.sothebysrealty.com/eng/office/180-b-1135-5000000034/st-barth-properties-sothebys-international-realty> , but pale white rich people don't like tanning anymore, since they can get skin cancer. CIO

01/12/16 Tuesday 10:15 A.M. I woke up and ate a small bowl of goldfish crackers. I finally woke up this morning at 10 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 Equal sweetener and milk. CIO

01/11/16 Monday 10:40 P.M.

<https://www.google.com/search?q=NSA+Command+Center&biw=1680&bih=886&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwj2ztOcrKPKAhXH7B4KHdvjAnQQsAQIGw> your guess is as good as mine. CIO

01/11/16 Monday 10:30 P.M. I chatted with a relative at 8:30 P.M., and I ate a small bowl of goldfish crackers. I woke up at 9:30 P.M.. I ate <http://scott-mike.com/em.htm> along with a glass of cold filtered water.

Greenwich Land Trust Moon Walk.

<http://www.greenwichtime.com/news/article/Happy-hour-at-Greenwich-s-Bruce-Museum-set-for-6751684.php> Big Cats. CIO

01/11/16 Monday 6:50 P.M. I ate 30 ounces of French onion soup with grated parmesan cheese and dried parsley and ground pepper and a 12 ounce glass of Schweppes Ginger Ale and a 15 Danish butter cookies. I will now rest for a while. CIO

01/11/16 Monday 6:10 P.M. I threw out the garbage. I went downtown. I stopped by the Greenwich Hardware store, and I returned the 3 inch toilet tank flapper for \$11.69 credit. 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 bought a Power Ball ticket for \$2. The power ball ticket numbers are A, 30 32 47 53 67 PB:22 QP Powerball Play=No. I stopped by the Apple computer store to give them a pep talk. I stopped by the Nantucket art gallery with the David Bowie picture in the window. I stopped by Winston florist. I used the bathroom at the Senior and the Arts Center. I stopped by Brooks Brother's. I stopped by CVS, and I bought a six pack of 8 ounce Christmas [www.coke.com](http://www.coke.com) bottles for \$4.99 and .30 bottle deposit and .32 tax for \$5.61 total. I stopped the Chemise LaCoste store. I stopped by Starbucks. I then went by the Stop and Shop. I bought four 10.5 ounce Bar Harbor New England Style lobster bisque for \$3 each, a two pound bag of baby carrots for \$2.99, three baking potatoes for .99 a pound for \$2.58, and three zucchini for \$1.99 a pound for \$2.85 for \$20.42 total. I then returned home. I picked up my mail. I put away my purchases. I put the six pack of Christmas coke on the lower level of the blue night stand at the Christmas entrance. Last night, I ate a small bowl of goldfish crackers. CIO

01/11/16 Monday 1:30 P.M. I went back to bed until 12:30 P.M.. I had another promo call trying to give me a free trip to Disney Orlando instead of the Bahamas. I guess they are desperate for tourists down south. This is available for \$79.99 with free shipping [http://www.staples.com/Dell-E514DW-Mono-Laser-All-in-One-Printer/product\\_1667714](http://www.staples.com/Dell-E514DW-Mono-Laser-All-in-One-Printer/product_1667714) . It does not have a FAX, but this one for \$109.99 with free shipping does have FAX too [http://flash.newegg.com/Product/N82E16828415814?icid=WP\\_7\\_01062016](http://flash.newegg.com/Product/N82E16828415814?icid=WP_7_01062016) , but it is not wireless. I will now clean up the breakfast dishes. I will make my bed. I will then shower and clean up and go out in the cold weather downtown. CIO

01/11/16 Monday 10:25 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, I drank a cup of coffee with Equal sweetener and milk. CIO

01/10/16 Sunday 10:00 P.M. I watched Downton Abby Series 6, episode 2. I ate 10 Danish butter cookies. I will now shut down the primary work computer. I will then go to bed. CIO

01/10/16 Sunday 8:30 P.M. Downton Abby is on a 9 P.M. EST on Channel 13 PBS. CIO

01/10/16 Sunday 7:35 P.M. I chatted with a relative. One has to remember, I was out of this area September 1975 to December 1983, when I returned off of Nantucket. Thus in my formative years, when I might have

made more contacts, I was a Trappist Monk dishwasher out in Nantucket and wandering around America, and a bit of time in Manhattan, Long Island, and south Florida. All of which was before the internet, so it was somewhat difficult to stay in touch with people that one might have once known. CIO

01/10/16 Sunday 6:25 P.M. I noticed yesterday on the far right shelf at the front of the CVS store on Greenwich Avenue, they still had six packs of bottles of Christmas [www.coke.com](http://www.coke.com) for sale for \$4.99 plus deposit and tax I guess. I like the taste of Coca Cola, but I started drinking Schweppes Ginger Ale, since I like its taste better. Most of my deja vue friends from down south have never communicated with me, so I basically have been living in Pepsi territory since 1962. Pepsi also owns Quaker Oatmeal. They have their corporate headquarters nearby on Anderson Hill Road on the south side of the SUNY Purchase college campus on the south side of the Westchester County airport. Of course Berkshire Hathaway is a major stockholder in Coke, and I pay a lot of money to GEICO automobile insurance also owned by Berkshire Hathaway. I guess since I am a senior citizen, they younger generation have a different set of values compared to my more traditional ways of doing things. I think they also have more money. There is this new apartment complex in nearby Port Chester, New York <http://www.thecastleapts.com/> and <http://www.greenwichtime.com/business/article/The-Castle-opens-for-leasing-in-Port-Chester-6741188.php>. Of course way up in Danbury, Connecticut; there is suppose to be less expensive housing. CIO

01/10/16 Sunday 5:35 P.M. I will now rest for a while. CIO

01/10/16 Sunday 5:15 P.M. I watched series 1 episode 2 of "The Gadget Man". I ate 6 ounces of reheated Perdue Italian chicken cutlets, 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 seasoned with garlic powder, ground black pepper, and Italian seasoning, 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. CIO

01/10/16 Sunday 3:55 P.M. I have the paper work ready for the Greenwich Housing Authority lease signing in in the community room this Wednesday January 13, 2016 from 10 A.M. to 11:30 A.M.. CIO

End of Scott's Notes week of 01/10/16

01/10/16 Sunday 2:55 P.M. I threw out the garbage. I ate 10 Danish butter cookies. The RMA on the Krups coffee machine has been approved, so I should be refunded the \$44.99 in three to five days. I will now send out my weekly notes. CIO

01/10/16 Sunday 1:45 P.M. I will now make my bed and then shower and clean up. CIO

01/10/16 Sunday 1:30 P.M. I heated up 30 ounces of Campbell's French Onion soup that I put grated parmesan cheese on, and I will eat it with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/10/16 Sunday 1:15 P.M. I went back to bed until 12:30 P.M.. I chatted with a relative twice.

Free Elvis songs

[https://play.google.com/store/music/album/Elvis\\_Presley\\_30\\_1\\_Hits\\_Google\\_Play\\_Bonus\\_Track\\_Ve?id=Bzfk\\_cqnlwxf5uj6evvxifemdza](https://play.google.com/store/music/album/Elvis_Presley_30_1_Hits_Google_Play_Bonus_Track_Ve?id=Bzfk_cqnlwxf5uj6evvxifemdza)

<http://www.latimes.com/entertainment/music/posts/la-et-ms-elvis-presley-birthday-bash-burbank-20160109-story.html> . CIO



01/10/16 Sunday 9:15 A.M. I woke up at 8:30 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, I drank a cup of coffee with Equal sweetener and milk. CIO

01/09/16 Saturday 9:50 P.M. I woke up at 9 P.M.. I chatted with a friend. I ate a small bowl of goldfish crackers. I will now shut down the primary work computer, and I will go to bed. CIO

01/09/16 Saturday 7:10 P.M. I will now rest a while. CIO

01/09/16 Saturday 7:00 P.M. I went out, and I crossed the Rio Byram, and I went to Home Depot in Port Chester. I bought a Kohler GP1078440 toilet tank flapper for \$8.96 and a Everbilt flapper 1000 055 026 for \$4.98 and \$1.03 tax for \$14.97 total. I then returned home. Both flappers would work, but the chain on the Kohler was too short, so I used the Everbilt flapper with the chain clasp from the Kohler. I will keep the Kohler for a spare part. I chatted with a relative. CIO

01/09/16 Saturday 4:40 P.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. CIO

01/09/16 Saturday 4:25 P.M. I threw out the garbage. I went by the Greenwich Hardware store, and I bought a toilet tank rubber drain plug flapper for \$10.99 and .70 tax for \$11.69 total. However, when I got home, it was too large, so I will have to return it. I went further downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at Starbucks. I stopped by CVS, and I bought a monogrammed 24 ounce coffee cup with a "J" for .49 and a coffee cup heater for .49 for and .06 tax for \$1.04 total. I stopped by the Chemise LaCoste store. Everything is 50% off. I said hello to two local walkers. I then went to the Acme grocery store. I bought a quart of Acme lemon juice for \$2.59, a 8.5 ounce Goya extra virgin olive oil for \$3.99, two 15 ounce Campbell's French onion soup for \$1.99 each, two 15 ounce Campbell's cream of broccoli soup for \$1.99 each, two 12 ounce packages of Perdue chicken cutlets for \$1.99 each, and a four pack of blueberry muffins for \$3.99 for \$22.51 total. I then returned home. I picked up the mail. I got my first renewal subscription of [www.time.com](http://www.time.com) . CIO

01/09/16 Saturday 11:55 A.M. I rested some more until 11:30 A.M.. I washed the breakfast dishes. I put some photos in the most recent photo album. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue to people watch. CIO

01/09/16 Saturday 9:40 A.M. I went back to bed after the last note. I woke up at 9:15 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 Equal sweetener and milk. CIO

01/09/16 Saturday 1:25 A.M. I woke up at 1 A.M.. I ate 8 ounces of Dannon vanilla yogurt. CIO

01/08/16 Friday 6:25 P.M. I chatted with a relative. I ate a 16 ounce Marie Callender beef pot pie with a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

01/08/16 Friday 5:45 P.M. Japan Geoscience Union Meeting 2016 - Home

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

The Krups coffee machine has been returned

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=1Z02319W9090785320&Type=1> , but the \$44.99 refund has not been issued yet. CIO

01/08/16 Friday 5:15 P.M. I am not sure if the Acme grocery store carries the 32 ounce bags of Eight O'clock coffee beans like the A&P did. I opened up a 32 ounce bag of Eight O'clock Columbian coffee beans, and I ground four spins of beans in the Braun coffee bean grinder, and I put the ground coffee in the Folgers's coffee container with the remaining Folgers's coffee. I then drank a cup of coffee with the new mixture and Equal sweetener and milk. On the Cuisine Art coffee machine, one needs to use about one measure of ground coffee for every four ounces of water. I did not walk today, because my long underwear bottoms and boxer shorts were sliding down below my waste and bottom, which made it difficult to walk. CIO

01/08/16 Friday 4:05 P.M. I threw out the garbage. I went downtown. I stopped by CVS on Greenwich Avenue, and I picked up a prescription. I bought for 75% off a two foot diameter decorated artificial Christmas wreath for \$8.74 and .55 tax for \$9.29 total. I drove further downtown. I sat out for about an hour downtown watching the pedestrian traffic. I then went to the Stop and Shop. I bought Stop and Shop deli sliced honey ham for \$5.99 a pound for \$5.75, Stop and Shop deli sliced white American cheese for \$4.99 a pound for \$4.99, six 16 ounce Marie Callender beef pot pies for \$2 each, a 8.5 ounce Cape Cod kettle mesquite potato chips for \$3, a quart jar of Vlassic kosher dill spears for \$2, two 15 ounce Campbell's French onion soup for \$1.79 each, a 12 ounce generic honey for \$2.50, a five quart box of Stop and Shop powdered milk for \$7.29, a 8 ounce package of Perdue boneless breast of chicken Italian short cuts for \$3, a baking potato for .99 a pound for .82, a zucchini for \$1.99 a pound for .98, bananas for .49 a pound for .64 and \$1 return of cans for \$45.55 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7 of self service premium V-Power gasoline for \$3.179 a gallon for 2.201 gallons at odometer reading of 112080 miles for 34.4 miles driven since Wednesday December 30, 2015 for 15.63 miles per gallon in local traffic. I then returned home. I carried up my groceries, and I put them away. I picked up the mail. I put the new Christmas wreath on top of the file cabinet in the corner of the bedroom. CIO

01/08/16 Friday 12:15 P.M. I ate a baloney and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays sour cream and onion potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now shower and clean up. I will then go downtown to do errands. CIO

01/08/16 Friday 11:35 A.M. I went back to bed until 11:10 A.M.. I put away my little artificial Christmas tree and Christmas wreath. I made my bed. CIO

01/08/16 Friday 6:35 A.M. I woke up at 6:30 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 Equal sweetener and milk. CIO

01/07/16 Thursday 7:05 P.M. I chatted with two relatives. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I used baloney instead of ham on the Egg McMuffin. CIO

01/07/16 Thursday 4:00 P.M. I ate 20 Danish butter cookies. I finally woke up at 3:45 P.M.. CIO

01/07/16 Thursday 11:50 A.M. I rested until 11:15 A.M.. I ate a 13 ounce Marie Callender chicken and dumplings dinner with grated parmesan cheese and a 12 ounce glass of Schweppes Ginger ale and 7 Danish butter cookies CIO

01/07/16 Thursday 9:50 A.M. I woke up at 8:30 P.M.. I watched "Secrets of King Henry the Eighth's Hampton Court". CIO

01/07/16 Thursday 6:50 A.M. I will now rest some more. CIO

01/07/16 Thursday 6:00 A.M. I put away the clean laundry. CIO

01/07/16 Thursday 5:10 A.M. I have 25 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 Equal sweetener and milk. CIO

01/07/16 Thursday 4:20 A.M. I went back to bed until 3:30 A.M.. I put clean linens on my bed. I started two loads of wash, and I have 10 minutes to go. I threw out the garbage and the old periodical literature. I watered the plants. CIO

01/07/16 Thursday 1:15 A.M. Merry Russian Orthodox Christmas. I woke up earlier, and I ate 10 Danish cookies. I just now woke up at 12:30 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I used baloney instead of ham on the Egg McMuffin. I ate three Danish cookies. CIO

01/06/16 Wednesday 4:10 P.M. I ate a bag of microwave popcorn. I chatted with a relative. I will now take a nap. CIO

01/06/16 Wednesday 3:05 P.M. I threw out the soup can. I picked up the mail. CIO

01/06/16 Wednesday 2:55 P.M. On the Roku device on the Westinghouse LCD television, I watched the PBS channel presentation of Season 6, Episode 1 of "Downton Abby". Maybe they should do a presentation on Scottish aristocracy.

My Eversource electricity bill for December 2015 was \$169.62 for 972 kWh for 34 days for 28.59 kWh per day with an average temperature of 44.2 degrees Fahrenheit. For December 2014, it was \$227.58 for 1128 kWh for 33 days for 39.03 kWh per day with an average temperature of 37.2 degrees Fahrenheit. CIO

01/06/16 Wednesday 1:05 P.M. I woke up at 12:30 P.M.. I heated and ate a 18 ounce can of Campbell's New England clam chowder which I put ground black pepper and dried parsley in, and I ate it with a small bowl of goldfish crackers and a 12 ounce glass of Schweppes Ginger Ale. CIO

01/06/16 Wednesday 9:55 A.M. I ate two small bowls of goldfish crackers. I will now rest some more. CIO

01/06/16 Wednesday 9:20 A.M. They might have Russian Christmas Service here <http://www.russianorthodoxchurch.ws/>. I think the Russians like beet soup. CIO

01/06/16 Wednesday 9:15 A.M. Sunrise over St. Ann's <http://www.kennebunkportbeachwebcam.com/>. CIO

01/06/16 Wednesday 9:05 A.M. Make your own soup <http://www.villagetavernwestk.com/wp-content/uploads/2012/09/Caramelized-Onion-Soup.pdf>. CIO

01/06/16 Wednesday 8:55 A.M. For the middle class people on the run <https://www.wendys.com/en-us/fries-sides/large-rich-and-meaty-chili>. CIO

01/06/16 Wednesday 8:50 A.M. I contemplated the world for a while. On a cold frigid day, if one were a wealthy affluent Greenwich resident, one could sneak out to Whole Foods and buy a pint or a quart of home made soup to ward off the winter chills. Campbell's makes condensed asparagus soup <http://www.amazon.com/Campbells-Cream-Asparagus-Soup-Count/dp/B0014EW3HY>. CIO

01/06/16 Wednesday 8:05 A.M. See all the action out on Nantucket <http://nantucket.net/photos/web-cams.php>. CIO

01/06/16 Wednesday 7:35 A.M. I chatted with a friend. I threw out the garbage. Tomorrow is Russian Orthodox Christmas <http://www.timeanddate.com/holidays/russia/christmas-day> . CIO

01/06/16 Wednesday 6:50 A.M. I will now wash the breakfast dishes. I will make my bed, and I will shower and clean up. It is cold out there in the Siberian Tundra of Greenwich, Connecticut at 15 degrees Fahrenheit at the moment. CIO

01/06/16 Wednesday 5:35 A.M. I chatted with a friend. I woke up at 5:15 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 Equal sweetener and milk. CIO

01/05/16 Tuesday 6:15 P.M. I will now shut down the primary work computer, and I will go to bed. It is suppose to go down to 13 degrees Fahrenheit tonight. I guess they should look for some new younger volunteers for the Freezing Norwegian patrol to keep an eye out on the area. CIO

01/05/16 Tuesday 6:05 P.M. When I was in second grade at the Walter Jackson School in Decatur, Alabama, I played a panda with two other classmates in a school play. I memorized two pages of dialog the night before the play <http://nationalzoo.si.edu/animals/webcams/giant-panda.cfm> . CIO

01/05/16 Tuesday 5:35 P.M. I ate two scoops of butter Scotch ice cream.  
<http://connecticut.news12.com/news/group-looks-to-preserve-historic-greenwich-park-1.11294379> . CIO

01/05/16 Tuesday 5:00 P.M. I chatted with a relative.

Cayo Hueso Musac <http://keywestharborwebcam.com/> . CIO

01/05/16 Tuesday 4:00 P.M. King of Belgium images  
[https://www.google.com/search?q=king+of+Belgium+images&biw=1680&bih=886&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwio8PuLx5PKAhWMbj4KHQ\\_rC0kQsAQIGw](https://www.google.com/search?q=king+of+Belgium+images&biw=1680&bih=886&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwio8PuLx5PKAhWMbj4KHQ_rC0kQsAQIGw) CIO

01/05/16 Tuesday 3:55 P.M. Queen of Denmark images  
<http://www.gettyimages.com/galleries/search?phrase=Queen+Margrethe+II+of+Denmark&family=editorial&specificpeople=171794> and <http://us.hellomagazine.com/profiles/queen-margrethe-ii-of-denmark/> CIO

01/05/16 Tuesday 3:50 P.M. <http://imgur.com/gallery/SxdNX> King of Sweden and  
<https://www.google.com/search?q=King+of+Sweden+images&biw=1680&bih=886&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjZhJfsxJPKAhUI6x4KHXR5A7cQsAQIGw> .

01/05/16 Tuesday 3:40 P.M.  
[https://www.google.com/search?q=King+of+Norway+Images&biw=1680&bih=886&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjnu6\\_uwpPKAhVDeT4KHSfgCJYQsAQIGw](https://www.google.com/search?q=King+of+Norway+Images&biw=1680&bih=886&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjnu6_uwpPKAhVDeT4KHSfgCJYQsAQIGw) Images of the King of Norway.  
CIO

01/05/16 Tuesday 3:35 P.M. I woke up at 3 P.M.. I chatted with GEICO out in Indiana about the weather. It is supposed to be minus 20 degrees Fahrenheit below zero this Sunday in the upper Midwest. I picked up the mail. I chatted with neighbors and the building custodian. CIO

01/05/16 Tuesday 1:55 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan cheese with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

01/05/16 Tuesday 1:05 P.M. I worked off the laptop. I threw out the garbage. I chatted with the building custodian and a neighbor. The cable modem started working. I called up Cablevision to let them know.

They said they still have to do the other repair to make sure it is fixed for good. I chatted with a relative. CIO

01/05/16 Tuesday 10:50 A.M. Optimum repair arrived about 9 A.M.. The repair person put a new three splitter on the wall and spliced new connectors on the wall coaxial cable and the cable leading to the cable modem and on the cable modem, but the cable modem still would not work. The repair person finally determined that it was malfunctioning equipment in the cable room next to the elevator on the second floor, and it would be fixed by another technician later today or tomorrow morning. I chatted with two different relatives using my new Obama phone, since my Optimum long distance does not work. CIO

01/05/16 Tuesday 7:35 A.M. I chatted with a friend. I went back to bed until 7 P.M.. I showered, and I cleaned up. CIO

01/05/16 Tuesday 4:50 A.M. I got up at 3:30 A.M.. Optimum WiFi works, so I am using the Dell Latitude E6400 laptop. I chatted with Optimum. There might be a work outage causing the problem that is supposed to be fixed at 6 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 Equal sweetener and milk. CIO

01/05/16 Tuesday 1:15 A.M. The Cable Modem is not going online. I chatted with Cablevision tech support. I tried a spare cable modem, and rerouting the coaxial cable without the splitters and UPS box, but it still would not work. I have a Cablevision appointment between 8:30 A.M. and 11 A.M. this morning to try to fix the problem. CIO

01/04/16 Monday 11:10 P.M. I chatted with a relative about 5 P.M.. I woke up at 10:30 P.M.. I went outside briefly. It is 14 degrees Fahrenheit outside at the moment. I picked up the mail. AARP sent me a small black carry pouch. 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 Equal sweetener and milk. CIO

01/04/16 Monday 1:45 P.M. I ate a baloney and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a dill pickle slice and Lays sour cream and onion potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

01/04/16 Monday 1:10 P.M. I went out, and I threw out the garbage. I went by the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then drove over to the Hair Cut Place in Old Greenwich, and I got my hair cut short for \$28 and \$7 tip for \$35 total. I then toured the Rummage Room Thrift Shop. I then went by CVS, and I bought two 6 ounce bars of pink CVS beauty bar soap for \$3.49 each six pack and .44 6.35% Connecticut sales tax for \$7.42 total. I then drove out to the southwest parking area at Tod's Point, and I chatted with a relative on my new wireless phone. It works just fine. News 12 was out doing a story at Tod's Point. There is a sign that dogs have to kept on a lead at all times. I used the bathroom at the southeast concession area. I then went to Staples. I bought a 32 GB Sandisk pen drive for \$10.99 and .70 6.35% Connecticut sales tax for \$11.69. I then returned to central downtown Greenwich. I got my new parking permit for the Senior and the Arts center for \$5. I took the old one out of my Volvo wagon, and I put the new one in. I then returned home. CIO

01/04/16 Monday 7:55 A.M. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I will then go downtown for some errands. CIO

01/04/16 Monday 7:15 A.M. I went back to sleep until 6 P.M.. The new episode of "Downton Abby" is not yet available on the PBS ROKU channel. I watched episode 1 of "The Gadget Man". CIO

01/04/16 Monday 3:55 A.M. I woke up at 3:30 A.M.. A couple of days ago, I made up a fresh batch of punch. 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 Equal sweetener and milk. CIO

01/03/16 Sunday 6:25 P.M. I moved the Volvo wagon closer to my usual parking place. I chatted with two relatives. I ate a 13 ounce Marie Callender sausage marinara dinner with grated parmesan cheese on it and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. The new season of Downton Abby is on PBS at 9 P.M. this evening. CIO

01/03/16 Sunday 5:15 P.M. I mixed a half cup of Heinz ketchup with four tablespoons of Gold's horseradish four tablespoons of Beanitos horseradish sauce, and two tablespoons of lemon juice and five dashes of McHilney's Tabasco sauce, and I mixed it all together in a small bowl, and I ate the 20 medium small shrimp with the shrimp sauce. I put the remaining shrimp sauce in the Beano horse radish sauce container in the refrigerator to have available for when ever I can afford to splurge on shrimp in the future. CIO

01/03/16 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 Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at CVS. I bought a 12 ounce Swedish Gelvalia traditional mix coffee for \$5.99 which I got for free with my \$6 CVS bonus bucks. I also bought a Christmas electrical plug and power strip value pack for \$2.49 and 6.35 percent Connecticut Sales tax for .16 for \$2.65 total. I finished my walk, and I sat outside for a while. I chatted with a couple of local people. I then went to the Stop and Shop, and I bought a dozen jumbo Eggland eggs expire February 5, 2016 for \$3.69, two 13 ounce Marie Callender frozen dinners for \$1.99 each, a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$8.99, a 42 ounce Stop and Shop old fashioned oatmeal for \$3, bananas for .49 a pound for \$1.11, a small tray of cooked medium small shrimp for \$6.49 a pound for \$2.66 for \$23.43 total. I noticed by chatting with a friend that people on Social Security are not getting a COLA cost of living adjustment increase this year. I then returned home, and I put away my groceries. I used up the value of my Tiger Direct \$36 Master Card rebate card. CIO

01/03/16 Sunday 11:45 A.M. For winter weather relief for the destitute in Greenwich, I donated \$10 at <http://www.fpcg.org/announcements-alerts.html> . I will now make my bed. I will then shower and clean up. I will then go downtown for a brief spell. I probably will not be exercise walking, since I then to wear out anymore. CIO

01/03/16 Sunday 11:35 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. Instead of using a thin slice of ham on the egg McMuffin, I used a thin slice of German baloney. CIO

01/03/16 Sunday 11:15 A.M. 13 degrees Fahrenheit here on this Monday night  
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.VolIFctV-71> . CIO

01/03/16 Sunday 11:10 A.M. This time of year the cheapest price on [www.amtrak.com](http://www.amtrak.com) for Stamford, Connecticut to Miami is \$243 and the cheapest price at [www.greyhound.com](http://www.greyhound.com) for Miami, Florida to Key West is \$44, so one could get there for about \$287. However, on [www.jetblue.com](http://www.jetblue.com) from Westchester airport to Key West, it is \$643, but would not get to see all of the scenery along the way. CIO

01/03/16 Sunday 10:55 A.M. I rested a bit more. I went through <http://scott-mike.com/bf.htm> , but there are no internet bargains. I chatted with a relative and two friends. I ate a bag of microwave popcorn. I have quite a bit of food stored up in my apartment, but at 246 pounds weight, I think I need to lose a bit of weight. I got a letter a couple of days ago from the Greenwich Housing Authority. I have to turn in my signed Section Eight lease agreement with documentation in the community room downstairs on Wednesday January 13, 2016 from 10 A.M. to 11:30 A.M.. CIO

End of Scott's Notes week of 01/03/16

01/03/16 Sunday 8:20 A.M. I will now send out my weekly notes. CIO

01/03/16 Sunday 8:15 A.M. I chatted with Cablevision, and if I cut out the package that gets the Fox Network, I would save \$35 a month, and if I got the basic package I would save \$55 a month, and for \$15 more a month, I can get four movie packages for \$220 total a month. If I cut out Cable TV all together, I would save about \$85 a month, because I would lose the \$20 discount on long distance. CIO

01/03/16 Sunday 7:05 A.M. I chatted with a friend. CIO

01/03/16 Sunday 4:50 A.M. I woke up ate a small bowl of goldfish crackers. I finally woke up at 4:30 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 Equal sweetener and milk. CIO

01/02/16 Saturday 8:15 P.M. I chatted with a relative. I will now shut down the primary work computer. I will then go to bed. I guess I am back on a daytime schedule. CIO

01/02/16 Saturday 7:55 P.M. I chatted with a friend. I ate two scoops of butter Scotch ice cream. Time Magazine does not work with the Windows Kindle Viewer, but it does work with my two Android devices. CIO

01/02/16 Saturday 6:30 P.M. I chatted with a friend. They don't show the sautéed sirloin tips anymore on this menu <http://www.villagetauernwestk.com/menus/> . CIO

01/02/16 Saturday 5:40 P.M. After the last note, I chatted with a relative. I woke up at 4:30 P.M.. I picked up the mail. I got my rent statement from the Housing Authority of Greenwich. I also got my \$36 rebate card on the Seiki monitor <https://www.4myrebate.com/Claim/CheckRebateStatus/?zip=06830&trackingnumber=7217151913191445> . I also got my new AARP cards. I chatted with a relative. I used the rebate card, and I paid \$22.88 to renew my Time Magazine for a second year, so it is good until January 2017. CIO

01/02/16 Saturday 1:30 P.M. I will now rest awhile. In the colder arctic winter conditions that have finally arrived in Greenwich, Connecticut; I am letting the younger generation venture outside into the Siberian Tundra, and I feel that older retired individuals like myself should stay inside and rest. I will now take a nap. CIO

01/02/16 Saturday 1:10 P.M. I am just about to eat a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

01/02/16 Saturday 12:10 P.M. I chatted with two relatives. CIO

01/02/16 Saturday 11:20 A.M. I printed out the last four months of Scott's Notes. They are 164 pages long in two clamp binders that I put on the Harvard chair at the hallway entrance. They are available here:

Scott's Notes from January 2010 through December 2015, 7.16 Mbytes <http://scott-mike.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011, January 2012 to April 2012, "mlsnote24.doc", pages 9167- 9404, May 2012 to August 2012 "mlsnote 25.doc", page 9405 - 9615, September 2012 to December 2012, "mlsnote26.doc", pages 9616 - 9851, January 2013 to April 2013,

"mlsnote27.doc", pages 9852 - 10092, May 2013 to August 2013, "mlsnote28.doc", pages 10093 - 10306, September 2013 to December 2013, "mlsnote29.doc", pages 10307 -10538, January 2014 to April 2014, "mlsnote30.doc", pages 10539 - 10780, May 2014 to August 2014, "mlsnote31.doc", pages 10781 - 10984, September 2014 - December 2014, "mlsnote32.doc", pages 10985 - 11207, January 2015 - April 2015, "mlsnote33.doc", pages 11208- 11471, May 2015 - August 2015, "mlsnote34.doc", pages 11472 - 11642, September 2015 to December 2015, "mlsnote35.doc", pages 11643 - 11807

Scott's Notes from January 2010 through December 2015, 7.16 Mbytes <http://mikelouisscott.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011, January 2012 to April 2012, "mlsnote24.doc", pages 9167- 9404, May 2012 to August 2012 "mlsnote 25.doc", page 9405 - 9615, September 2012 to December 2012, "mlsnote26.doc", pages 9616 - 9851, January 2013 to April 2013, "mlsnote27.doc", pages 9852 - 10092, May 2013 to August 2013, "mlsnote28.doc", pages 10093 - 10306, September 2013 to December 2013, "mlsnote29.doc", pages 10307 -10538, January 2014 to April 2014, "mlsnote30.doc", pages 10539 - 10780, May 2014 to August 2014, "mlsnote31.doc", pages 10781 - 10984, September to December 2014, "mlsnote32.doc", pages 10985 - 11207, January to April 2015, "mlsnote33.doc", pages 11208 - 11471, May to August 2015, "mlsnote34.doc", pages 11472 - 11642, September to December 2015, "mlsnote35.docx", pages 11643 - 11807

September to December 2015, "mlsnote35.docx", pages 11643 - 11807

September to December 2015, "mlsnote35.docx", pages 11643 - 11807

<http://scott-mike.com/mlsnote35.pdf>

<http://mikelouisscott.com/mlsnote35.pdf>

CIO

01/02/16 Saturday 9:30 A.M. I printed out two copies of my Microsoft Sunset Income versus Spending report for December 2015, and I put one copy in a legal envelope with a 49 cent Forever stamp that I mailed in the mail room downstairs to an interested relative. CIO

01/02/16 Saturday 9:00 A.M. I threw out the calendar shipping box. I am now having a cup of coffee with Equal sweetener and milk. CIO

01/02/16 Saturday 8:25 A.M. [https://www.groupon.com/deals/copacabana-churrascaria-2?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160102&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=title&d=deal-page&utm\\_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e\\_0\\_20160102\\_treatment0](https://www.groupon.com/deals/copacabana-churrascaria-2?p=1&utm_source=newsletter_im&utm_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160102&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=title&d=deal-page&utm_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e_0_20160102_treatment0) Brazilian steak house in Port Chester, New York coupon 2 for \$45.

I will not put out my six new 2016 calendars. CIO



01/02/16 Saturday 7:35 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. CIO

01/02/16 Saturday 6:30 A.M. I finished programming, my new Obama Phone. CIO

01/02/16 Saturday 5:05 A.M. I went back to bed until 4 A.M.. I made my bed. I showered, and I cleaned up. I chatted with a friend. I threw out the garbage. On the Anthony Bourdain cooking show about Scotland, they said only 500 people own half of Scotland, so I guess the other 4 million people own the other half. I will program the new Obama cell phone. CIO

01/02/16 Saturday 1:30 A.M. I woke up at 12:30 A.M.. I feel a bit rested. I watched CNN Anthony Bourdain in Scotland and Denmark which look a bit like Nantucket. 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

01/01/16 Friday 10:55 P.M. I chatted with a friend at 10:30 A.M., and I chatted with a relative at 7:30 P.M.. I woke up at 10:30 P.M., and I ate a German chocolate muffin with a glass of cold filtered water. I will now rest some more. CIO

01/01/16 Friday 7:40 A.M. I woke up at 7 A.M.. I ate two scoops of butter Scotch ice cream and a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

01/01/16 Friday 5:15 A.M. I ate a 13 ounce Marie Callender steak and potatoes dinner with a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. CIO

01/01/16 Friday 4:20 A.M. I ate a small bowl of goldfish crackers. I woke up at 4 A.M.. CIO

01/01/16 Friday 12:25 A.M. Happy New Years. I will now rest some more. CIO

02/29/16 Monday 7:40 P.M. I watched "The Legend of Atlantis". I chatted with a relative. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

02/29/16 Monday 6:35 P.M. I ate a croissant. CIO

02/29/16 Monday 6:25 P.M. I threw out the garbage. I went downtown. I sat out downtown for quite a while enjoying the Greenwich Sunset. There were not too many people around on a quiet late afternoon. The new fire station is progressing along. They are putting the limestone facade on it at the moment. It is 4.8 miles round trip downtown to the Senior and Arts Center and back. I went by the Stop and Shop. I bought four cinnamon muffins for \$2.99, two croissants for \$1.29 each, a 59 ounce Tropicana orange juice with calcium for \$3, a 45 ounce Smart Balance Spread for \$6.99, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, bananas for .49 a pound for .65 for \$19.20 total. I then returned home. I sat outside for a while. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223739793215](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223739793215) on the order for four <http://www.ebay.com/itm/PAIR-OF-KING-SIZE-HOTEL-QUALITY-CRISP-WHITE-PILLOW-CASES-T-250-HIGH-TREAD-COUNTS-/252198648521?hash=item3ab835fac9:g:ZHEAAOxyP4dTcyij> for \$6.73 a pair for \$26.92 total with free shipping arrived. CIO

02/29/16 Monday 3:50 P.M. I woke up at 3:30 P.M.. Holland American Line Veendam is docked in Key West <http://keywestharborwebcam.com/> and [www.liveduvalstreet.com](http://www.liveduvalstreet.com) . I will now make my bed, and I will go downtown on a warmer day. CIO

02/29/16 Monday 1:55 P.M. I ate 9 ounces of Perdue grilled white breast meat chicken strips with a baked potato and steamed baby carrots with sliced asparagus with Smart Balance Spread and extra virgin olive oil on the vegetables seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt and grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

02/29/16 Monday 12:50 P.M. Earthscope

Barbecue in Norwalk [https://www.groupon.com/deals/johnny-utahs-bar-and-restaurant?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160228&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78\\_0\\_20160228\\_treatment1](https://www.groupon.com/deals/johnny-utahs-bar-and-restaurant?p=1&utm_source=newsletter_im&utm_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160228&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78_0_20160228_treatment1) . CIO

02/29/16 Monday 12:35 P.M. I threw out the garbage. I chatted with a neighbor. All quiet in greater southwestern Connecticut. CIO

02/29/16 Monday 11:55 A.M. <http://www.nytimes.com/2016/02/29/technology/the-promise-of-artificial-intelligence-unfolds-in-small-steps.html?hp&action=click&pgtype=Homepage&clickSource=story-heading&module=mini-moth&region=top-stories-below&WT.nav=top-stories-below&r=0> . CIO

02/29/16 Monday 11:50 A.M. I will now make my bed. I will then shower and clean up. CIO

02/29/16 Monday 11:45 A.M. <http://www.cnn.com/2016/02/25/travel/gallery/tbt-grand-canyon-ansel-adams/index.html> . CIO

02/29/16 Monday 11:30 A.M. I chatted with a relative. CIO

02/29/16 Monday 11:15 A.M. I went back to bed until 10:45 A.M.. I will now drink a cup of decaffeinated coffee with Equal sweetener and milk. CIO

02/29/16 Monday 5:15 A.M. I chatted with a relative at 8 P.M.. I woke up at 5 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

02/28/16 Sunday 5:25 P.M. I ate the 10 ounce Blue Sea Shrimp ring with the shrimp sauce. It had defrosted in the refrigerator. I could never afford to buy shrimp in Key West, but once the White House photographer for Jerry Ford bought me and John Bolton a shrimp dinner at turtle quails. My family used to buy free shrimp off the waterfront in Pensacola, Florida in the mid 1950s for 5 pounds for a dollar. They also had deep fat fried shrimp shacks with hush puppies. I will now rest for a while. CIO

02/28/16 Sunday 5:05 P.M. I chatted with a friend. I threw out the garbage. I went downtown to CVS on Greenwich Avenue, and I bought three 11.3 ounce Folgers's decaffeinated coffee for \$3.99 each for \$11.97 total. I still have \$2.70 left on my CVS store credit card. I then chatted with a local walker. I then drove further downtown, and I sat out for a longer period of time without walking. I did walk over to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then sat out for a while longer. I checked out the customers at Starbucks. In the sunlight, I can not use my Iphone. I then went by the Greenwich Library, and I chatted with two regular patrons, and I renewed my library card for another three years. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$7.57 of self service V-Power gasoline for \$2.979 a gallon for 2.54 gallons at odometer reading of 112224 miles for 30.3 miles driven since Sunday February 21, 2016 for 11.930 miles per gallon in local traffic. I checked the air pressure in the tires for 32 PSI all around. I then returned home. I took a picture of some guests for them. I chatted with a relative. CIO

02/28/16 Sunday 11:00 A.M. Before going out, I will first eat a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I chatted with a friend. CIO

End of Scott's Notes week of 02/28/16

02/28/16 Sunday 10:40 A.M. I chatted with a neighbor. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I will then go downtown to the vast wasteland of what we commonly refer to as Greenwich Avenue, where nobody knows anyone, but lots of people like to hang out because of the congenial ambience particularly around Starbucks. I will now send out my weekly notes. CIO

02/28/16 Sunday 9:30 A.M. I woke up again at 9 A.M.. I will now drink a cup of decaffeinated coffee with Equal sweetener and milk. CIO

02/28/16 Sunday 6:00 A.M. I chatted with a friend. CIO

02/28/16 Sunday 4:50 A.M. I chatted with a friend at 9 P.M.. I ate two small bowls of goldfish crackers. I woke up at 4:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk.

02/27/16 Saturday 5:15 P.M. I picked up the mail. I chatted with neighbors. I ate a bag of microwave popcorn. I will now shut down the primary work computer. I will eat 8 ounces of Dannon yogurt. CIO

!!!!!! 02/27/16 Saturday 4:25 P.M. My cheap Iphone setup: 16 GB of memory for \$29.99 with free shipping <http://www.ebay.com/itm/Apple-iPhone-3GS-8-16-32GB-AT-T-Black-and-White-Smartphone-H2O-NET10-Cricket-/121879234917>

[http://www.ebay.com/itm/Leather-FLIP-CASE-COVER-POUCH-FOR-APPLE-iPHONE-3G-3Gs-/250685179812?hash=item3a5e0047a4:m:mH3gusfDMuQX\\_s9SdhjDw](http://www.ebay.com/itm/Leather-FLIP-CASE-COVER-POUCH-FOR-APPLE-iPHONE-3G-3Gs-/250685179812?hash=item3a5e0047a4:m:mH3gusfDMuQX_s9SdhjDw) for 2.99 GPD and 2.39 GPD shipping for 5.38 GPD for \$8.01 total

[http://www.amazon.com/Wireless-Triple-nano-micro-mini/dp/B018J020Z0/ref=sr\\_1\\_1?s=wireless&ie=UTF8&qid=1456607989&sr=1-1&keywords=h2o+sim+card](http://www.amazon.com/Wireless-Triple-nano-micro-mini/dp/B018J020Z0/ref=sr_1_1?s=wireless&ie=UTF8&qid=1456607989&sr=1-1&keywords=h2o+sim+card)

<https://www.h2owirelessnow.com> CIO

02/27/16 Saturday 4:20 P.M. Between February 29 and March 8 you might notice a very brief interruption in TV service due to sun outages.

<https://www.youtube.com/watch?v=nArnNjQenkQ&feature=youtu.be>

IAVCEI 2017

[http://view.klm-mail.com/?j=fe9c177474650d7d74&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff971577&ju=fe651c757465037c7614&r=0&WT.mc\\_id=L\\_US\\_email\\_Exact\\_Target\\_Newsletter\\_null\\_Null\\_null&WT.tsrc=Email&WT.i\\_vid=59129346](http://view.klm-mail.com/?j=fe9c177474650d7d74&m=fe93157073600d7d7d&ls=fe2b1579776d007c7d1472&l=ff0116707d6507&s=fe58117974660d7e7112&jb=ff971577&ju=fe651c757465037c7614&r=0&WT.mc_id=L_US_email_Exact_Target_Newsletter_null_Null_null&WT.tsrc=Email&WT.i_vid=59129346)

Bill Gates Explains How to Make Climate Progress in a World Eating Meat and Guzzling Gas - The New York Times

BeachCamera.com

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

2016 GSA Rocky Mountain Section Meeting CIO

02/27/16 Saturday 3:45 P.M. Picture 14 shows the garage apartment that I built in 1982 and 1983  
[http://www.trulia.com/homes/New\\_York/Manhasset/sold/1028641-21-Circle-Dr-Manhasset-NY-11030#photo-14](http://www.trulia.com/homes/New_York/Manhasset/sold/1028641-21-Circle-Dr-Manhasset-NY-11030#photo-14). I was paid \$8,500 for the entire project which worked out to about \$2.35 an hour figuring about 300 days at 12 hours a day, but I think it was actually more time. CIO

02/27/16 Saturday 3:10 P.M. I was not able to rest. I chatted with a relative. CIO

02/27/16 Saturday 2:10 P.M. I will now rest for a while. CIO

02/27/16 Saturday 1:35 P.M. I went out, and I threw out the garbage. I went by CVS on Greenwich Avenue. I returned \$52.75 off caffinated coffee that I had bought recently for store credit. I bought a 230 count package of Equal sweetener for \$3.99, two 8 ounce Maxwell House decaffeinated instant coffee for \$3.99 each, four 4 ounce Crest Advanced Care toothpaste for \$2.29 each, a Blade Sensitive Skin shave gel for \$2.24, and a 22.6 ounce Folgers decaffeinated coffee for \$13.99 AND .72 tax for \$38.08 total. I still have \$14.67 on my store credit refund card. I then went by the Greenwich Hardware store, and they gave me two plastic closet door knobs and two 2 inch screws. I then sat out downtown for a while. I chatted with a local walker who was too cold to go out. I showed the Apple store my used Iphone setup. I chatted with a local piano player and also a house painter. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won a free one that I lost on. I chatted with the Christian Science Monitor Center. I chatted with a local politician. I sat outside some more. I then went to the Acme grocery store, and I bought a 16 ounce Stouffer's stuffed peppers for \$2.99, a 10 ounce Blue Sea Shrimp ring for \$5, and fresh asparagus for \$1.99 a pound for \$3.95, but they rang it up as a red pepper for \$3.99 a pound for \$3.95 for \$11.94 total. The way I figure it, they owe me about \$2. I then returned home. I used one of the closet knobs to repair my

right bedroom closet door. I put the spare one in the top left bedroom chest of drawers. I will now eat the Stouffer's 16 ounce stuffed peppers with grated parmesan and Romano cheese on it and a 12 ounce glass of Schweppes Ginger Ale. CIO

02/27/16 Saturday 7:40 A.M. I woke up at 7 A.M.. I will now have a cup of coffee with Equal sweetener and milk. I will then make my bed and shower and clean up. CIO

02/27/16 Saturday 4:05 A.M. I made up a fresh batch of punch. I also ate the croissant with breakfast. I will now rest some more. CIO

02/27/16 Saturday 3:25 A.M. I woke up at 2:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223739793215](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223739793215) on the order for four <http://www.ebay.com/itm/PAIR-OF-KING-SIZE-HOTEL-QUALITY-CRISP-WHITE-PILLOW-CASES-T-250-HIGH-TREAD-COUNTS-/252198648521?hash=item3ab835fac9:g:ZHEAAOxyP4dTcyji> for \$6.73 a pair for \$26.92 total with free shipping. CIO

02/26/16 Friday 5:10 P.M. I will now shut down the primary work computer. I will then go to bed for the night. CIO

02/26/16 Friday 4:45 P.M. I went to the follow up on my medical tests. I chatted with a relative. I have five problems that showed up with my heart on the EKG pictures. They are complicated terms that I can not remember. The two day pharmacological nuclear stress test in a couple of weeks will show more. I am not suppose to do too much exercise until after that test is evaluated. I am also suppose to quit drinking green tea and quit taking green tea pills. On the chest cat scan, it showed one small nodule on my lungs, so they will do another one in another year. I went downtown, and I sat outside for a while. 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 then went by the Stop and Shop. I bought four buy one get one free of Thomas' English muffins for \$4.39 each two, a croissant for \$1.29, buy one get one free of 9 ounce Perdue short cuts grilled white chicken breast meat for \$4.49 both, a prepared roast beef and provolone cheese sandwich for \$3.99, bananas for .49 a pound for .85, and two baking potatoes for .99 a pound for \$1.57 and 55 cent can return and .25 tax for \$20.67 total. I then went by CVS at 644 West Putnam Avenue, and to hold my nicotine patches on instead of Scotch tape, I bought two 10 yard CVS Health All Purpose white cloth tape for \$4.25 each, and a 12 foot 3M Nexcare sensitive skin low trauma tape for \$8.49 and the second one for \$4.24 less a \$4 off \$20 CVS coupon and \$1.09 tax for \$18.32 total. I then returned home. I picked up the mail. The order for [http://www.ebay.com/itm/Leather-FLIP-CASE-COVER-POUCH-FOR-APPLE-IPHONE-3G-3Gs-/250685179812?hash=item3a5e0047a4:m:mH3gusfDMuOX\\_s9Sdhjmdw](http://www.ebay.com/itm/Leather-FLIP-CASE-COVER-POUCH-FOR-APPLE-IPHONE-3G-3Gs-/250685179812?hash=item3a5e0047a4:m:mH3gusfDMuOX_s9Sdhjmdw) for 2.99 GPD and 2.39 GPD shipping for 5.38 GPD for \$8.01 total arrived. It fits just fine on the old Iphone. I chatted with a friend with medical back ground. He told me heart beat irregularities are quite common, and I should not worry too much. I will have to wait to see what the tests show. I will now put some Hellmann's mayonnaise on the roast beef sandwich and eat it with a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. CIO

02/26/16 Friday 11:25 A.M. I chatted with a relative. I watched "The Physician". I will now head out to my 1 P.M. appointment early. CIO

02/26/16 Friday 8:25 A.M. I threw the garbage out. I found an old rotten baseball by the dumpster, and I threw it by right field dugout in the back yard baseball field. CIO

02/26/16 Friday 7:40 A.M. I ordered four <http://www.ebay.com/itm/PAIR-OF-KING-SIZE-HOTEL-QUALITY-CRISP-WHITE-PILLOW-CASES-T-250-HIGH-TREAD-COUNTS->

/252198648521?hash=item3ab835fac9:g:ZHEAAOxyP4dTcvij for \$6.73 a pair for \$26.92 total with free shipping. I will now make my bed and shower and clean up. CIO

02/26/16 Friday 7:20 A.M. I woke up at 7:15 A.M.. CIO

02/26/16 Friday 5:55 A.M. I will rest some more. I have a 1 P.M. medical appointment this afternoon. CIO

02/26/16 Friday 5:35 A.M. I woke up at 5 A.M.. I drank a cup of coffee with Equal sweetener and milk. CIO

02/26/16 Friday 3:20 A.M. I woke up at 2:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. I will now rest some more. CIO

02/26/16 Friday 12:50 A.M. I rested until 12:30 A.M.. CIO

02/25/16 Thursday 8:00 P.M. I am about to eat a Stouffer's 19 ounce meat and tomato lasagna dinner with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

02/25/16 Thursday 7:50 P.M. I rested until 7 P.M.. I picked up the mail. I chatted with a relative. CIO

02/25/16 Thursday 11:40 A.M. I rested until 11:30 A.M.. CIO

02/25/16 Thursday 7:50 A.M. I rested until 7:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/25/16 Thursday 4:15 A.M. Ford Uses Microsoft Cloud to Seamlessly Update Cars (article) - Cloud for Tomorrow

Commonly Used Stock Market Terminology | WiseStockBuyer I will now rest some more. CIO

02/25/16 Thursday 3:50 A.M. I put away the clean laundry. CIO

02/25/16 Thursday 2:25 A.M. I have 55 minutes to go on two dry cycles. CIO

02/25/16 Thursday 1:55 A.M. I put clean linens on the bed. I started two loads of wash and have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. There is an asphalt roof shingle by the east doorway, so maybe other ones came off the roof. CIO

02/25/16 Thursday 1:05 A.M. I woke up at 1 A.M.. We had a severe thunderstorm a little while ago. NOAA weather radio went off with warnings three times. <http://www.greenwichtime.com/weather/article/Strong-winds-up-to-50-mph-expected-tonight-6850914.php> . CIO

02/24/16 Wednesday 6:15 P.M. I chatted with two relatives. I woke up at 5:30 P.M.. I picked up the mail. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and a 12 ounce glass of Schweppes Ginger Ale. I will now rest some more. CIO

!!!!!! 02/24/16 Wednesday 11:25 A.M. I went to the Greenwich Hospital, and I had more lab work done. They started my EKG stress test, but the pictures showed I have a heart irregularity, so they cancelled the stress test, and they are going to do two day stress echocardiogram in the near future. I returned home. I

chatted with two friends. I ate a 18.8 ounce Campbell's New England clam chowder seasoned with ground black pepper, Italian seasoning, and celery salt along with a glass of cold filtered water. I will now rest some more. CIO

02/24/16 Wednesday 8:00 A.M. I watched "World War II Spy School". I will now head out to my 9:15 A.M. appointment. CIO

02/24/16 Wednesday 6:15 A.M. I went back to bed until 6 P.M.. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. CIO

02/24/16 Wednesday 3:05 A.M. I woke up at 2:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. I have a 9:30 A.M. appointment today. CIO

02/23/16 Tuesday 8:10 P.M. I ate a 16 ounce Marie Callender beef pot pie with a 12 ounce glass of Schweppes Ginger Ale. I watched Bill Gates on Charlie Rose. I chatted with a relative. I will now go back to bed. CIO

02/23/16 Tuesday 6:50 P.M. I woke up at 6 P.M.. I did not get any mail today. Bill and Melinda Gates were on Bloomberg News, so it looks like they might have been in Manhattan today. CIO

02/23/16 Tuesday 10:55 A.M. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a bowl of Utz wavy potato chips and with a glass of cold filtered water. I will now rest for a while. CIO

02/23/16 Tuesday 10:05 A.M. I chatted with Optimum on a technical problem, which they fixed by having me reboot. They are also going to lower my entire bill by \$30 a month for the next year as a special promotion. CIO

02/23/16 Tuesday 9:20 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured CVS. I used the bathroom at Starbucks. I chatted with a fund raiser from New Jersey. I returned home. CIO

02/23/16 Tuesday 6:10 A.M. I 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 to Green Witch Avenue for one of my usual strolls. Not much going on downtown, since it seems a lot of people are still away. CIO

02/23/16 Tuesday 5:20 A.M. I woke up at 5 A.M.. <http://www.greenwichtime.com/business/article/Tesla-seeks-to-open-showroom-on-Greenwich-Avenue-6847654.php> CIO

02/23/16 Tuesday 1:10 A.M. Somebody wearing an L.L. Bean field jacket  
<http://www.greenwichtime.com/business/article/Monroe-to-be-home-to-first-Walmart-Supercenter-in-6842884.php> . CIO

02/23/16 Tuesday 12:20 A.M. I chatted with a relative. I woke up at 11:45 P.M.. This past morning, I chatted with someone downtown wearing a Yellowstone Jacket, and they told me they dealt with a bear in Byram a year ago, so we do have bears in our neighborhood. Also I figure the Tarrytown Diner off Interstate I-287 is probably making a lot of money with all of the bridge worker working on the new Tapan Zee bridge. Construction people tend to eat a lot of food. They are working on the brick work on the new building at the bottom of Greenwich Avenue. Since George Cary moved away to Delaware, I do not know anyone that has a larger viewpoint of the New York area to network with. He is still involved with horses. Being on a night

schedule for all of these years, the only thing that ever happened was the Tsunami in Japan which was at 1:30 A.M. in the morning our time, and I woke up my friends in Georgia who know CNN people to let them know about it. They are now still in Manhattan, but they seem to enjoy spending a lot of time in the meat packing district viewing the new art scene down there. When I covered that neighborhood, it was actually a meat packing district with sides of beef hanging out on West 14th Street. The Port Authority and the Sanitation Department had the garages on west side piers for maintaining the garbage trucks and buses, so I probably saw a lot of heavy duty mechanics. They also had the Bermuda Motor Car Company which was a large fleet of Cadillac limousines for VIP visitors. There was a heliport on West 23rd street. The Masonic Hall was on West 23rd Street with the Y.M.C.A.. The London Terrace Apartments were on West 23rd Street which was one of the largest apartment complexes in Manhattan. The Wholesale Florists were north of West 23rd Street. The Federal Detention Center was down there. The Anglican Seminary was in that neighborhood. Back in my day, it was easy to find a parking place down there. I lived on West 20th street for two months across from Anglican Seminary around the spring of 1974. My roommates were Yale graduates, and they knew Fred Hughes of Andy Warhol fame. They though a big luncheon was a watercress salad with Dijon vinaigrette dressing. I once had Kip Forbes spend the night there, and it turned out his father's townhouse was on the other side of the Anglican seminary. I once brought in two bags of groceries from the A&P in Greenwich and made a big pot roast beef stew with the vintage pressure cooker. I even fixed the old RCA television with tubes from the TV repair shop next to the Ninth Circle Pub on West 9th Street. Moran's bar was in that neighborhood, and they have the tug boat company in New York City. There was also all of the leather bars which had pool tables if one did not mind the company. The Empire diner was there in those days. Tony Perkins was a neighbor. Alas I moved out owing a \$5 phone bill, and I could not afford to pay rent. I did see Andy Warhol at the Ninth Circle, so I must have been around some people from the Factory. Alas it takes money to live in Manhattan even in the warehouse district. The most upscale enterprise was Barneys department store. I shopped at the A&P at Seventh Avenue and about 19th Street. I once read one of the warehouses down there had a million pounds of frozen butter. Morgan Manhattan warehouse from the bottom of Greenwich Avenue had a big warehouse down there. The arts students at New York University had a new dormitory built out of an old railroad warehouse. Back then the elevated railroad was still there. The Swedish American cruise lines used to arrived and depart on Christopher Street. CIO

02/22/16 Monday 4:10 P.M. I woke up at 4 P.M.. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405509699937345902143](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699937345902143) on the order for <http://www.ebay.com/itm/151988310812> L.L. Bean Mens 2XL large field coat for \$29.99 and \$15 shipping for \$44.99 total arrived. The jacket looks just great. I will now rest some more. CIO

02/22/16 Monday 11:25 A.M. I ate 8 ounces of Perdue grilled white breast meat chicken strips with a baked potato and steamed baby carrots with Smart Balance Spread and extra virgin olive oil on the vegetables and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Equal sweetener and lemon juice. After I drink my green tea, I will rest for a while. CIO

02/22/16 Monday 10:40 A.M. I chatted with a relative.

<http://video.foxnews.com/v/4767244625001/video-of-two-polar-bears-becoming-instant-bffs-goes-viral/?intcmp=hpvid1#sp=show-clips> . CIO

02/22/16 Monday 10:20 A.M. <http://www.greenwichtime.com/local/seattle-history/article/Seattle-presidential-history-Boeing-6827723.php> . Of course Mike Scott does not know anything about aviation anymore having been stuck on a keyboard for 25 years. CIO

02/22/16 Monday 9:55 A.M. I threw out the garbage along with the Cuisine Art coffee maker box and the Seiki monitor box. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought a croissant at St. Moritz bakery for \$2. I ate it front of the senior and the arts center. I stopped by CVS. They have a new Kodak photo processing machine there that uses a different process. I returned to CVS at 8 A.M., and I found \$2 cash on the floor. I got my Shingles vaccination shot at their pharmacy. I then walked back down Greenwich Avenue. I chatted with two parks and recreation employees. I then returned home to Buy Rum. CIO



02/22/16 Monday 5:50 A.M. <http://www.destinationtips.com/destinations/15-things-not-to-do-in-amsterdam/1/> and <http://www.greenwichtime.com/news/us-world/article/Oregon-man-lives-in-an-Boeing-727-wants-to-build-6834649.php> I will now make my bed. I will then shower and clean up. I will then go downtown for a walk on the Avenue of Broken Dreams. CIO

02/22/16 Monday 5:20 A.M. I rested some more until 5 A.M.. The local retired physics professor from [www.columbia.edu](http://www.columbia.edu) who told me that the local seafood might have radiation poisoning from the Japanese Nuclear power plant that was destroyed in the tsunami also told me that when he worked on repairs at the local Indian Point Nuclear power plant, they did not even have the original blue prints to use to guide them in their repairs. He died recently from bladder cancer, so there might be some truth in what he told me. CIO

02/22/16 Monday 3:25 A.M. Yesterday morning, when I went out for a walk, the Air National Guard had over a hundred military jets flying at high altitude over the New York City area. It was sort of hard to miss, if one looked up in the sky. I guess now that fuel is cheaper, they can afford to practice. CIO

02/22/16 Monday 3:20 A.M. I noticed recently when I was at the Greenwich Hospital Thrift Shop, one of the volunteers had a very big solid black German Shepard I guess for security. It sort of looked like a wolf. CIO

02/22/16 Monday 2:20 A.M. Andrew Cuomo used to live nearby in Bedford in Richard Van Marter's family's old house before his wife threw him out. Michael Bloomberg is suppose to have a house in North Castle, New York. Lowell Weicker now lives in Lyme, Connecticut, but he still has family in Greenwich. Bill Weld's family used to live in Bedford. We probably have some foreign residents also. Maybe we should have a local tax on politicians. CIO

02/22/16 Monday 1:40 A.M. I woke up at 1:30 A.M.. Besides being Bush, Rockefeller, and Trump neighbors in Greenwich, Connecticut, we are also Clinton neighbors, since the live nearby north of Westchester County Airport where they generate a lot of jet traffic. If Hilary gets elected they will change the flight pattern at the airport, so possibly more planes will fly over Greenwich. There used to be a Bill Clinton look a like in Greenwich, and he was frequently seen in the Greenwich Library wearing a Crested Butte baseball cap. He told me he lived in a house off Bruce Park. I once saw Hilary with a neighbor who is postal worker coming out of the former Figaro French restaurant on Greenwich Avenue. Other neighbors claim, their sister and daughter was Clinton's White House nurse. Thus we probably have other political operatives in the area. When I used to visit Scott Nelson and Max in Irvington, New York, I used to see a lot of women with Hilary Clinton's look. Possibly they were [www.army.mil](http://www.army.mil) wives with West Point nearby across the Hudson River. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/21/16 Sunday 10:25 P.M. I watched "Downton Abbey". I will now go back to bed. CIO

02/21/16 Sunday 8:45 P.M. I chatted with three relatives. I woke up at 8:15 P.M.. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese on it and a 12 ounce glass of Schweppes Ginger Ale. CIO

End of Scott's Notes week of 02/21/16

02/21/16 Sunday 11:50 A.M. I chatted with a relative. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

02/21/16 Sunday 11:05 A.M. I chatted with a relative. CIO

02/21/16 Sunday 10:40 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I got an Ace beating the dealer's King, so I won \$40. I stopped by the Chase ATM machine just north of Saks Fifth Avenue. I stopped by CVS, and I bought a 12 ounce Gillvalia house coffee for \$4.99. I also bought a 18 roll bundle of Cottonelle soft toilet paper for \$6.99 and .44 tax for \$7.43 total. I chatted with the jogging store guy at the top of Greenwich Avenue. I sat out for a while. I drove back to CVS, and I picked up a prescription. I bought two 16 ounce Brachs' cinnamon jelly hearts for \$1.49 each for \$2.98 total. I then went to the Stop and Shop. I bought bananas for .49 a pound for .47 and four different Marie Callender frozen meals for \$2.50 each for \$10.47 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$7 of V-Power premium gasoline for \$2.979 a gallon for 2.351 gallons at odometer reading of 112193 miles for 28.5 miles driven since Tuesday February 9, 2016 for 12.123 miles per gallon in local traffic. I then returned home, and I put away my purchases. CIO

02/21/16 Sunday 6:35 A.M. It is 47 degrees Fahrenheit outside right now. I will go downtown for a stroll. CIO

02/21/16 Sunday 6:20 A.M. This is where my L.L. Bean field coat is coming from <http://www.jemezsprings.org/> . CIO

02/21/16 Sunday 6:10 A.M. I ate a bag of microwave popcorn. CIO

02/21/16 Sunday 5:30 A.M. I watched episodes 1 and 2 of "You, Me, and Them". Acorn TV has programs that one might not see on Netflix. CIO

02/21/16 Sunday 4:10 A.M. The bad news is that I have put on about six pounds. I am now 252.6 pounds. CIO

02/21/16 Sunday 3:40 A.M. I cleaned up the paper work at the apartment entrance. I ate a <http://scott-mike.com/em.htm> along with a 12 ounce glass of 50% punch and 50% cold filtered water. I will now shower and clean up. CIO

02/21/16 Sunday 3:00 A.M. I went back to bed until 2:15 A.M.. I ate five triscuit crackers. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. CIO

02/20/16 Saturday 11:35 P.M. I rested some more until 11:15 P.M.. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. CIO

02/20/16 Saturday 8:35 P.M. I threw out the garbage. I did not get any mail today. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405509699937345902143](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699937345902143) on the order for <http://www.ebay.com/itm/151988310812> L.L. Bean Mens 2XL large field coat for \$29.99 and \$15 shipping for \$44.99 total. CIO

02/20/16 Saturday 8:05 P.M. I woke up at 7:45 P.M.. I ate a <http://scott-mike.com/em.htm> along with a 12 ounce glass of 50% punch and 50% cold filtered water and a cup of coffee with Equal sweetener and milk. CIO

02/20/16 Saturday 7:05 A.M. I think the monkey and the parrot took over the high tech top secret communications facility. CIO

02/20/16 Saturday 7:05 A.M. <http://www.greenwichtime.com/printpromotion/article/Audubon-Rail-plan-threatens-bird-sanctuaries-6838165.php> CIO

02/20/16 Saturday 7:00 A.M. I ate some Tostitos corn chip scoops. I think some people like to cruise the high seas <http://portmiamiwebcam.com/> and <http://www.ftlauderdalewebcam.com/> . CIO

02/20/16 Saturday 6:10 A.M. <https://www.thetrain.com/> out in Grand Canyon Country. CIO

02/20/16 Saturday 5:40 A.M. Bad weather in the southern hemisphere  
<http://www.greenwichtime.com/news/science/article/Fiji-hunkers-down-as-formidable-cyclone-nears-6844020.php> . CIO

02/20/16 Saturday 5:35 A.M. Ice station Zebra up in the Nordic Tundra of Greenwich, Connecticut USA is up and running. However, since everyone went south for the winter, there are not many people around here anymore, even though it is going up to 56 degrees Fahrenheit today. My friend from the Stowe, Vermont ski patrol is driving east to visit Newport, Rhode Island this weekend. People in the north country with money and the right vehicles do move around in the winter. Still, I don't travel too much, since it costs money that I would otherwise spend on my home office. I guess the last of the Road Warriors out there in the hinterlands is probably broken down in some place like Arizona trying to figure out what it is all about. America is a large area, so once one starts traveling it is a vast area. Where the Rusty Oxer truck repair shop on West Putnam Avenue used to be has become a AAA automobile garage with lots of flat bed tow trucks, if one every breaks down in this area. I worked the grapevine with 1-800-42GEICO. CIO

02/20/16 Saturday 4:00 A.M. I woke up at 2:45 A.M.. On the Dell Optiplex 740 tower computer, I did a Windows Complete PC backup to the second internal hard drive. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/19/16 Friday 10:45 P.M. I watched episode 5 of "The Chamomile Lawn". I will now shut down the primary work computer, and I will go to bed. CIO

02/19/16 Friday 9:25 P.M. I ate 14 ounces of Tositos medium salsa with Tostitos corn chip scoops. CIO

02/19/16 Friday 8:55 P.M. I threw out the Ricoh and Brother shipping boxes. I sat outside for a while on a damp night. I put the Ricoh CDs on the upper bookcase shelf at the hallway entrance along with its paper work. CIO

02/19/16 Friday 8:35 P.M. I chatted with a relative at 5 P.M.. I woke up at 6 P.M.. I chatted with a friend and a relative. I installed the new generic drum on the Brother MFC 8840 D all purpose laser printer machine, and it seems to work just fine. The copies now are clearer. I setup the Ricoh color laser printer on the back side of the white bookcase at the kitchen entrance. I set it up on the Dell Optiplex 740 machine with both USB and LAN connections. I copied the instructions to the computer desktop. CIO

02/19/16 Friday 3:30 P.M. Right before I left at noon, the order with tracking of <http://wwwapps.ups.com/etracking/tracking.cgi?TypeOfInquiryNumber=T&HTMLVersion=4.0&InquiryNumber1=1ZE6W3110387122102> on the order for [http://www.bhphotovideo.com/c/product/1171707-REG/ricoh\\_407519\\_sp\\_c250dn\\_color\\_laser.html](http://www.bhphotovideo.com/c/product/1171707-REG/ricoh_407519_sp_c250dn_color_laser.html) for \$49.95 with free shipping arrived. I used my little portable cart from the rear area of the Volvo wagon to carry it up, and put it in my apartment. It is a big box. I then went to my 1:30 P.M. appointment early. I then sat out for a while downtown. It was not very busy. I then drove down by the waterfront on Steamboat Road, and it looks more cheerful down there in the daytime. On the pier on Steamboat Road, they now only allow two hour parking in the daytime, and no parking at night. I then went by the Greenwich Hospital Thrift Shop. They have their usual vast assortment of items. There is a 14 inch 11 inch framed photography of John D. Rockefeller for \$375. I guess it must have some sort of historical significance. Not many bargains there anymore, but still a lot of browsers. I then returned home. The order with tracking of [https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998219820243979&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998219820243979&cntry_code=us) on the order for <http://www.ebay.com/itm/1PK-High-Yield-DR510-Drum-Unit-Compatible-For-Brother-HL-5170DN-HL-5170N-/111781811642?hash=item1a06b715ba:g:U6YAAOSwFnFWBijS> for \$17.32 with free shipping and .87 discount for \$16.45 total arrived. I also picked up mail. I will set up the Ricoh color laser printer and install the Brother Drum later. I drank a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. I will now shut down the primary work computer. I will then go to bed. CIO

02/19/16 Friday 11:30 A.M. I checked outside. I will now shower and clean up. I will go out early to my 1:30 P.M. appointment. CIO

02/19/16 Friday 11:10 A.M. I chatted with a relative. I ate a 16 Marie Callender sweet and sour chicken dinner with Smart Balance Spread on the vegetables with a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. CIO

02/19/16 Friday 10:35 A.M. I made my bed. I have a 1:30 P.M. appointment today. CIO

02/19/16 Friday 10:15 A.M. I woke up at 10 A.M.. I bought <http://www.ebay.com/itm/151988310812> L.L. Bean Mens 2XL large field coat for \$29.99 and \$15 shipping for \$44.99 total. CIO

02/19/16 Friday 4:40 A.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. On the white bookcase at the kitchen entrance, I moved the Ricoh laser printer from there to on top of the same Ricoh laser printer on the right side of the bedroom desk. I will put the Ricoh color laser printer on the rear of the white bookcase at the kitchen entrance. I will now rest a spell. CIO

02/19/16 Friday 4:00 A.M. I watched episode 4 of "The Chamomile Lawn".

Vacation Planner, Travel Planning, Tips & Savings – AARP

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report CIO

02/19/16 Friday 2:35 A.M. \$29.99 and \$3.99 shipping [http://www.bestbuy.com/site/at-t-gophone-microsoft-lumia-640-4g-lte-with-8gb-memory-no-contract-cell-phone-black/9231014.p?acampID=0&loc=0&ref=199&loc=NKa3hZvYoHA&acampID=1&siteID=NKa3hZvYoHA-Ljb\\_DNDI3CAKJzY9J\\_Rv4Q](http://www.bestbuy.com/site/at-t-gophone-microsoft-lumia-640-4g-lte-with-8gb-memory-no-contract-cell-phone-black/9231014.p?acampID=0&loc=0&ref=199&loc=NKa3hZvYoHA&acampID=1&siteID=NKa3hZvYoHA-Ljb_DNDI3CAKJzY9J_Rv4Q)

<http://www.dealcatcher.com/travel-luggage/7-night-caribbean-cruise--42>

<http://www.amazon.com/Brother-MFCL2700DW-Wireless-Networking-Printing/dp/B00MFG58N6> \$119.99 with free shipping

[http://www.newegg.com/Product/Product.aspx?Item=N82E16828113931&nm\\_mc=KNC-GoogleAdwords-PC&cm\\_mmc=KNC-GoogleAdwords-PC--pla--Printer++Laser+Printers--N82E16828113931&gclid=CMuvyLymg8sCFUQkhgod1zMGRw&gclsrc=aw.ds](http://www.newegg.com/Product/Product.aspx?Item=N82E16828113931&nm_mc=KNC-GoogleAdwords-PC&cm_mmc=KNC-GoogleAdwords-PC--pla--Printer++Laser+Printers--N82E16828113931&gclid=CMuvyLymg8sCFUQkhgod1zMGRw&gclsrc=aw.ds) \$169.99 with free shipping. CIO

02/19/16 Friday 1:30 A.M. I threw out the garbage. It can be busy on West Putnam Avenue at night and the early morning hours with a Exxon, Mobil, and Shell 24 hour gasoline stations with convenience stores along with the 24 CVS drugstore. CIO

02/19/16 Friday 12:55 A.M. I made my bed. I ate 4 ounces of fresh guacamole and 8 ounces of Tostitos mild salsa with Tostitos corn chip shells. I will now shower and clean up. CIO

02/19/16 Friday 12:25 A.M. Tracking is <http://wwwapps.ups.com/etracking/tracking.cgi?TypeOfInquiryNumber=T&HTMLVersion=4.0&InquiryNumber=1ZE6W3110387122102> on the order for [http://www.bhphotovideo.com/c/product/1171707-REG/ricoh\\_407519\\_sp\\_c250dn\\_color\\_laser.html](http://www.bhphotovideo.com/c/product/1171707-REG/ricoh_407519_sp_c250dn_color_laser.html) for \$49.95 with free shipping. CIO

02/19/16 Friday 12:20 A.M. I rested some more until Midnight. CIO

02/18/16 Thursday 10:45 P.M. I chatted with a relative. I put some apps on the Apple 3 GS. It only with uses OS 3 apps. Most of the free apps need OS 7 or 8 which is too new. Still, it is very good backup phone, when I am out and about walking around. CIO

02/18/16 Thursday 9:10 P.M. I woke up at 9 P.M.. On my H2O sim card on the Apple 3 GS, I have about \$35 on it. I will now drink a cup of coffee with Equal sweetener and milk. CIO

02/18/16 Thursday 6:05 P.M. I chatted with a friend and a relative. I will now rest some more. CIO

02/18/16 Thursday 4:50 P.M. I woke up at 3 P.M.. I picked up the mail. The order with tracking number of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9400111899223741664937](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400111899223741664937) on the order for with 16 GB of memory for \$29.99 with free shipping <http://www.ebay.com/itm/Apple-iPhone-3GS-8-16-32GB-AT->

T-Black-and-White-Smartphone-H2O-NET10-Cricket-/121879234917 arrived. The order with tracking of [https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790724281781&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790724281781&cntry_code=us) on the order for two [http://flash.newegg.com/Product/N82E16822236967?icid=WP\\_21\\_02122016](http://flash.newegg.com/Product/N82E16822236967?icid=WP_21_02122016) for \$12.99 each for \$25.98 total with free shipping arrived. I put the larger H2O sim card from my older Nokia GoPhone in the Iphone 3GS. I have to charge it up a bit. The manual is available here [http://www.phonearena.com/phones/Apple-iPhone-3GS\\_id3774/manual](http://www.phonearena.com/phones/Apple-iPhone-3GS_id3774/manual) . It seems to work just fine. I am setting it up. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/18/16 Thursday 6:25 A.M. I bought [http://www.bhphotovideo.com/c/product/1171707-REG/ricoh\\_407519\\_sp\\_c250dn\\_color\\_laser.html](http://www.bhphotovideo.com/c/product/1171707-REG/ricoh_407519_sp_c250dn_color_laser.html) for \$49.95 with free shipping. Its starter cartridges are supposed to be good for 1000 pages [https://www.ricoh-usa.com/products/docs/pdf/brochures/multifunction\\_color/spc250sf.pdf](https://www.ricoh-usa.com/products/docs/pdf/brochures/multifunction_color/spc250sf.pdf) . That works out to five cents a page. I do not know if the starter cartridges can be refilled or not. I will now shut down the primary work computer, and I will go to bed. I chatted with a friend. CIO

02/18/16 Thursday 4:50 A.M. I woke up at 3 A.M.. I ate four ounces of fresh guacamole and Tostitos corn chip scoops. I watched episode 3 of "The Chamomile Lawn". CIO

02/18/16 Thursday 2:00 A.M. I ate a bag of microwave popcorn. I watched episode 1 and 2 of "The Chamomile Lawn". I ate four ounces of fresh guacamole and Tostitos corn chip scoops. I will now rest for a while. CIO

02/17/16 Wednesday 11:40 P.M. I heated and ate a 18.8 ounce can of Campbell's New England clam chowder flavored with ground black pepper, celery salt, oregano, and Italian spices along with a glass of cold filtered water. CIO

02/17/16 Wednesday 11:20 P.M. I put away my clean laundry.

[https://www.groupon.com/deals/copacabana-churrascaria-2?p=2&utm\\_source=channel\\_pc\\_im&utm\\_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160217&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=deal-button-2\\_&d=deal-page&utm\\_campaign=4829abcd-828b-4e08-b693-8f9f247c9435\\_0\\_20160217](https://www.groupon.com/deals/copacabana-churrascaria-2?p=2&utm_source=channel_pc_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160217&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=deal-button-2_&d=deal-page&utm_campaign=4829abcd-828b-4e08-b693-8f9f247c9435_0_20160217) Port Chester, New York Brazilian steak house coupon. CIO

02/17/16 Wednesday 9:50 P.M. I have 50 minutes to go on two dry cycles. CIO

02/17/16 Wednesday 9:25 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash and have ten minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

02/17/16 Wednesday 8:20 P.M. I rested after breakfast until 7:30 P.M.. I chatted with a relative. I drank a cup of coffee with Equal sweetener and milk. CIO

02/17/16 Wednesday 5:40 P.M. I woke up at 5 P.M., and I chatted with a friend. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/17/16 Wednesday 6:05 A.M. I ate 2 ounces of fresh guacamole with corn chip scoops. I will now shut down the primary work computer, and I will go bed. CIO

02/17/16 Wednesday 5:45 A.M. I watched episode 5 and 6 of "The Heavy Water War".

02/17/16 Wednesday 4:00 A.M. I extended my [www.forbes.com](http://www.forbes.com) subscription for another year for \$4.99 [http://slickdeals.net/f/8508119-forbes-magazine-1-year-24-issues-for-4-99-at-discountmags-21-per-issue?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29](http://slickdeals.net/f/8508119-forbes-magazine-1-year-24-issues-for-4-99-at-discountmags-21-per-issue?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29) which I think means I have 2.5 years left on its subscription.

Chinese and Vietnamese television

[http://flash.newegg.com/Product/9SIA8HF3RB5186?icid=WP\\_16\\_02162016](http://flash.newegg.com/Product/9SIA8HF3RB5186?icid=WP_16_02162016) .

Krups Espresso Machine \$49.99 refurbished

[http://flash.newegg.com/Product/9SIA10Z3NW2095?icid=WP\\_26\\_02152016](http://flash.newegg.com/Product/9SIA10Z3NW2095?icid=WP_26_02152016) . CIO

02/17/16 Wednesday 3:15 A.M. I woke up at 3 A.M., and I ate the croissant. CIO

02/17/16 Wednesday 1:40 A.M. I turned the living room thermostat down from 76 to 70 degrees Fahrenheit. I ate the Stop and Shop deli roast beef sandwich with Hellmann's mayonnaise on it and ground black pepper, Utz wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

02/17/16 Wednesday 1:10 A.M. [Microsoft Azure Marketplace](https://www.azuremarketplace.com/)

Discount Iceland package tour [https://www.groupon.com/deals/ga-gate-1-travel-reykjavik?p=1&utm\\_source=groupon\\_getaways\\_im&utm\\_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160216&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=image&d=getaways\\_deal&utm\\_campaign=71250c3c-d3e9-466c-a20b-31687b6050df\\_0\\_20160216](https://www.groupon.com/deals/ga-gate-1-travel-reykjavik?p=1&utm_source=groupon_getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160216&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=image&d=getaways_deal&utm_campaign=71250c3c-d3e9-466c-a20b-31687b6050df_0_20160216)

[Microsoft's latest Windows 10 device: It's the \\$200 5-inch Lumia 650 | ZDNet](https://www.zdnet.com/article/microsofts-latest-windows-10-device-its-the-200-5-inch-lumia-650/) CIO

02/17/16 Wednesday 12:05 A.M. I threw out the garbage. I went downtown to the Stop and Shop. I bought a croissant for \$1.29, a five quart package of Stop and Shop powdered milk for \$7.29, a 42 ounce Quaker Old Fashioned oatmeal for \$4.99, two 8.5 ounce Tositos corn chip scoops for \$4.29 each, a 8 ounce Lays Kettle sour cream and onion potato chips for \$2.50, a 64 ounce Welch grape juice with calcium for \$4.19, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a deli prepared roast beef sandwich for \$3.99, 16 ounces of fresh

guacamole for \$5.49, and bananas for .49 a pound for .74 for \$42.05 total. I then went downtown. I walked lower Greenwich Avenue and the train station area. I chatted with a Starbucks regular. I chatted with the manager of <http://thenational-ct.com/>. Important Dutch news in the local paper <http://www.greenwichtime.com/local/article/Beer-importer-Leo-Van-Munching-has-died-6833263.php>. I then went to CVS at 644 West Putnam Avenue. I bought buy one get one free of 100 capsule 1000 mg CVS flaxseed oil for \$13.79 both, and buy one get one half price of .5 ounce CVS Athlete's Foot Cream for \$8.99 and \$4.49 less a \$3 off CVS internet coupon for \$24.27 total. I then returned home. I picked up my mail. The [www.time.com](http://www.time.com) magazine says their is a new Alzheimer's cure pill for seniors. My CVS print out from December 18, 2014 to December 18,, 2015 says I saved and received rewards or \$954.64. CIO

02/16/16 Tuesday 9:20 P.M. I will now make my bed. I will shower and clean up. I will then go downtown. CIO

02/16/16 Tuesday 8:35 P.M. Tracking number is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9400111899223741664937](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400111899223741664937) on the order for with 16 GB of memory for \$29.99 with free shipping <http://www.ebay.com/itm/Apple-iPhone-3GS-8-16-32GB-AT-T-Black-and-White-Smartphone-H2O-NET10-Cricket-/121879234917> CIO

02/16/16 Tuesday 8:15 P.M. I had a call this morning changing my Dietician appointment from St. Patrick's Day until the third of April 2016. I chatted with a relative three times. I woke up at 8 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/16/16 Tuesday 9:25 A.M. \$89.99 with coupon code "EMCEGFK28" plus \$1.99 shipping but no fax on it [02/16/16 Tuesday 7:10 A.M. I wonder if they ever cleaned out the cistern underneath the hotel \[http://www.casamarinaresort.com/about-en.html?utm\\\_source=fla-keys.com&utm\\\_medium=referral&utm\\\_campaign=FKDC\]\(http://www.casamarinaresort.com/about-en.html?utm\_source=fla-keys.com&utm\_medium=referral&utm\_campaign=FKDC\). It was a mess back in the winter of 1978 with over 200 stray Hemingway six toe cats living on the premises leaving behind a lot of cat shit. It was a good place to get feline leukemia. CIO](http://www.newegg.com/Product/Product.aspx?sdid=8507537&SID=a31776f6d4b711e5ac33d222f81a6a750I NT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction- -cables- -na- -na&Item=N82E16828113937&cm_sp= . Generic Brother toner cartridges are about the cheapest. I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed on a warmer rainy day. CIO</p>
</div>
<div data-bbox=)

02/16/16 Tuesday 6:45 A.M. I woke up at 6 A.M.. I bought [http://www.ebay.com/itm/Leather-FLIP-CASE-COVER-POUCH-FOR-APPLE-iPHONE-3G-3Gs-/250685179812?hash=item3a5e0047a4:m:mH3gusfDMuQX\\_s9SdhjhmDw](http://www.ebay.com/itm/Leather-FLIP-CASE-COVER-POUCH-FOR-APPLE-iPHONE-3G-3Gs-/250685179812?hash=item3a5e0047a4:m:mH3gusfDMuQX_s9SdhjhmDw) for 2.99 GPD and 2.39 GPD shipping for 5.38 GPD for \$8.01 total. CIO

02/16/16 Tuesday 2:45 A.M. I will now rest for a while. CIO



02/16/16 Tuesday 2:25 A.M. I ate 8 ounces of Dannon vanilla yogurt. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. CIO

02/16/16 Tuesday 2:05 A.M. This is suppose to work with H2O wireless. I ordered it with 16 GB of memory for \$29.99 with free shipping <http://www.ebay.com/itm/Apple-iPhone-3GS-8-16-32GB-AT-T-Black-and-White-Smartphone-H2O-NET10-Cricket-/121879234917> CIO

02/16/16 Tuesday 1:40 A.M. Good Windows 8.1 AT&T cell phone in fair condition for \$70 <http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-830-4g-lte-bluetooth-camera-windows-8-phone-color-black-att-p-51338> or Apple one \$85 <http://www.cellularcountry.com/used-cell-phones/at-t-wireless/apple-iphone-4-16gb-for-att-wireless-in-white> CIO

02/16/16 Tuesday 1:05 A.M. I watched episodes 3 and 4 of "The Heavy Water War". CIO

02/15/16 Monday 11:20 P.M. I ate a 13 ounce Marie Callender chicken alfredo bake with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale.

IASPEI Asamblea Regional Comisión Latinoamericana y del Caribe de Sismología - LACSC | San José, Costa Rica del 20 al 22 de junio de 2016

[https://www.groupon.com/deals/la-cremaillere-restaurant-7-15?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160215&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78\\_0\\_20160215\\_treatment1](https://www.groupon.com/deals/la-cremaillere-restaurant-7-15?p=1&utm_source=newsletter_im&utm_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160215&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78_0_20160215_treatment1)

[https://www.klm.com/travel/us/en/plan\\_and\\_book/special\\_offers/flight\\_offers/index.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/flight_offers/index.htm?WT.mc_id=L_US_email_ExactTarget_Newsletter_null_Null_null&WT.tsrc=Email&WT.i_vid=59129346) CIO

02/15/16 Monday 10:30 P.M. On my Roku device on the PBS channel, I was able to watch season 6 episode 7 of "Downton Abbey" that I missed on Sunday night, when I was resting. CIO

02/15/16 Monday 8:50 P.M. Tracking is [https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790724281781&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790724281781&cntry_code=us) on the order for two [http://flash.newegg.com/Product/N82E16822236967?icid=WP\\_21\\_02122016](http://flash.newegg.com/Product/N82E16822236967?icid=WP_21_02122016) for \$12.99 each for \$25.98 total with free shipping.

02/15/16 Monday 8:50 P.M. I checked outside. There is a few inches of fresh wet snow. The driveway is plowed. CIO

02/15/16 Monday 8:05 P.M. I made my bed. I will now shower and clean up. CIO

02/15/16 Monday 7:20 P.M. I went back to bed until 6:15 P.M.. I chatted with two relatives. One of my relatives received the woman's L.L. Bean Field coat, but it is too big, so the relative will be selling it at a moving tag sale soon. I threw out the garbage down the hallway garbage chute. I will now drink a cup of coffee with Equal Sweetner and milk. CIO

02/15/16 Monday 3:15 P.M. I chatted with a relative at 8 A.M.. I woke up at 3 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/15/16 Monday 12:20 A.M. I ate a ham and cheese and white rotisserie chicken breast meat sandwich with Frank's hot sauce 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.

02/14/16 Sunday 7:30 P.M. I went back to bed until 7 P.M.. I ate 12 ounces of Calavo hot guacamola with Tositos corn scoops. I will now drink a cup of coffee with Equal sweetener and milk. CIO

02/14/16 Sunday 2:15 P.M. I chatted with a friend at 9 A.M.. I woke up at 2 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

End of Scott's Notes week of 02/14/16

02/14/16 Sunday 3:10 A.M. I ate the last two ounces of Norwegian Jarlsberg cheese. I will now send out my weekly notes. I will then shut down the primary work computer, and I will eat a blueberry muffin, and I will go to bed. CIO

02/14/16 Sunday 1:45 A.M. I called up the <http://www.casamarinaresort.com/>, but they were not chatty. CIO

02/14/16 Sunday 1:25 A.M. I ate a bag of microwave popcorn. I watched episode 2 of "The Heavy Water War". When I arrived in Oslo, Norway in February 1983, I was supposed to be traveling to Stockholm, Sweden, but for some reason, the S.A.S. jet landed at a military base near Oslo. There was about six feet of snow on the ground in Oslo, so maybe Stockholm was snowed in. I had bought the \$799 round trip package on S.A.S. to Stockholm with a week's stay at the S.A.S. hotel. However, when I showed the ticket at the S.A.S. hotel in Oslo, they told me it was a one way ticket to Stockholm without hotel. I had paid cash or Barclay's travelers checks for the S.A.S. package tour at J.F.K. airport. S.A.S. never addressed the problem with me, although I have contacted them and complained many times. I think I still have the S.A.S. ticket to Stockholm somewhere in my files. Since I did not have very much money, I stayed for a couple of nights across the street from the Oslo S.A.S. hotel at the Y.M.C.A.. Then they kicked me out for not paying my bill. I walked around without my luggage on the cold winter's night carrying a light travel bag. I then walked into the small West Hotel behind the Palace, and I explained that I did not have money, and I needed a room, and

I gave them my U.S.A. passport to hold for security. After about a week there without eating any food but Swedish Wasa Crisps, the United States embassy contacted and interviewed me. They had my father pay for the Y.M.C.A. and the West Hotel and the return ticket on S.A.S. via Copanhangen to J.F.K. around St. Patrick's Day. I did drink a little orange juice that was in the hotel room refrigerator. One night I ever had a Vodka and Tonic at the Oslo S.A.S. hotel discothèque where they were flying a Texas flag with the Norwegian and USA flags. I used the health club in the basement of the S.A.S. hotel. Occasionally someone would show up and remove all of the ashtrays, and a lady that looked like Queen Elizabeth II would show up to exercise. I did attend a concert at the Peace Hall. I toured both major churches in Oslo. I walked the main street between the train station and the Palace quite a bit. I went to the Cat's discothèque that had all of the pictures of the race horse "Nobel Dancer". I toured the new Town Hall. IBM and Shell oil had big office building there. I toured the Frogmore Park after a fresh snow fall. There were young people smoking marijuana outside the palace near the green houses. One of the Royal Norwegian guards told me, in the Norwegian Navy they smoked rope, when they ran out of Virginia tobacco. I had to walk through the Palace Grounds and through the under building walkway to get from the West Hotel to the main street in Oslo. I sort of blended in, so nobody really noticed I was there. The United States marine at the U.S. embassy looked to be well fed and in good shape. All of the older women I saw in the United States embassy were knitting sweaters. The two girls that were desk clerks at the West Hotel were eating chocolate all of the time. They built a French restaurant in the hotel while I was there called George Du Bouef. I visited a college pub in the basement of a large old church. I visited the University of Oslo and its library. I wore my new Brooks Brother New Zealand brown leather bombers jacket that I had bought for half price of \$200 at Brooks Brothers in Manhattan. I also had my British Royal Air Force artic parka in my luggage that I never wore. It was a British Survivalon Parka that I had bought at the Norwalk factory store for \$179. I guess since I blended in with the Norwegians nobody even noticed that I was there. I bought the Swedish Wasa Crisp crackers at the local small food shop for \$2. I did not know the food at the buffet was included in the hotel bill that my father paid for. My bathroom floor was heated, so I would wash my laundry in the sink and dry it on the floor. For some reason, I felt hot in the room, so I left the window opened half way all of the time in the winter in Oslo, so I guess I was a cold weather Nordic person. The Unites State embassy person gave me a ride to the civilian airport, and my return ticket and a \$100 bill. I used \$40 of it in Copenhagen to buy two cartons of Prince cigarettes, but I did not leave the airport in Copenhagen. When I arrived back at J.F.K. airport the week before Easter, I camped out at the S.A.S. boarding area for a week observing the airport and walking around the airport. After Easter, I called up my friend at the garage apartment at Plandome Manor, and I took the Long Island railroad there, and my friend gave me a \$100 which I used to fly from J.F.K. back to Nantucket where I started working at the Le Languedoc restaurant after working at India House. Possibly I flew off Nantucket, to LeGuardia and back for a couple of days in Manhattan in May, where I checked out some pubs. About that time, I read in the New York Times out on Nantucket that the Mianus River Bridge had fallen down in Greenwich, Connecticut; so I knew Greenwich, Connecticut was a mess, and I did not return to Greenwich until December 1983. I left Nantucket in October 1983, and I visited Kennebunkport, and I drove down to Vero Beach, Florida with a relative. I then went to Fort Lauderdale where I was during the tropical storm during the Grenada Invasion. I saw about five thousand very tall white people at the beach area. There was an eight foot tall oil portrait of General Omar Bradley in the lobby of the Bahia Mar Marina. I met Ryan Robinson from Toronto. I drove over to Newport Richey to visit my father and his wife. I then drove back to Vero Beach and returned back up north to work on Nantucket. At Thanksgiving Time, I caught a plane with Jackie Onassis out of Hyannis to LeGuardia. I then took the Amtrak to Toronto. I slept on the couch of the Anglican seminary at the University of Toronto for about two weeks walking around the City. I then took the Amtrak back down to New York City. I walked around

Manhattan for a about a week. I would snooze at the East Side Airline terminal in the early morning hours, and clean up at the tennis club on the second floor. I did not contact any of my New York friends, since I did not have their telephone numbers or know where they were living exactly. I had George Cary's telephone in Sands Point, and I knew John Bolton was at his grandmother's at Plandome Manor, and I think Fred Von Mierers was at his old apartment at 420 East 49th street. Possibly, since I was bit tanned from Nantucket and Florida, nobody recognized me. I stayed in the Greenwich Hospital for a week with swollen ankles. I then walked around Manhattan for another week. I then stayed in the Greenwich Hospital for another week, where they gave me a complete \$7,500 medical physical which determined that I was disabled. Then my Greenwich Social Work got me a \$225 a month room on the third floor of 100 Milbank Avenue around Christmas Time, and I have been back in Greenwich ever since. Actually in this cold weather about zero degrees Fahrenheit right now, there is suppose to be a warming station in the lobby of the new Greenwich Public Safety building downtown. CIO

02/13/16 Saturday 11:15 P.M. For a spares, I bought two  
[http://flash.newegg.com/Product/N82E16822236967?icid=WP\\_21\\_02122016](http://flash.newegg.com/Product/N82E16822236967?icid=WP_21_02122016) for \$12.99 each for \$25.98 total with free shipping. I watched episode 1 of "The Heavy Water War". CIO

!!!!!! 02/13/16 Saturday 9:45 P.M. <https://www.youtube.com/watch?v=DJTBfbQoTNk>

[https://www.youtube.com/watch?v=Lt\\_E-iY6f58](https://www.youtube.com/watch?v=Lt_E-iY6f58)

<https://www.youtube.com/watch?v=NvYmL5KsvYA>

<https://www.youtube.com/watch?v=gxEPV4kolz0>

[https://www.youtube.com/watch?v=ih7N9\\_VUU4U](https://www.youtube.com/watch?v=ih7N9_VUU4U)

<https://www.youtube.com/watch?v=-LX7WrHCaUA>

[https://www.youtube.com/watch?v=fHCcM\\_uV-r8](https://www.youtube.com/watch?v=fHCcM_uV-r8)

<https://www.youtube.com/watch?v=Ge67vLGTwSM>

[https://www.youtube.com/watch?v=aLEhh\\_XpJ-0](https://www.youtube.com/watch?v=aLEhh_XpJ-0)

<https://www.youtube.com/watch?v=Hphwfq1wLJs>

<https://www.youtube.com/watch?v=JoZS6LgqYI>

<https://www.youtube.com/watch?v=xFrGuyw1V8s>

<https://www.youtube.com/watch?v=WpmILPacRQo>

<https://www.youtube.com/watch?v=7oKPYe53h78>

<https://www.youtube.com/watch?v=JyD8BxoB2To>

<https://www.youtube.com/watch?v=CS9OO0S5w2k>

<https://www.youtube.com/watch?v=RBM3RlgjhOO>

<https://www.youtube.com/watch?v=Vj092UgKwQ> music from another universe. CIO

02/13/16 Saturday 8:00 P.M. I am just about to eat a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese with a 12 ounce glass of Schweppes Ginger Ale. CIO

02/13/16 Saturday 7:45 P.M. I threw out the garbage down the garbage chute. I picked up the mail. I got my [www.forbes.com](http://www.forbes.com) magazine. It is not like the old days, when the Forbes took their yacht "The Highlander" to Leyford Cay in the Bahamas for corporate entertaining. They used to moor it at Pier 66 in Fort Lauderdale and at the west 79th Street Boat Basin in Manhattan near where I once lived. Thus I might be a Forbes wharf rat. I never saw it in Nantucket, but the Amway Yacht "The Enterprise" was always moored in Nantucket for corporate entertaining in the summer. I chatted a relative and a neighbor. I went downstairs to a neighbor's apartment, and I fixed his television by using the remote control to change the input to Cable. CIO

02/13/16 Saturday 6:35 P.M. I got back up at 6 P.M. This lighter jacket is available

[http://www.sierratradingpost.com/carhartt-thermal-lined-active-duck-jacket-ring-spun-cotton-for-men~p~2405a/?utm\\_source=Shopping&utm\\_medium=PaidShopping&utm\\_term=Carhartt Thermal-Lined Active Duck Jacket - Ring-Spun Cotton For Men&utm\\_campaign=PCSHOPEBAY6&PCSHOPEBAY5&codes-processed=true](http://www.sierratradingpost.com/carhartt-thermal-lined-active-duck-jacket-ring-spun-cotton-for-men~p~2405a/?utm_source=Shopping&utm_medium=PaidShopping&utm_term=Carhartt%20Thermal-Lined%20Active%20Duck%20Jacket%20-%20Ring-Spun%20Cotton%20For%20Men&utm_campaign=PCSHOPEBAY6&PCSHOPEBAY5&codes-processed=true)

Not available in 2 XL but cheaper <http://www.ebay.com/itm/US-Army-Military-M65-Field-Jacket-Quilted-OD-Green-Coat-Liner-M-65-S-M-L-XL-XXL-/371543354956?var=&hash=item5681b5ae4c:m:mlUl-FyjkGhFYWO6K34uWTw> and cheaper [http://www.sportsmansguide.com/product/index/military-style-olive-drab-parka?a=1800831&pm2d=CSE-SPG-15-PLA&utm\\_medium=PLA&utm\\_source=Google&utm\\_campaign=CI&ci\\_src=17588969&ci\\_sku=WX2\\*0622249000005&gclid=CIKX0ZTv9coCFYNkhgodiv4PcQ](http://www.sportsmansguide.com/product/index/military-style-olive-drab-parka?a=1800831&pm2d=CSE-SPG-15-PLA&utm_medium=PLA&utm_source=Google&utm_campaign=CI&ci_src=17588969&ci_sku=WX2*0622249000005&gclid=CIKX0ZTv9coCFYNkhgodiv4PcQ) and

<http://www.armynavyshop.com/category/2xmp.html> . I will now make my bed. I will then shower and clean up. Maybe on such a cold night coming out, we should have the younger people practice their Artic Patrol skills. It is 8 degrees Fahrenheit outside right now and going down to minus 2 degrees Fahrenheit <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Vr-85LFV-71> . Siberia Sam's Social Club and the Freezing Norwegian Patrol should be in full force. CIO

02/13/16 Saturday 3:30 P.M. I went back to bed until noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. I went back to bed until 3:20 P.M.. I chatted with a friend and a relative. CIO

02/13/16 Saturday 9:20 A.M. I woke up at 9 A.M.. I cancelled the coat in brown in 3XL

[http://www.sierratradingpost.com/carhartt-traditional-duck-work-coat-insulated-arctic-quilt-lining-for-big-men~p~9984c/?utm\\_source=Shopping&utm\\_medium=PaidShopping&utm\\_term=Carhartt Traditional Duck Work Coat](http://www.sierratradingpost.com/carhartt-traditional-duck-work-coat-insulated-arctic-quilt-lining-for-big-men~p~9984c/?utm_source=Shopping&utm_medium=PaidShopping&utm_term=Carhartt%20Traditional%20Duck%20Work%20Coat) -

[Insulated Arctic Quilt Lining For Big Men&utm\\_campaign=PCSHOPEBAY6&PCSHOPEBAY5&codes-processed=true](#) for \$67.46 with discount coupon "PCSHOPEBAY6" and \$9.95 shipping and \$4.92 tax for \$82.33 total. CIO

02/13/16 Saturday 12:35 A.M. I watched "Vatel". I will now shut down the primary work computer, and I will go to bed. CIO

02/12/16 Friday 10:05 P.M. I ate 16 ounces of fresh guacamole with Tostitos corn shell chips. I will now zoom out on Netflix. CIO

02/12/16 Friday 9:30 P.M. When I went to the Albertville, France Winter Olympics in 1992, I wore a \$5 Greenwich Hospital Thrift Shop parka <http://scott-mike.com/mlsfr92.jpg> . How times and money have changed. CIO

02/12/16 Friday 8:45 P.M. This one with PPM and Emcor company logo is available new

<http://www.ebay.com/itm/Mens-Carhartt-Tan-Heavy-Lined-Jacket-Size-2XL-company-jacket-NWOT/311544616346?trksid=p2047675.c100011.m1850&trkparms=aid%3D222007%26algo%3DSIC.MB.E%26ao%3D1%26asc%3D34859%26meid%3Dcc37daff139b442cb0b415eb003225f1%26pid%3D100011%26rk%3D8%26rkt%3D10%26sd%3D182008800363>

I bought in brown in 3XL [http://www.sierratradingpost.com/carhartt-traditional-duck-work-coat-insulated-arctic-quilt-lining-for-big-men~p~9984c/?utm\\_source=Shopping&utm\\_medium=PaidShopping&utm\\_term=Carhartt Traditional Duck Work Coat](http://www.sierratradingpost.com/carhartt-traditional-duck-work-coat-insulated-arctic-quilt-lining-for-big-men~p~9984c/?utm_source=Shopping&utm_medium=PaidShopping&utm_term=Carhartt%20Traditional%20Duck%20Work%20Coat) -

[Insulated Arctic Quilt Lining For Big Men&utm\\_campaign=PCSHOPEBAY6&PCSHOPEBAY5&codes-processed=true](#) for \$67.46 with discount coupon "PCSHOPEBAY6" and \$9.95 shipping and \$4.92 tax for \$82.33 total.

It is also available here for a bit more money [http://www.amazon.com/Carhartt-Arctic-Quilt-Lined-Traditional/dp/B005444H2O/ref=sr\\_1\\_3?ie=UTF8&qid=1455327918&sr=8-3&keywords=carhartt+arctic+coat](http://www.amazon.com/Carhartt-Arctic-Quilt-Lined-Traditional/dp/B005444H2O/ref=sr_1_3?ie=UTF8&qid=1455327918&sr=8-3&keywords=carhartt+arctic+coat) . CIO

02/12/16 Friday 7:30 P.M. I saw someone wearing one of these field jackets today

<http://www.carhartt.com/products/carhartt-men-coats-jackets/Duck-Traditional-Coat-Arctic-Quilt-Lined-C003>

02/12/16 Friday 7:30 P.M. Tracking is

[https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998219820243979&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998219820243979&cntry_code=us) on the order for <http://www.ebay.com/itm/IPK-High-Yield-DR510-Drum-Unit-Compatible-For-Brother-HL-5170DN-HL-5170N-/111781811642?hash=item1a06b715ba:g:U6YAAOSwFnFWBijs> for \$17.32 with free shipping and .87 discount for \$16.45 total.

IMS2016 - Invitation

[https://www.groupon.com/deals/ga-bk-fairmont-](https://www.groupon.com/deals/ga-bk-fairmont-southampton?p=1&mobile=false&utm_source=groupon_getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160212&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=image&d=getaways_deal&utm_campaign=74183a43-c431-4d45-ab66-fedf00275afb_0_20160212)

[southampton?p=1&mobile=false&utm\\_source=groupon\\_getaways\\_im&utm\\_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160212&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=image&d=getaways\\_deal&utm\\_campaign=74183a43-c431-4d45-ab66-fedf00275afb\\_0\\_20160212](https://www.groupon.com/deals/ga-bk-fairmont-southampton?p=1&mobile=false&utm_source=groupon_getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160212&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=image&d=getaways_deal&utm_campaign=74183a43-c431-4d45-ab66-fedf00275afb_0_20160212)

Don't want Windows 10? No problem, upgrade to Windows 3.1 instead | ZDNet CIO

02/12/16 Friday 6:35 P.M. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. CIO

02/12/16 Friday 6:05 P.M. I turned the heat up in the living room from 72 to 76 degrees Fahrenheit for the next few cold days. I threw out the garbage. I went to my 1:30 P.M. appointment early, but it is next Friday not this Friday. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I chatted with someone from Bristol, New York. I bought an Ace's High scratch card at Zen Stationary, and I won another free scratch card that I lost on. I gave them a pep talk at the Apple computer store which was not very busy. I chatted with Euro Chasse. When I visited Innsbruck, Austria during the winter of 1989, one could buy a round trip package at AAA on High Ridge Road in Stamford for \$799 which included round trip on Lufthansa to Düsseldorf and then to Munich, and a bus from Munich to Innsbruck and a weeks stay at a hotel based on double occupancy at a hotel with breakfast and dinner. However, at the time there was no snow in Innsbruck, so we just wandered around downtown and the University area, and my traveling companion visited the local ski resorts to ski. He discovered one could ski from St. Anton in Austria to Switzerland without going through customs. However, when we visited the winter Olympics in Albertville, France in 1992, one could drive an eight lane highway from France to Switzerland without going through customs. However, Switzerland was very expensive with a 6 ounce delmonico steak advertised at the John Bull steak house for \$100, and we settled for two regular McDonalds cheese burgers with regular French fries and coke for \$20. Also there was a LaCoste polo shirt shop surrounded by all of the major Swiss Banks. They like playing chess with the big outdoor chess pieces in the central park of Geneva. I next went to St. Moritz bakery, and I bought a croissant for \$2. I ate it in front of the senior and the arts center. I then used the bathroom at the senior and the arts center. I then stopped by the Greenwich Hardware store. They sold me their basic \$7 wooden snow brush with bristles and ice scraper like use to sell at CVS for \$1.59 for \$2.99 and .19 tax for \$3.18 total. I then went by CVS, and I picked up a prescription. I bought a 24 ounce Folgers Gourmet coffee for \$5.99. I thought about getting my shingles immunity shot there, but it was too busy. I told the Lexington clothing store about the Netflix series "Occupied". I stopped by the AT&T store, and they told me, that my AT&T GoPhone sim card would work with any AT&T phone, and if not they could transfer it to another sim card for another phone saving the \$400 on my account. I stopped by the LaCoste polo shirt shop. I stopped by the Ralph Lauren men's store. I checked out my Nokia Lumia 900 Go Phone at Starbucks, and its wireless works just fine. I used the bathroom at Starbucks. I went to the Stop and Shop. I bought buy one get one free of Thomas' English muffins for \$4.39 both, a 8 pack of Stop and Shop extra large eggs expire March 16, 2016 for \$1.89, a quart jar of Mount Olive kosher dill pickles for \$2, ten 15 ounce cans of Campbell's condensed French onion soup for \$1.79 each, two 8 ounce Perdue grill white breast chicken

strips for \$3 each, bananas for .49 a pound for .55, and a baking potato for .99 a pound for .67, and discounted 8 ounces of red cinnamon candies for \$1.59 for \$34.89 total. I then bought buy one get one free of Thomas' English muffins for \$4.39 both and less 60 cent can return for \$3.79 total. I then returned home to Chez Mike's and I picked up the mail, and I put away the groceries. I put the eight ounces of red cinnamon candies in the candy dish behind the apartment entrance door. CIO

02/12/16 Friday 11:40 A.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go out early to my 1:30 P.M. appointment. It is 20 degrees Fahrenheit outside at the moment <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Vr4KorFV-71> . CIO

02/12/16 Friday 10:25 A.M. I ate 8 ounces of Dannon vanilla yogurt and a bag of microwave popcorn. I watched episodes 9 and 10 of "Occupied". I went to bed at 1:30 A.M.. I woke up and ate two small bowls of goldfish crackers. I woke up at 10 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/11/16 Thursday 9:55 P.M. I was episodes 7 and 8 of "Occupied". I will now shut down the primary work computer. I will then go to bed. I have a 1:30 P.M. appointment tomorrow. CIO

02/11/16 Thursday 8:10 P.M. [http://www.aarp.org/politics-society/advocacy/info-2015/melinda-gates-humanitarian.html?cmp=SL-DSO-OUTBRAIN-DESKTAB-POLITICS-POLALTHEAD-MIXED-DIVERS\\_Melinda+Gates+on+Being+50%2C+Her+Favorite+Gadgets%\\_940892769\\_1932119](http://www.aarp.org/politics-society/advocacy/info-2015/melinda-gates-humanitarian.html?cmp=SL-DSO-OUTBRAIN-DESKTAB-POLITICS-POLALTHEAD-MIXED-DIVERS_Melinda+Gates+on+Being+50%2C+Her+Favorite+Gadgets%_940892769_1932119) CIO

02/11/16 Thursday 7:55 P.M. [Petrology and Volcanology Research Group | University of Perugia |](#)

[Upcoming Events | Fruit Tree Pruning for the Backyard Orchard | The Greenwich Land Trust](#) CIO

02/11/16 Thursday 7:35 P.M. I chatted with a friend. I ate a rotisserie chicken leg and thigh and two 1/4 inch thick slices of 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 seasoned with garlic powder, ground black pepper, and Italian seasoning, 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. CIO

02/11/16 Thursday 6:15 P.M. For the Brother MFC 8840D all purpose laser machine, I ordered <http://www.ebay.com/itm/1PK-High-Yield-DR510-Drum-Unit-Compatible-For-Brother-HL-5170DN-HL-5170N-/111781811642?hash=item1a06b715ba:g:U6YAAOSwFnFWBijs> for \$17.32 with free shipping and .87 discount for \$16.45 total. The current drum is pretty much used up at 19,000 copies. CIO

02/11/16 Thursday 5:00 P.M. I went downstairs, and I chatted with a neighbor. I picked up my mail. CIO

02/11/16 Thursday 3:45 P.M. I went back to bed until 3:30 P.M.. I chatted with a friend. The L.L. Bean jacket was delivered to my relatives



[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9505511997036040191522](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9505511997036040191522) . It will be mailed to another relative, if my relatives don't want it. It is supposed to be down in the single digits  
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Vrzw0bFV-71> . This is what they call a Polar Vortex. Siberian Sam's social club is up and running. I guess we should get a younger generation for the "Freezing Norwegian Patrol". I will now make my bed. I will then shower and clean up. CIO

02/11/16 Thursday 12:50 P.M. I woke up at 12:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/11/16 Thursday 12:40 A.M. I watched episode 6 of "Occupied". I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

02/10/16 Wednesday 11:40 P.M. I put away the clean laundry. CIO

02/10/16 Wednesday 10:40 P.M. <http://www.ebay.com/itm/NEW-HP-15-6-Touchscreen-4GB-500GB-Intel-Dual-2-58GHz-DVD-RW-Win-10-15-f211/291626308147?hash=item43e6485233&trkparms=5374%3AFeatured|5373%3A0> \$249.99 with free shipping.

[http://www.staples.com/HP-LaserJet-M127fw-Mono-All-in-One-Printer-Refurbished/product\\_1674424](http://www.staples.com/HP-LaserJet-M127fw-Mono-All-in-One-Printer-Refurbished/product_1674424) \$99.99 with free shipping. CIO

02/10/16 Wednesday 10:15 P.M. I have 55 minutes to go on two dry cycles. CIO

02/10/16 Wednesday 9:55 P.M. I chatted with a relative. I woke up at 9 P.M.. I put clean linens on my bed. I started two loads of laundry, and I have 10 minutes to go on them. I threw out the garbage and the old periodical literature. I watered the plants. CIO

02/10/16 Wednesday 6:45 P.M. I ate a rotisserie chicken leg and thigh and two 1/4 inch thick slices of 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 seasoned with garlic powder, ground black pepper, and Italian seasoning, 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 rest for a while. CIO

02/10/16 Wednesday 5:55 P.M. I threw out the garbage. I went to my 2 P.M. appointment early. I used the wireless with my Nokia 900 cell phone while waiting. We have a Polar Vortex coming this weekend. After my appointment, I got my chest CAT SCAN done. I then sat out for a while downtown, and my Nokia Lumia 900 could not pick up a free wifi signal in front of the Senior and the Arts Center. I then went to the Greenwich Library, and it picks up their wifi just fine. I then went to the Stop and Shop. I bought a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.99, a two pound bag of baby carrots for \$1.99, a baking potato for .99 a pound for .86, bananas for .49 a pound for .42, zucchini for \$1.79 a pound for \$1.25, fresh

guacamole for \$3.99 a pound for \$4.35, and a rotisserie chicken for \$5.99 for \$18.85 total. I then returned home. I put away my groceries. I chatted with a relative. CIO

02/10/16 Wednesday 12:10 P.M. I chatted with a relative. I will now shower and clean up. I will then go out to my 2 P.M. appointment early. I put the Nokia case on my Nokia Lumia 900 cell phone. CIO

02/10/16 Wednesday 11:30 A.M. The relative I sent the woman's L.L. Bean jacket too, does not need it. That relative is sending it to another relative. CIO

02/10/16 Wednesday 11:30 A.M. I chatted with a relative. I made my bed. CIO

02/10/16 Wednesday 10:15 A.M. I woke up at 10 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/09/16 Tuesday 10:45 P.M. I watched episode 5 of "Occupied". I will now shut down the primary work computer, and I will go to bed. I will eat a blueberry muffin. CIO

02/09/16 Tuesday 9:45 P.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

02/09/16 Tuesday 8:55 P.M. [https://www.geico.com/more/driving/auto/car-safety-insurance/what-to-do-if-you-witness-a-car-accident/?utm\\_source=geico&utm\\_medium=email&utm\\_content=newsletter&utm\\_campaign=feb2016](https://www.geico.com/more/driving/auto/car-safety-insurance/what-to-do-if-you-witness-a-car-accident/?utm_source=geico&utm_medium=email&utm_content=newsletter&utm_campaign=feb2016)

Red & White Ball 2016 I will now rest a bit. CIO

02/09/16 Tuesday 8:30 P.M. I ate 16 ounces of Pacific Onion soup with a 3 ounce package of Ramen chicken noodles a 12 ounce glass of Schweppes Ginger Ale. CIO

02/09/16 Tuesday 7:40 P.M. I picked up the mail. The order with tracking of tracking number of "30113270154068301" at <http://webtrack.dhlglobalmail.com> on the order for <http://www.ebay.com/itm/Wallet-Pouch-Black-Leather-Case-Cover-with-Card-Holder-for-Nokia-Lumia-900/201396612773?trksid=p2047675.c100005.m1851&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D33877%26meid%3Dedde73fc9cc74c36a3200395a84f5d79%26pid%3D100005%26rk%3D1%26rkt%3D3%26sd%3D150859393166> for \$6.79 with shipping arrived. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405510200830036834579> on the order for <http://www.ebay.com/itm/LL-BEAN-MUSTARD-WOMENS-HUNTING-FISHING-FIELD-COAT-JACKET-CORDOROY-COLLAR-XXL-/391174702283?hash=item5b13d444cb:g:FMIAAOSw~OdVgHwV> for \$60 and \$8.30 shipping for \$68.30 total arrived. The jacket was like new, but it was way too small. It was probably about a woman's size medium. I package it up, and I mailed it at the Valley Road Post Office to a relative that it might fit for \$7.35 Priority Mail 2 Day Postage. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9505511997036040191522>. I then went downtown, and I picked up a prescription at CVS on Greenwich Avenue. I bought a 16 roll bundle of

Cottonelle extra soft toilet paper for \$6.99 and .44 tax for \$7.43 total. I then went further downtown. I used the bathroom on the lower level of 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 Zen Stationary, and I bought an 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 the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Belgium bakery, and they charge \$3.18 for a croissant, but I think one gets to sit down. They charge \$2 for a croissant at St. Moritz bakery across the street, but they were out, so I bought a Danish cheese pastry for \$2. I ate it in front of the senior and the arts center. I stopped by CVS again, and I bought two 18 ounce Campbell's Lite New England clam chowder for \$1.50 each, a 18 ounce Campbell's Italian Wedding vegetable soup for \$1.50, and a 18 ounce Campbell's Mexican tortilla soup for \$1.50 for \$6 total. I chatted with a relative. I finished my walk. I then went to the Acme grocery store. I bought four blueberry muffins for \$3.99, a quart of Dannon vanilla yogurt for \$2.99 and four 19 ounce Stouffer's meat and tomato lasagnas for \$3 each for \$18.94 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.70 of self service V-Power premium gasoline for \$2.979 a gallon for 2.249 gallons at odometer reading of 112165 miles for 27.6 miles driven since Sunday January 31, 2016 for 12.273 miles per gallon in local traffic. I then returned home, and I brought up and put away my groceries. CIO

02/09/16 Tuesday 2:40 P.M. I threw out the garbage. These inexpensive retirement houses are where my father retired with his third wife <https://www.homelight.com/agents/jane-scott-fl-03164447>. The West Coast of Florida has a lot of people from the Midwest whom can not afford the upscale prices of the East Coast of Florida. CIO

02/09/16 Tuesday 12:50 P.M. I went back to bed until 12:30 P.M.. I chatted with a relative. I have appointments this Wednesday, Thursday, and Friday. I will now drink a cup of coffee with Equal sweetener and milk. I will then make my bed and shower and clean up. CIO

02/09/16 Tuesday 10:20 A.M. I woke up while sleeping, and I ate two small bowls of goldfish crackers. I finally woke up at 10 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/09/16 Tuesday 12:15 A.M. I watched episode 4 of "Occupied". I will now shut down the primary work computer, and I will go to bed. CIO

02/08/16 Monday 11:15 P.M. I rested until 10:30 P.M.. I ate a 13.4 ounce Marie Callender steak and potatoes dinner with green bean casserole with Smart Balance Spread on the meal and a 12 ounce glass of Schweppes Ginger Ale. I threw out the garbage. I cleaned about two inches of snow off my Volvo wagon. CIO

02/08/16 Monday 8:10 P.M. I watched episode 3 of "Occupied". I chatted with a relative. CIO

02/08/16 Monday 6:15 P.M. I am just about to eat 16 ounces of Pacific Onion soup with a 3 ounce package of Ramen chicken noodles a glass of filtered cold water. CIO

02/08/16 Monday 6:00 P.M. I chatted with a neighbor and a relative. CIO

02/08/16 Monday 5:30 P.M. I went back to bed until 4:30 P.M.. I chatted with a friend at 3 P.M.. I made my bed. I showered, and I cleaned up. I picked up the mail. CIO

02/08/16 Monday 2:15 P.M. I woke up at 1:30 P.M.. I chatted with a neighbor. I gave the neighbor a letter to mail in the mail room downstairs. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I cleaned about four inches of snow off my Volvo wagon. I will now drink a cup of coffee with Equal sweetener and milk. CIO

02/08/16 Monday 10:10 A.M. Tracking is

[https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405510200830036834579](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405510200830036834579) on the order for <http://www.ebay.com/itm/LL-BEAN-MUSTARD-WOMENS-HUNTING-FISHING-FIELD-COAT-JACKET-CORDOROY-COLLAR-XXL-/391174702283?hash=item5b13d444cb:g:FMIAAOSw~OdVgHwV> for \$60 and \$8.30 shipping for \$68.30 total. CIO

02/08/16 Monday 10:00 A.M. I woke up at 9:30 A.M., when the NOAA weather radio went off. We are suppose to get three to six inches of snow today with smaller amounts of snow every day for the rest of the week. I cancelled an appointment for today. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/07/16 Sunday 10:05 P.M. I will now shut down the primary work computer. I will then go to bed. CIO

02/07/16 Sunday 8:40 P.M. Earlier I ate six ounces of guacamole with scoop corn chips. I rested for a while. I chatted with two relatives. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. Down Abbey come on television on [www.pbs.org](http://www.pbs.org) at 9 P.M.. CIO

02/07/16 Sunday 6:35 P.M. I bought <http://www.ebay.com/itm/LL-BEAN-MUSTARD-WOMENS-HUNTING-FISHING-FIELD-COAT-JACKET-CORDOROY-COLLAR-XXL-/391174702283?hash=item5b13d444cb:g:FMIAAOSw~OdVgHwV> for \$60 and \$8.30 shipping for \$68.30 total. It says it is unisex, so it can be either men's or woman's. CIO

02/07/16 Sunday 6:05 P.M. I rested some more. I chatted with a relative. CIO

02/07/16 Sunday 4:55 P.M. I rested some more until 4:30 P.M.. I ate 10 ounces of fresh guacamole with Tostitos scoop corn chips and a glass of cold filtered water. CIO

End of Scott's Notes week of 02/07/16

02/07/16 Sunday 1:05 P.M. I went through <http://scott-mike.com/bf.htm> . I ate the other roast beef and cheese sandwich on a Kaiser roll that I made yesterday with wavy potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now send out my weekly notes. CIO

02/07/16 Sunday 12:40 P.M. Inexpensive Manhattan Midtown East 51st Street Hotel <http://www.thepodhotel.com/> for \$80.

Excellent dining for \$85 [https://www.groupon.com/deals/la-cremaillere-restaurant-8-16?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160205&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e\\_0\\_20160205\\_treatment1](https://www.groupon.com/deals/la-cremaillere-restaurant-8-16?p=1&utm_source=newsletter_im&utm_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160205&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e_0_20160205_treatment1) at <http://www.cremaillere.com/> in Banksville, New York. CIO

02/07/16 Sunday 11:45 A.M. I rested some more until 11 A.M.. Back around 1974 or 1975, Fred Von Mierers and myself and a couple of other friends were walking back from the Le Jardin Discothèque near Times Square at about 4:30 A.M. in the morning on East 49th Street. When we were half way between Third Avenue and Second Avenue, a 40 story building at Second Avenue and 47th Street exploded from a gas leak sending debris up Second Avenue as far as 79th Street. Since we were not in the direct path of the explosion up Second Avenue, we were not hurt, but the area was full of glass and debris and dust. I can find any mention of it on the internet. In that same period the FALN also bombed the lobby of Bankers Trust on Park Avenue. CIO

02/07/16 Sunday 9:05 A.M. I went back to bed until 8:45 A.M.. I will now drink a cup of coffee with Equal sweetener and milk. I will also make up a fresh batch of punch. Up here in the tundra of Greenwich, Connecticut in the cold time of the year, bigger people are more visible, I guess when they come out of the woods in the North Country. CIO

02/07/16 Sunday 6:35 A.M. The [www.army.mil](http://www.army.mil) field coat comes in larger sizes <http://www.armynavyusa.com/Alpha-M-65-Field-Coat-p/alp-mjm24000c1.htm?1=1&CartID=0> for \$132 with free shipping. I woke up at 6 A.M.. Ronald Reagan's 105th birthday was yesterday. Back in February 1982, I met somebody in Key West, Florida that looked like Ronald Reagan. He lived in an Air Stream Trailer next to the Boca Cheeka Navy Base with his roommate Steven Salisbury from Salisbury, Connecticut. Steven Salisbury looked like George H.W. Bush. The fellow that looked like Ronald Reagan used to rake the white gravel in front of the Fogarty House on Duval Street where Cliff Robinson and Dina Merrill could be seen having cocktails. The bartender from the Le Languedoc on Nantucket was also the bartender at the Fogarty House. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/06/16 Saturday 8:40 P.M. I made two roast beef and white American cheese sandwiches on Kaiser rolls with Hellmann's mayonnaise and horseradish seasoned with celery salt and Montreal Steak seasoning. I ate one and refrigerated the other one in a sealed plastic bag. I ate it with a kosher dill pickle slice, wavy potato chips, and a 12 ounce glass of Schweppes Ginger Ale. I am a bit tired from my walk, so I will rest for a while. CIO

02/06/16 Saturday 8:05 P.M. I threw out the garbage. I went downtown. I went by 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 Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS again, and I bought a Hallmark Valentines Day card for \$3.99 and .25 tax for \$4.24 total. I used the bathroom at CVS. I stopped by the AT&T store, and they told me they can transfer my AT&T Go Phone sim card to another sim card for free. They also give out the AT&T Go

Phone sim cards for free. CVS sells cards to charge up the AT&T Go Phones. I chatted with a local walker. I used the bathroom at Starbucks. I then went by the Stop and Shop. I bought two Kaiser rolls for .69 each, Stop and Shop deli sliced roast beef for \$9.99 a pound for \$4.60, a 7.5 ounce World Market frozen alfredo sauce for \$1.89, two 8.5 ounce Tostitos corn scoops for \$3 each, bananas for .49 a pound for .54, and fresh guacamole for \$2.99 a pound for \$2.99 for \$17.40 total. I chatted with someone wearing an L.L. Bean field jacket. I then returned home, and I put away my groceries. I chatted with a relative. CIO

02/06/16 Saturday 2:40 P.M. This shows the Nokia Lumia phones that can be upgraded to Windows 10 <http://www.windowscentral.com/why-you-should-not-worry-windows-10-upgrade> . To insert Sim Card in Nokia Lumia 920 <https://www.microsoft.com/en-us/mobile/support/product/lumia920/userguidance/?action=singleTopic&topic=GUID-9C015083-830E-416F-8D11-251F67580C0C> . I guess the AT&T store would sell on a AT&T Go Phone sim card with money on it, but make sure it is the right size. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

02/06/16 Saturday 2:15 P.M. Here is a better version of the Nokia Lumia cell phone that I got. It has 32 GB internal memory and Windows 8 <http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-920-wifi-nfc-4g-lte-black-windows-phone-8-att-p-35214> in black for \$39.99 plus shipping. With 10% off with coupon code "THANKYOU". In white <http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-920-wifi-4g-lte-white-windows-phone-8-att-p-35420> . In yellow <http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-920-wifi-4g-lte-yellow-windows-phone-8-att-p-35435> . In blue Upgrade your Go Phone. With Windows 8, it would also work with Skype which mine with Windows 7.8 does not. Here is a deal for \$50 more today <http://www.ebay.com/itm/Nokia-Lumia-920-US-GSM-4G-LTE-Smartphone-Factory-Unlocked-32GB-FRB/171490717046?rmvSB=true> . The one I got is now \$20 more <https://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-black-windows-phone-7-att-p-10610> . On can install the AT&T Go Phone Sim Card by punching the little sim card holder pin hole with a paper clip to open it up. CIO

02/06/16 Saturday 1:35 P.M. I went back to bed until 12:30 P.M.. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I also drank a cup of coffee with Equal sweetener and milk. CIO

02/06/16 Saturday 8:05 A.M. I woke up at 7:30 A.M.. I chatted with a friend. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/05/16 Friday 9:10 P.M. I watched episodes 1 and 2 of "Occupied" with English subtitles. I will now shut down the primary work computer, and I will go to bed. CIO

02/05/16 Friday 7:50 P.M. I chatted with a relative. I took a 15 ounce can of Chef Boyardee small ravioli, and I put it in a plastic microwave pot with lid, and I mixed it with a quarter cup of Heinz ketchup, a few dashes Frank's hot sauce, Italian spices, ground black pepper, and garlic powder, and I heated it for five minutes on 60% power in the microwave oven. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

02/05/16 Friday 7:05 P.M. If you go some place drier, you might need <http://desertdress.com/> . CIO

02/05/16 Friday 6:40 P.M. How to save water <http://www.communitygardenkeywest.com/water-use.html> . CIO

02/05/16 Friday 6:00 P.M. I woke up at 5:30 P.M.. I chatted with a relative. I picked up the mail. I ate two small bowls of goldfish crackers. CIO

02/05/16 Friday 4:05 P.M. I will now rest for a while. CIO

02/05/16 Friday 3:45 P.M. I am just about to eat 30 ounces of Campbell's French onion soup with a toasted thin bagel with Smart Balance Spread and a glass of cold filtered water. I have all of my Nokia Lumia 900 Windows free apps showing up on my site at [www.windowsphone.com](http://www.windowsphone.com) ,so if I had to reinstall them it would be easier. CIO

02/05/16 Friday 1:25 P.M. I cleaned about four inches of snow off my Volvo wagon, so it is good to go. The driveway is all cleared off. It is sunny out. On the Nokia Lumia 900 cell phone, I have the program APP Detective on it, and I search the term "news", and it came up with 490 apps that I am selecting from to install on it. I have about 9 gigabytes of free storage space on it. It does not use a SD card, it is all internal storage. CIO

02/05/16 Friday 11:25 A.M. Live is hard <http://keywestharborwebcam.com/> . CIO

02/05/16 Friday 11:10 A.M. I checked the downstairs area. The ice skating rink parking lot is plowed. It is still snowing here. I will wait until after 1 P.M., when it quits snowing to clean the snow off of my Volvo wagon. CIO

02/05/16 Friday 10:35 A.M. Local NOAA weather warning [http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local\\_place1=Greenwich%20CT&product1=Winter+Storm+Warning&lat=41.049&lon=-73.623#.VrTACbFV-70](http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Winter+Storm+Warning&lat=41.049&lon=-73.623#.VrTACbFV-70) . I chatted with a local walker. I will now make my bed. I will then shower and clean up. CIO

02/05/16 Friday 9:50 A.M. I chatted with a relative. When I was unemployed during the winters of 1977 and 1978, South Florida was convenient to hang out at <http://liveduvalstreet.com/> , but the \$86 every two weeks was not really enough to live on, particularly when it took six months to arrive in interstate benefits. In the winter of 1979, when I was unemployed I stayed with friends at Daytona Beach. It did not occur to me to apply for unemployment compensation back then, since I had worked the season before in Nantucket. CIO

02/05/16 Friday 9:20 A.M. NOAA weather radio just went off, and it said we would be getting four to eight inches until 1 P.M.. CIO

02/05/16 Friday 9:10 A.M. I went back to bed until 9 A.M.. A friend called to let me know there is now about four inches of fresh snow outside. I will now drink a cup of coffee with Equal sweetener and milk. CIO

02/05/16 Friday 4:30 A.M. I woke up at 4:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and

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

02/04/16 Thursday 8:55 P.M. Volcano Hazards Program Observatories and Centers

My www.eversource.com electricity bill for January 2016 was \$209.51 for 1081 kWh for 37.28 kWh per day for 29 days with an average temperature of 34.7 degrees Fahrenheit. For January 2015 it was \$286.61 for 1404 kWh for 46.80 kWh per day for 30 days with an average temperature of 24.7 degrees Fahrenheit.

WELCOME TO THE 35TH IGC

I will now rest for a while. CIO

02/04/16 Thursday 8:25 P.M. I ate a 16 ounce Marie Callender corn chowder chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

02/04/16 Thursday 7:45 P.M. I have the Nokia Lumia 900 setup with all of the free apps that I could find. I still have 9.5 gigabytes of free storage on it. I chatted with a relative. CIO

02/04/16 Thursday 4:10 P.M. I chatted with a friend. I threw out the garbage. I sat outside for a while enjoying the day. I picked up the mail. CIO

02/04/16 Thursday 1:50 P.M. The order for \$9.95 wireless Microsoft Mouse [http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800?icid=SalePage\\_ModF\\_PCacc\\_WirelessMobileMose3500LtdEd](http://www.microsoftstore.com/store/msusa/en_US/pdp/Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800?icid=SalePage_ModF_PCacc_WirelessMobileMose3500LtdEd) 63 tax for \$10.58 total arrived. I woke up at 1:45 P.M.. I will drink a cup of coffee with Equal sweetener and milk. I will now make my bed, and I will shower and clean up. CIO

02/04/16 Thursday 11:25 A.M. I woke up at 11:00 A.M.. I ate 12 ounces of hot guacamole dip with Tostitos corn chip shells. CIO

02/04/16 Thursday 8:20 A.M. I installed more apps on the Nokia Lumia 900 cell phone. I will now rest for a while. CIO

02/04/16 Thursday 6:45 A.M. I put away the clean laundry. CIO

02/04/16 Thursday 5:45 A.M. I have 25 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 Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/04/16 Thursday 5:00 A.M. I woke up at 4 A.M.. I put clean linens on the bed. I started two loads of wash that are just about done. I threw out the garbage and the old periodical literature. I watered the plants. CIO



02/03/16 Wednesday 8:35 P.M. I chatted with a relative. I installed a large number of apps on the new used Nokia Lumia 900 cell phone. I will install some more later. I have it mostly charged up. I left it charging. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and a toasted thin bagel with Smart Balance spread and a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

02/03/16 Wednesday 5:45 P.M. I chatted with a relative and a friend. I watched part of episode 1 of "Invasion" which seems to be in the Norwegian language. I picked up the mail. I got a Christmas letter from <http://www.royal.gov.uk/> from Buckingham Palace. I also received the order with tracking of [https://tools.usps.com/go/TrackConfirmAction\\_input?strOrigTrackNum=9405510200882900576382](https://tools.usps.com/go/TrackConfirmAction_input?strOrigTrackNum=9405510200882900576382) on the order for [http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-windows-phone-7-att-p-35738?utm\\_source=googlebase&utm\\_medium=cse&condition=Fair&utm\\_term=35738&utm\\_content={QueryString}&gclid=CPXmpaXA1soCFcYRHwodMpgEwg](http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-windows-phone-7-att-p-35738?utm_source=googlebase&utm_medium=cse&condition=Fair&utm_term=35738&utm_content={QueryString}&gclid=CPXmpaXA1soCFcYRHwodMpgEwg) for \$29.99 with \$3 off with coupon code "THANKYOU" and \$7.99 shipping for \$34.98 total. I put my AT&T GoPhone sim card from the other Nokia Lumia 540 cell phone, and it was recognized. It has version 7.8 of Windows on it which is the latest version. Since it is a different cell phone, I can not restore my Nokia backup from the other one to the new one, but I have 12 GB of space to add new apps from the Windows Market Place. It seems to work just fine. The Greenwich Hospital schedule an appointment for me in another month and a half with the dietician. CIO

02/03/16 Wednesday 1:50 P.M. I went downstairs, and I chatted with two neighbors. CIO

02/03/16 Wednesday 11:50 A.M. I woke up at 11:45 A.M.. Earlier the Greenwich Hospital called up, and I am very close to being diabetic. I have to lower my sugar consumption and go to the Weight Loss and Diabetes Center which my Connecticut Medicaid will pay for. On the EKG, there is a little bit of deterioration since the last one 15 years ago. I chatted with a relative. I will now drink a cup of coffee with Equal sweetener and milk. CIO

02/03/16 Wednesday 9:25 A.M. I ate a croissant with a glass of cold filtered water. I will now rest some more. CIO

02/03/16 Wednesday 9:10 A.M. I went by the central Greenwich Post Office, and I mailed my Connecticut Department of Social Services review there. I drove through downtown Greenwich, and the Christmas Tree lights are still on upper Greenwich Avenue. I went to the Greenwich Hospital laboratory, and I had my blood drawn when they opened at 7 A.M.. I had been fasting or need eating since noon yesterday. I then went to the Greenwich Hospital cafeteria, and I bought a cup of Columbian coffee for \$1.25, a 12 ounce Tropicana orange juice for \$2.85, a toasted bagel with butter for \$1.50, two hash browns for \$1.35 each, four sausages for \$1.65, and two scrambled eggs for \$2.10 less \$1.81 15% Senior Discount for \$10.24 total. I put Splenda sweetener and half and half in my coffee. I then went back to the radiology department, and I had an EKG done. I then went to the Stop and Shop, and I bought a croissant for \$1.29, a 59 ounce Simply Orange orange juice with extra pulp for \$3, four 13 and 14 ounce Marie Callender frozen dinners for \$2.50 each, two 12 ounce generic honey for \$2.50 each for \$19.29 total. I then returned home, and I put away my groceries. CIO

02/03/16 Wednesday 5:50 A.M. I made my bed earlier. I will now shower and clean up and go out. CIO

02/03/16 Wednesday 5:35 A.M. I sold mine in 1971 for \$1250 <http://www.ebay.com/itm/Mercedes-Benz-300-Series-Adenauer-/121883493456> or <http://www.ebay.com/itm/Mercedes-Benz-300-Series-300-ADENAUER-CABRIOLET-LIMO-/121880486269> . I put about \$4,500 into my 1951 300 B and thousands of hours, but when it came to sell it, nobody wanted an ordinary sedan.

Lots of Mercedes 190 SLs

[http://www.ebay.com/sch/i.html?\\_from=R40&\\_trksid=p2050601.m570.l1313.TR5.TRC2.A0.H0.Xmercedes+benz+190+sl.TRS0&\\_nkw=mercedes+benz+190+sl&\\_sacat=0](http://www.ebay.com/sch/i.html?_from=R40&_trksid=p2050601.m570.l1313.TR5.TRC2.A0.H0.Xmercedes+benz+190+sl.TRS0&_nkw=mercedes+benz+190+sl&_sacat=0) . CIO

02/03/16 Wednesday 5:00 A.M. I bought for \$9.95 wireless Microsoft Mouse

[http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800?icid=SalePage\\_ModF\\_PCacc\\_WirelessMobileMose3500LtdEd](http://www.microsoftstore.com/store/msusa/en_US/pdp/Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800?icid=SalePage_ModF_PCacc_WirelessMobileMose3500LtdEd) 63 tax for \$10.58 total. CIO

02/03/16 Wednesday 4:50 A.M. I have my Connecticut Department of Social Services Form and Documentation ready to mail in. CIO

02/03/16 Wednesday 3:50 A.M. I woke up at 3:30 A.M.. CIO

02/02/16 Tuesday 9:05 P.M. <https://www.cloudfortomorrow.com/backup-recovery/how-to-improve-disaster-recovery-preparedness/>

#### International 2016 EMSEV Workshop

I will now rest some more. CIO

02/02/16 Tuesday 8:45 P.M. \$9.95 wireless Microsoft Mouse

[http://www.microsoftstore.com/store/msusa/en\\_US/pdp/Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800?icid=SalePage\\_ModF\\_PCacc\\_WirelessMobileMose3500LtdEd](http://www.microsoftstore.com/store/msusa/en_US/pdp/Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800?icid=SalePage_ModF_PCacc_WirelessMobileMose3500LtdEd) . CIO

02/02/16 Tuesday 8:40 P.M. <http://www.nrscotland.gov.uk/> CIO

02/02/16 Tuesday 8:25 P.M. <http://fanaticforjesus.blogspot.com/2010/01/warburg-family.html> . CIO

02/02/16 Tuesday 8:10 P.M. I chatted with a relative at 7 P.M.. I woke up at 8 P.M.. I did not get any mail today. CIO

02/02/16 Tuesday 2:05 P.M. I ate a 14 ounce Boston Market meat loaf dinner with Smart Balance Spread on the mashed potatoes and a toasted bagel thin with Smart Balance Spread on it and a 12 ounce glass of Schweppes Ginger Ale. I will now go through <http://scott-mike.com/bf.htm> . I will then rest for a while. CIO

02/02/16 Tuesday 1:30 P.M. I chatted with a relative. I went to my 11 A.M. appointment early. I read part of an old issue of Science magazine which had an article about

<http://www.sciencemag.org/news/2013/07/after-6-week-journey-giant-magnet-arrives-fermilab> . I chatted with a relative after my appointment. I went downtown, and I picked up a prescription. I drove through town on a busy day, and there were no available Senior Center parking places, so I returned home. I chatted with a friend. CIO

02/02/16 Tuesday 8:55 A.M. I ate 7 ounces of salsa with Toritos shell corn chips. I will now make my bed. I will then shower and clean up. According to the Islands of Britain video, I think it was the Isle of Skye has a volcano. [https://en.wikipedia.org/wiki/List\\_of\\_volcanoes\\_in\\_the\\_United\\_Kingdom](https://en.wikipedia.org/wiki/List_of_volcanoes_in_the_United_Kingdom) .CIO

02/02/16 Tuesday 8:20 A.M. [https://www.groupon.com/deals/copacabana-churrascaria-1?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160202&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e\\_0\\_20160202\\_treatment1](https://www.groupon.com/deals/copacabana-churrascaria-1?p=1&utm_source=newsletter_im&utm_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160202&u=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e_0_20160202_treatment1)

Tracking number is "30113270154068301" at <http://webtrack.dhlglobalmail.com> on the order for <http://www.ebay.com/itm/Wallet-Pouch-Black-Leather-Case-Cover-with-Card-Holder-for-Nokia-Lumia-900/201396612773?trksid=p2047675.c100005.m1851&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D33877%26meid%3Dedde73fc9cc74c36a3200395a84f5d79%26pid%3D100005%26rk%3D1%26rkt%3D3%26sd%3D150859393166> for \$6.79 with shipping.

Tracking is [https://tools.usps.com/go/TrackConfirmAction\\_input?strOrigTrackNum=9405510200882900576382](https://tools.usps.com/go/TrackConfirmAction_input?strOrigTrackNum=9405510200882900576382) on the order for [http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-windows-phone-7-att-p-35738?utm\\_source=googlebase&utm\\_medium=cse&condition=Fair&utm\\_term=35738&utm\\_content={QueryString}&gclid=CPXmpaXA1soCFcYRHwodMpgEwg](http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-windows-phone-7-att-p-35738?utm_source=googlebase&utm_medium=cse&condition=Fair&utm_term=35738&utm_content={QueryString}&gclid=CPXmpaXA1soCFcYRHwodMpgEwg) for \$29.99 with \$3 off with coupon code "THANKYOU" and \$7.99 shipping for \$34.98 total.

ANTVOLC (Antarctic Volcanism)

SCAR 2016

<http://www.iavcei.org/news/2015-news/39-iavcei-commissions/43-iii-workshop-on-volcano-geology-july-3-10-sicily-italy.html>

<http://goldschmidt.info/2016/index>

Microsoft Plumbs Ocean's Depths to Test Underwater Data Center - The New York Times CIO

02/02/16 Tuesday 7:50 A.M. I went back to bed until 7:45 A.M.. In watching the Acorn TV program on the Islands around England, it mentioned the Isle of Man between England and Ireland is a separate country with taxes of 10 percent. Also it mentioned the Guernsey Islands off the coast of France is another tax free haven. I am not sure about the Isle of Wright. CIO

02/02/16 Tuesday 4:00 A.M. I have a 11 A.M. appointment today. CIO

02/02/16 Tuesday 4:00 A.M. Happy Ground Hogs Day. I chatted with a friend at 4:30 P.M. and the same friend left a message at 7:30 P.M.. I finally woke up at 3:30 A.M.. I printed out two copies of my Microsoft Sunset Income versus Spending report for January 2016, and I used a 49 cent forever stamp to mail one copy to an interested relative. I mailed it in the mail room downstairs. I picked up my mail. I got the Connecticut Department of Social Services redetermination form information in the mail, which I have to fill out and mail sometime soon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

02/01/16 Monday 2:30 P.M. I ordered [http://www.ebay.com/itm/Wallet-Pouch-Black-Leather-Case-Cover-with-Card-Holder-for-Nokia-Lumia-900/201396612773?\\_trksid=p2047675.c100005.m1851&\\_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D33877%26meid%3Dedde73fc9cc74c36a3200395a84f5d79%26pid%3D100005%26rk%3D1%26rkt%3D3%26sd%3D150859393166](http://www.ebay.com/itm/Wallet-Pouch-Black-Leather-Case-Cover-with-Card-Holder-for-Nokia-Lumia-900/201396612773?_trksid=p2047675.c100005.m1851&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D33877%26meid%3Dedde73fc9cc74c36a3200395a84f5d79%26pid%3D100005%26rk%3D1%26rkt%3D3%26sd%3D150859393166) for \$6.79 with shipping. CIO

02/01/16 Monday 2:15 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 rest for a while. CIO

02/01/16 Monday 1:40 P.M. Beside my L.L. Bean brown Gortex jacket, I found another one like it in my right living room closet in tan besides the two white barn and one blue barn jackets. All I can think of, is that a relative might have given it to me from Maine. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop shopping plaza, and I paid my rent to the Greenwich Housing Authority. I then went downtown. The tree men were taking the Christmas lights off the trees in front of the Senior and the Arts center which is a major all day project. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Chase Bank on the north side of Saks Fifth Avenue, and I got \$5 in quarters. I stopped by the Greenwich Hardware store. I stopped by Marmot. I stopped by CVS, and I chatted with someone from Italy. I used the bathroom there. I stopped by MacInspires. I stopped by the AT&T store, and they said they could transfer my GoPhone for me, but I think I can figure out how to move the sim card. They said I can restore my programs from the Nokia backup. I gave a shopper four quarters for 10 dimes. I told the shopper about "Hyde Park on the Hudson" on Netflix. I stopped by St. Barth's. I sat out for a while after my walk. I then returned home, and I chatted with a relative. CIO

02/01/16 Monday 7:55 A.M. I ate 7 ounces of salsa and shell corn chips. I made my bed. I will now shower and clean up. I will then go downtown. CIO

02/01/16 Monday 7:20 A.M. I went back to bed until 7 A.M.. I ordered [http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-windows-phone-7-att-p-35738?utm\\_source=googlebase&utm\\_medium=cse&condition=Fair&utm\\_term=35738&utm\\_content={Quer](http://www.cellularcountry.com/used-cell-phones/at-t-wireless/nokia-lumia-900-bluetooth-gps-pda-windows-phone-7-att-p-35738?utm_source=googlebase&utm_medium=cse&condition=Fair&utm_term=35738&utm_content={Quer)

yString}&gclid=CPXmpaXA1soCFcYRHwodMpgEwg for \$29.99 with \$3 off with coupon code "THANKYOU" and \$7.99 shipping for \$34.98 total. CIO

02/01/16 Monday 2:30 A.M. I woke up at 8:30 P.M., and I chatted with a friend. I ate 14 ounces of salsa with corn chip cups. I watched "Downton Abby". I went back to bed at 10 P.M.. I woke up at 2 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of coffee with Equal sweetener and milk. CIO

03/31/16 Thursday 11:15 P.M. Get Outlook.com email on your mobile device

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

\$139.99 Dell - Inspiron 11.6" Laptop - Intel Celeron - 2GB Memory - 32GB eMMC Flash Memory - Alpine White - fncwh101sw-3162cel232white - Rakuten.com

Marching Toward a \$15 Minimum Wage - The New York Times CIO

03/31/16 Thursday 10:50 P.M. I threw out the garbage. I went out, and I stopped by the Stop and Shop. I bought an eight pack of mini croissants for \$2.49, reduced produce of cherry tomatoes for \$1.28, and two baking potatoes for .99 a pound for \$1.49 and .55 can return for \$4.71 total. They are having the Cola wars going on the Stop and Shop. I then mailed the report to my relative at the central Greenwich Post Office. I stopped by CVS, and I bought a Hallmark greeting card for \$3.99 and .25 tax for \$4.24 total. I then went further downtown, and I sat out observing the Starbucks traffic until 10 P.M.. I used the bathroom their briefly, and I chatted briefly with a regular customer. I then returned home, and I picked up the mail. CIO

03/31/16 Thursday 7:50 P.M. I rested until 7 P.M.. I chatted with a relative. I printed out my Microsoft Money Sunset report for March 2016, and I have one copy ready to mail to an interested relative using two 49 cent forever stamps. I will now make my bed. I will then shower and clean up. I will then go downtown to Greenwich Avenue to observe if there is any late night activity on a warmer night. It is 61 degrees Fahrenheit outside right now. CIO

03/31/16 Thursday 6:05 P.M. I rested some more until 5:30 P.M.. I ripped up a third of a head of cello iceberg lettuce, and I put it on a dinner plate. I added two plum tomato cuts into six wedges, six artichoke heart quarters, and 12 large black olives, a fourth of a sweet onion diced, a 4 ounce drained Bumblebee shrimp, grated parmesan and Romano cheese, and I seasoned it with ground black pepper, garlic powder, celery salt, Montreal steak seasoning, Italian seasoning, and Caesar dressing and extra virgin olive oil. I ate the salad with a 12 ounce glass of Schweppes Ginger Ale. CIO

03/31/16 Thursday 4:45 P.M. I bought for \$4.99  
<http://www.newegg.com/Product/Product.aspx?Item=N82E16886277017&ignorebbr=1> with coupon code "0329MADMCH237" and .99 shipping for \$5.98 total. CIO

03/31/16 Thursday 4:05 P.M. I went back to bed until 3:30 P.M.. I chatted with a relative. I ate a mini croissant. I washed the breakfast dishes. CIO

03/31/16 Thursday 2:20 P.M. I went back to bed until 2 P.M.. I chatted with a relative. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

<http://www.greenwichtime.com/local/article/Gillespie-newspaper-family-leaves-70-million-to-7218234.php>  
CIO

03/31/16 Thursday 11:35 A.M. I woke up and ate a mini croissant. I finally woke up at 11:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants.

<http://www3.forbes.com/lists/the-richest-person-in-americas-50-largest-cities/1/> CIO

03/30/16 Wednesday 10:45 P.M. I watched episode 1 and 2 of "Monumental Mysteries". I ate a bunch of white seedless grapes. I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

03/30/16 Wednesday 9:05 P.M. I ate a <http://scott-mike.com/em.htm> with a mini croissant and a 12 ounce glass of cold filtered water. CIO

03/30/16 Wednesday 8:45 P.M. I put away the clean laundry. CIO

03/30/16 Wednesday 7:40 P.M. My grandfather Clarence Scott's mother was from the Innes family <https://en.wikipedia.org/wiki/Innes> famous for "[https://en.wikipedia.org/wiki/John\\_Innes\\_%28philanthropist%29](https://en.wikipedia.org/wiki/John_Innes_%28philanthropist%29)". I have 45 minutes to go on two dry cycles. I chatted with a relative. CIO

03/30/16 Wednesday 7:10 P.M. I rested until 6 P.M.. I chatted with a relative. I put clean linens on my bed. I showered, and I cleaned up. I started two loads of wash and have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

03/30/16 Wednesday 4:50 P.M. I ripped up a fourth of a head of cello iceberg lettuce, and I put it on a dinner plate. I added one plum tomato cuts into six wedges, six artichoke heart quarters, and 12 large black olives, a sixth of a sweet onion diced, a 1.75 ounce drained Bumblebee sardines with oil, grated parmesan and Romano cheese, and I seasoned it with ground black pepper, celery salt, Montreal steak seasoning, Italian seasoning, and Kraft Zesty Italian dressing and extra virgin olive oil. I ate the salad with a 12 ounce glass of Schweppes Ginger Ale and a mini croissant. I chatted with a relative. I will now rest for a while. CIO

03/30/16 Wednesday 4:00 P.M. Get Outside! Volunteer with The Greenwich Land Trust CIO

03/30/16 Wednesday 2:55 P.M. I picked up the mail. The order with tracking number of "1ZE193A5YW00372057" at [www.ups.com](http://www.ups.com) and <https://tools.usps.com/go/TrackConfirmAction?tLabels=92612999951495551571554183> on the order for [http://www1.macys.com/shop/product/t-fal-culinaire-5-qt-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm\\_app~zMCOM-NAVAPP~xcm\\_zone~zATBPage\\_ZONE\\_C~xcm\\_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm\\_pos~zPos2](http://www1.macys.com/shop/product/t-fal-culinaire-5-qt-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm_app~zMCOM-NAVAPP~xcm_zone~zATBPage_ZONE_C~xcm_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm_pos~zPos2) for \$29.99 and in 50 regular camel [http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAvUvNbM-h0LEvFpJeatYWhW6R4odJO&PartnerID=LINKSHARE&cm\\_mmc=LINKSHARE--5--63--MP563](http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAvUvNbM-h0LEvFpJeatYWhW6R4odJO&PartnerID=LINKSHARE&cm_mmc=LINKSHARE--5--63--MP563) for \$39.99 and \$10.50 off with coupon code "EASTER" and \$3.57 tax for \$63.26 total with free shipping on \$50 order for the sports coat part arrived. CIO

03/30/16 Wednesday 2:10 P.M. I went back to bed until 1:45 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/30/16 Wednesday 11:00 A.M. I woke up at 10:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

03/29/16 Tuesday 10:15 P.M. I ripped up a fourth of a head of cello iceberg lettuce, and I put it on a dinner plate. I added one plum tomato cuts into six wedges, eight artichoke heart quarters, and 10 large black olives, a sixth of a sweet onion diced, a four ounce drained Bumblebee crab meat, grated parmesan and Romano cheese, and I seasoned it with ground black pepper, celery salt, Montreal steak seasoning, Italian seasoning, and Kraft Zesty Italian dressing and extra virgin olive oil. I ate the salad with a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

03/29/16 Tuesday 9:35 P.M. I picked up the mail. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. Optimum WiFi works in the train station. A Christian girl from Ecuador tried to give me some Christian reading at the train station. I stopped by CVS, and I used the bathroom. I bought two 4 ounce Bumblebee crab meat for \$2 each for \$4 total. I finished my walk, and I sat out for a while. I then went by the Stop and Shop. I bought 8 mini croissants for \$2.49, four 6 packs of Stop and Shop English muffins for \$1.50 each, buy one get one free of Ken's Blue Cheese dressing for \$4.19 both, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, a head of cello lettuce for \$1.49, five plum tomatoes at \$1.69 a pound for \$1.74, a sweet onion for \$1.49 a pound for \$1.19, white seedless grapes for \$2.49 a pound for \$3.71 for \$23.80 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6 of self service premium V-Power gasoline for \$2.979 a gallon for 2.014 gallons at odometer reading of 112374 miles for 26.1 miles driven since Thursday October 24, 2016 for 12.60 miles per gallon in regular traffic. I then returned home, and I put away my groceries. I chatted with a relative. CIO

03/29/16 Tuesday 5:15 P.M. I rested some more until 3 P.M.. I ate the rest of the artichoke and black olive salad. I watched "Secrets of the Tower of London". I will now make my bed. I will then shower and clean up. I then will go out to the quaint shopping street of Greenwich Avenue. Of course one needs wampum to do any shopping. CIO

03/29/16 Tuesday 1:40 P.M. I went back to bed until 12:45 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I chatted with a relative. CIO

03/29/16 Tuesday 10:25 A.M. I woke up at 10 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/28/16 Monday 9:20 P.M. I ate two 3 ounce Perdue chicken cutlets with a steamed frozen green beans and baked potato with Smart Balance spread on and extra virgin olive oil on the vegetables and a 12 ounce glass of Schweppes Ginger Ale and a cup of chamomile tea with Equal sweetener. I will now rest for a while. CIO

03/28/16 Monday 8:35 P.M. I threw out the shipping box and the garbage. I went downtown to Greenwich Avenue. I chatted with a relative on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured CVS and I used the bathroom there. I used the wireless at the park across from CVS and also in front of the Senior Center. At Zen Stationary, I bought an Ace's High scratch card for a dollar, and I won two dollars for a dollar profit. I remained downtown until 7:30 P.M., and then I returned home. I chatted with a relative.

<http://www.nbcnews.com/news/weather/pavlof-volcano-erupts-covering-400-miles-alaska-ash-n546956> CIO

03/28/16 Monday 4:30 P.M. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will shower and clean up. I will then go downtown to Greenwich Avenue to keep an eye out for any tulips that might be arriving soon. CIO

03/28/16 Monday 4:00 P.M. I rested some more until 3:45 P.M.. I put a new Nice toilet bowl cleaner in the toilet tank. CIO

03/28/16 Monday 2:25 P.M. I went back to bed until 1:45 P.M.. Around 11:30 A.M., the order with tracking number of "1Z1024950361078031" at [www.ups.com](http://www.ups.com) on the order for the frying pan with lid on the order for [http://www1.macys.com/shop/product/t-fal-culinaire-5-qt.-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm\\_app~zMCOM-NAVAPP~xcm\\_zone~zATBPage\\_ZONE\\_C~xcm\\_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm\\_pos~zPos2](http://www1.macys.com/shop/product/t-fal-culinaire-5-qt.-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm_app~zMCOM-NAVAPP~xcm_zone~zATBPage_ZONE_C~xcm_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm_pos~zPos2) for \$29.99 and in 50 regular camel <http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy->



[sport-coat?ID=879899&LinkshareID=isIkAvUvNbM-h0LEvFpJeatYWhW6R4odJQ&PartnerID=LINKSHARE&cm\\_mmc=LINKSHARE- -5- -63- -MP563](http://sport-coat?ID=879899&LinkshareID=isIkAvUvNbM-h0LEvFpJeatYWhW6R4odJQ&PartnerID=LINKSHARE&cm_mmc=LINKSHARE- -5- -63- -MP563) for \$39.99 and \$10.50 off with coupon code "EASTER" and \$3.57 tax for \$63.26 total with free shipping on \$50 order for the sports coat part arrived. Frying pan to be shipped separately. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/28/16 Monday 9:50 A.M. I chatted with a friend twice around 7:30 A.M.. I finally woke up at 9:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/27/16 Sunday 10:20 P.M. I watched "A Handful of Dust". I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

03/27/16 Sunday 8:10 P.M. I chatted with a relative. I ate some of the artichoke heart and black olive salad with a glass of cold filtered water. I chatted with a friend. I ate a bunch of white seedless grapes. CIO

03/27/16 Sunday 7:00 P.M. I rested some more until 1:30 P.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 chatted with a relative. I made my bed. I showered, and I cleaned up. I chatted with a relative. I threw out the garbage. I went downtown. I met two relatives outside of Meli Meli at 3:30 P.M.. We ate there. I ate a bowl of French onion soup with a glass of ice water for \$7. They have very good French Onion soup. I walked with my relatives back to their car. I used the bathroom at Starbucks. I moved my car from One Fawcett Place to the Board of Education Parking lot. I walked the entire length of Greenwich Avenue and the train station area. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. On the way up Greenwich Avenue, I used the bathroom at Starbucks again. I toured CVS, and I used their bathroom. After my walk, I sat out for a while, and I used the bathroom at Starbucks again. On the Easter holiday it was not very busy out. I returned home. CIO

03/27/16 Sunday 12:10 P.M. I chatted with a friend. CIO

03/27/16 Sunday 11:40 A.M. I went back to bed until 11:15 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk and a mini croissant. CIO

03/27/16 Sunday 6:55 A.M. I ate a mini croissant. I woke up at 6:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

03/26/16 Saturday 8:30 P.M. I ate a 13 ounce Marie Callender chicken and broccoli Alfredo dinner with grated parmesan and Romano cheese on it and a mini croissant and a 12 ounce glass of Schweppes Ginger Ale. I will now go to bed. CIO

03/26/16 Saturday 7:55 P.M. I went downtown, and I sat out for two hours observing the weekend pedestrian traffic on Greenwich Avenue. I chatted with a local resident. I chatted with a friend on my wireless telephone. The friend suggested that I try walking Greenwich Avenue. I then walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured CVS. The Greenwich Hardware store will be moved off Greenwich Avenue to Old Track Road on April 1, 2016. I chatted with the Lexington store. I chatted with a relative on my wireless telephone. Midway through my walk, I used the bathroom at Starbucks. I chatted with the two people raising money for drug rehab from Rye, New York. It

was a pretty busy night on lower Greenwich Avenue with all of the usual dining crowd. I then returned home. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223252630875](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223252630875) on the order for <http://www.ebay.com/itm/1-NEW-WHITE-KING-SIZE-HOTEL-FLAT-SHEET-T-180-COTTON-BLEND-PERCALE-CVC-60-40-/251593035091?hash=item3a941d0d53:g:XGQAAOxy7vJTci22> for king size flat sheet for \$12.89 with free shipping arrived. I also got my Connecticut driver's license renewal form which is \$72 which has to be done before my birthday on May 9. I can also do it at the AAA office in Stamford, if they are still there. CIO

03/26/16 Saturday 2:50 P.M. I rested until 2:30 P.M.. I will now make my bed. I will then shower and clean up.

<http://forecast.weather.gov/product.php?site=NWS&issuedby=OKX&product=PNS&format=CI&version=1&glossary=1&highlight=off> . I will then go downtown. CIO

03/26/16 Saturday 1:35 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and a kosher dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I made up another artichoke heart and black olive mixture with Italian dressing. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/26/16 Saturday 12:50 P.M. Windows 10 Product Key and Download \$60  
<https://www.azcomputerstore.com/windows-10-pro-pack-32-64-bit-product-key-download/>

<http://www.techradar.com/us/news/software/operating-systems/microsoft-confirms-there-will-be-no-windows-11-1293309> CIO

03/26/16 Saturday 12:10 P.M. I went back to bed until noon. CIO

03/26/16 Saturday 6:20 A.M. I ate a mini croissant. I woke up at 6 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

End of Scott's Notes week of 03/25/16

03/25/16 Friday 8:55 P.M. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

03/25/16 Friday 8:45 P.M. Tracking number is "1Z1024950361078031" at [www.ups.com](http://www.ups.com) on the order for the frying pan with lid on the order for [http://www1.macys.com/shop/product/t-fal-culinaire-5-qt-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm\\_app~zMCOM-NAVAPP~xcm\\_zone~zATBPage\\_ZONE\\_C~xcm\\_choiceId~zcIdM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm\\_pos~zPos2](http://www1.macys.com/shop/product/t-fal-culinaire-5-qt-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm_app~zMCOM-NAVAPP~xcm_zone~zATBPage_ZONE_C~xcm_choiceId~zcIdM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm_pos~zPos2) for \$29.99 and in 50 regular camel [http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAvUvNbM-h0LEvFpJeatYWhW6R4odJQ&PartnerID=LINKSHARE&cm\\_mmc=LINKSHARE--5--63--MP563](http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAvUvNbM-h0LEvFpJeatYWhW6R4odJQ&PartnerID=LINKSHARE&cm_mmc=LINKSHARE--5--63--MP563) for \$39.99 and \$10.50 off with coupon code "EASTER" and \$3.57 tax for \$63.26 total with free shipping on \$50 order for the sports coat part. Frying pan to be shipped separately. CIO

03/25/16 Friday 8:10 P.M. I threw out the garbage. I sat outside for a while on a warmer night. I chatted with neighbors coming and going. I picked up the mail. CIO

03/25/16 Friday 7:25 P.M. I ate two 3 ounce Perdue chicken cutlets with a steamed cut asparagus and baked potato with Smart Balance spread on and extra virgin olive oil on the vegetables and a 12 ounce glass of Schweppes Ginger Ale and a cup of chamomile tea with Equal sweetener. CIO

03/25/16 Friday 6:40 P.M. I threw out the garbage. I went out, and I went by the Chase Bank at Deerfield Place. I then went downtown, and I sat out at three different locations for three hours. The wireless from the Senior Center works at the south front stone bench coming out of the south front parlor. I chatted with a friend and a relative on my wireless telephone. I said hello to two local walkers. There was the usual holiday crowd that one might see on a Saturday. I used the bathroom at Starbucks. I went to the Stop and Shop. I bought 8 mini croissants for \$2.49, a dozen jumbo Eggland eggs expire April 6, 2016 for \$3.29, 8 ounces of Perdue boneless breast of white meat chicken short strips for \$3, and bananas for .49 a pound for \$1.55 for \$10.33 total. I then returned home, but I went back out with a neighbor to CVS on West Putnam Avenue, for the neighbor to make a purchase, and then back home.

Hard Hat work [http://blog.ctnews.com/greenwichtime/sponsoredarticles/adv/?prx\\_t=dRACAxOcFAXEENA](http://blog.ctnews.com/greenwichtime/sponsoredarticles/adv/?prx_t=dRACAxOcFAXEENA). CIO

03/25/16 Friday 1:40 P.M. I rested some more until 1 P.M.. I chatted with a relative. I will now make my bed. I will next shower and clean up. I will then risk any rainy weather and go downtown. On a holiday, Starbucks would be the only shelter from the rain. CIO

03/25/16 Friday 11:45 A.M. I ate two small bowls of goldfish crackers. I rested some more until 11 A.M.. I ate the rest of the artichoke heart and black olive mixture and also the macaroni salad mixture and a glass of cold filtered water. It is suppose to rain, so I probably will not be going downtown today, since if I got wet from the rain, I would probably melt.

It says here, Orthodox Easter this year is Sunday May 1, 2016 <http://www.timeanddate.com/holidays/us/orthodox-easter-day>, so it is a while until Easter for them. With the long term drought in the southwestern United States, there is a shortage of beef, so people are eating other foods. CIO

03/25/16 Friday 9:40 A.M. I went back to bed until 9 A.M.. I chatted with a relative. I will now wash the breakfast dishes. I guess there is no point in poor people using the internet, since it is all propaganda of rich people trying to sell one something or their viewpoint. Since nobody communicates with me, I have nothing in common with rich or poor people. Thus I must be an internet hermit. I guess living in remote locations like Nantucket and Key West when I was younger and going to college in the remote Midwest, I learned to think like a hermit versus the lemming mentality of the general population. It must be my Scottish genes, since in the remote isolated desolate inhospitable country of Scotland, they have evolved that way over many generations isolated from the general population of the rest of the world. CIO

03/25/16 Friday 5:25 A.M. I woke up at 4:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/24/16 Thursday 7:35 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

03/24/16 Thursday 7:00 P.M. Tracking number is "1ZE193A5YW00372057" at [www.ups.com](http://www.ups.com) on the order for [http://www1.macys.com/shop/product/t-fal-culinaire-5-qt.-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm\\_app~zMCOM-NAVAPP~xcm\\_zone~zATBPage\\_ZONE\\_C~xcm\\_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm\\_pos~zPos2](http://www1.macys.com/shop/product/t-fal-culinaire-5-qt.-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm_app~zMCOM-NAVAPP~xcm_zone~zATBPage_ZONE_C~xcm_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm_pos~zPos2) for \$29.99 and in 50 regular camel <http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAyUyNbM->

h0LEvFpJeatYWhW6R4odJO&PartnerID=LINKSHARE&cm\_mmc=LINKSHARE- -5- -63- -MP563 for \$39.99 and \$10.50 off with coupon code "EASTER" and \$3.57 tax for \$63.26 total with free shipping on \$50 order for the sports coat part. Frying pan to be shipped separately.

#### heat powered stove fan manufacturer

Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223252630875](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223252630875) on the order for <http://www.ebay.com/itm/1-NEW-WHITE-KING-SIZE-HOTEL-FLAT-SHEET-T-180-COTTON-BLEND-PERCALE-CVC-60-40-/251593035091?hash=item3a941d0d53:g:XGQAAOxy7vJTci22> for king size flat sheet for \$12.89 with free shipping.

#### Volcanic Ash Impacts & Mitigation - Volcanic Ash Impacts & Mitigation CIO

03/24/16 Thursday 6:20 P.M. I gave Westport Volvo an update. I chatted with neighbors. I picked up the mail.

The order with tracking of <https://www.ups-mi.net/packageID/PackageID.aspx?pid=92748999937312543475619226> on the order for [http://www.rakuten.com/prod/q/loc/101/294352345.html?ranMID=36342&ranEAID=lw9MynSeamY&ranSiteID=lw9MynSeamY-0Ej9A4uo6YmebdM.Q0108g&scid=af\\_linkshare&adid=18094&siteID=lw9MynSeamY-0Ej9A4uo6YmebdM.Q0108g](http://www.rakuten.com/prod/q/loc/101/294352345.html?ranMID=36342&ranEAID=lw9MynSeamY&ranSiteID=lw9MynSeamY-0Ej9A4uo6YmebdM.Q0108g&scid=af_linkshare&adid=18094&siteID=lw9MynSeamY-0Ej9A4uo6YmebdM.Q0108g) six dress socks for \$7.99 with free shipping arrived. CIO

03/24/16 Thursday 5:35 P.M. I woke up at 5 P.M., and I ate some of the black olive and artichoke heart mixture with a glass of cold filtered water. I also ate a blueberry muffin. In the German car department West Putnam Avenue in Greenwich also has <http://www.mercedesbenzgreenwich.com/maybach-excellence-refined.aspx> , <http://www.greenwich.bentleymotors.com/> , Rolls Royce <http://www.millermotorcars.com/> , and one might find a vintage German car at <http://www.carriagehousemotorcars.com/> . Alas, Volvo has a rule that their dealerships can not be closer than 20 miles together, so Volvo is in Stamford at <http://www.stamfordvolvo.com/> in what I consider an industrial zone neighborhood or a long way away in or at <http://www.volvocarswhiteplains.com/> with way too much traffic in that direction or <http://www.mtkiscovolvo.com/> in a remote area. I think <http://www.volvoofwestport.com/> is in a relatively safe neighborhood, but if one had to leave the car there, one would pay a lot to get back home, since the Westport train station is a ways from it. If one is a fit walker, one can walk the labyrinth of streets in Stamford to get to the Stamford train station. Of course big money people could take a taxi from the Stamford Volvo dealership to the train station. My Volvo wagon is in fine shape, so I don't anticipate any maintenance in the near future. CIO

03/24/16 Thursday 3:35 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on it along 3 ounces of macaroni salad with a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

03/24/16 Thursday 3:05 P.M. I threw out the garbage. I went downtown. I sat outside over three hours on a sunny cool day. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I gave the Verizon store a pep talk. I used the wireless in the front parlor of the Senior Citizen. I chatted with someone from the Philippines about volcanoes. They told me if one wants to eat lunch at the Senior Center, one has to book the day ahead. I drove over to CVS. I bought buy one get one free of Bumble Bee 5 ounce solid white albacore tuna fish for \$1.99 both. I sat out in the park across the street, and I used the Optimum Wireless. There is suppose to be a bad storm in the Midwest. I chatted with the LaCoste store. I chatted with a couple from Sarasota, Florida. I chatted with someone from Haiti buying 12 packs of Coca Cola. I stopped by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.70 of self service V-Power premium gasoline for \$2.979 a gallon for 2.249 gallons at odometer reading of 112348 miles for 28.1 miles per gallon in local traffic for 12.495 miles per gallon in local traffic. I then returned home, and I chatted with a neighbor. I chatted with a relative. CIO

03/24/16 Thursday 10:00 A.M. I will go downtown after I clean up. CIO

03/24/16 Thursday 9:55 A.M. I ate a bag of microwave popcorn. CIO

03/24/16 Thursday 9:35 A.M. I chatted with a relative.

<http://www.greenwichtime.com/local/article/Fire-reported-at-Greenwich-restaurant-7004967.php> Barcelona Cafe damaged by fire.

I will now make up the artichoke heart and black olive mixture. I will then make my bed. I will shower and clean up. CIO

03/24/16 Thursday 8:55 A.M. I ordered [http://www1.macys.com/shop/product/t-fal-culinaire-5-qt.-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm\\_app~zMCOM-NAVAPP~xcm\\_zone~zATBPage\\_ZONE\\_C~xcm\\_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm\\_pos~zPos2](http://www1.macys.com/shop/product/t-fal-culinaire-5-qt.-covered-jumbo-fry-pan?ID=822027&CategoryID=7552&tdp=cm_app~zMCOM-NAVAPP~xcm_zone~zATBPage_ZONE_C~xcm_choiceId~zcidM04MCG-de330677-a97e-49ca-8bd0-f7c705e08aa8%40H5%40you%2Bmight%2Balso%2Blike...%247552%24822027~xcm_pos~zPos2) for \$29.99 and in 50 regular camel [http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAyUyNbM-h0LEvFpJeatYWhW6R4odJQ&PartnerID=LINKSHARE&cm\\_mmc=LINKSHARE--5--63--MP563](http://www1.macys.com/shop/product/lauren-ralph-lauren-elbow-patch-corduroy-sport-coat?ID=879899&LinkshareID=isIkAyUyNbM-h0LEvFpJeatYWhW6R4odJQ&PartnerID=LINKSHARE&cm_mmc=LINKSHARE--5--63--MP563) for \$39.99 and \$10.50 off with coupon code "EASTER" and \$3.57 tax for \$63.26 total with free shipping on \$50 order. CIO

03/24/16 Thursday 8:00 A.M. <http://www.prairiemod.com/> . CIO

03/24/16 Thursday 7:50 A.M. I woke up at 7:30 A.M.. I pruned my house plants, and I moved the dirt in two of the pots to support the plants better. CIO

03/24/16 Thursday 5:30 A.M. I put away the clean laundry. I will now rest some more. CIO

03/24/16 Thursday 3:50 A.M. I have 55 minutes to go on two dry cycles. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/24/16 Thursday 3:30 A.M. I chatted with a relative at 10 P.M.. I woke up at 2 A.M.. I put clean linens on the bed. I started two loads of wash. I threw out the garbage and the old periodical literature. I watered the plants. I ripped one my sheets while sleeping, so I ordered <http://www.ebay.com/itm/1-NEW-WHITE-KING-SIZE-HOTEL-FLAT-SHEET-T-180-COTTON-BLEND-PERCALE-CVC-60-40-/251593035091?hash=item3a941d0d53:g:XGQAAOxy7vJTci22> for king size flat sheet for \$12.89 with free shipping. CIO

03/23/16 Wednesday 9:05 P.M. I ate a 13 ounce Marie Callender steak and potatoes dinner with Smart Balance spread on it with 5 ounce of macaroni salad and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

03/23/16 Wednesday 8:35 P.M. I woke up at 7:30 P.M.. I chatted with a relative. When I watched the movie last week about Freddie Heineken being kidnapped in the 1980s, it said that afterwards he created the world's largest private security firm.

High living in bear country <http://www.greenwichtime.com/business/article/Report-Peterffy-s-Greenwich-estate-hits-market-6402028.php> . CIO

03/23/16 Wednesday 12:35 P.M. I ate a 13 ounce Marie Callender chicken and broccoli Alfredo dinner with 5 ounce of macaroni salad and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

03/23/16 Wednesday 12:05 P.M. I threw out the garbage. I sat outside downtown by the Senior and the Arts center enjoying the slow morning activity. I chatted with a relative with my wireless telephone. I used the internet on the north side of Richard's department store. I tried sitting directly in front of the senior and the arts center, but it cut out. I stopped Zen Stationary, and I bought an Ace's High scratch card for a dollar, and the prize was a thousand dollars, but the dealer's 10 beat my 9. I used the bathroom at the senior and the arts center. I stopped by the Greenwich Library, and I chatted with two reference librarians. I went by the Acme grocery store. I bought two 14 ounce Reese quartered artichoke hearts for \$2.69 each, two 6 ounce jumbo black pitted olives for \$1.50 each, three 13 ounce Marie Callender meals for \$2.25 each and a 16 ounce Marie Callender chicken pot pie for \$2.25, deli macaroni salad for \$2.99 a pound for \$4.35, four blueberry muffins for \$3.99, and 70 cents can return for \$25.02 total. I then returned back home to Chez Mike's, and I put away my groceries. CIO

03/23/16 Wednesday 7:45 A.M. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I will then go downtown to Green Witch Avenue to "People Watch". CIO

03/23/16 Wednesday 6:40 A.M. I went back to bed until 5:30 A.M.. I chatted with a friend. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/23/16 Wednesday 3:10 A.M. I woke up at 2:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. A lot of people seem to think I am German. Maybe I should sell automobiles on West Putnam Avenue. They are in my area <http://www.mercedesbenzgreenwich.com> , <http://www.newcountrygreenwichaudi.com> , <https://porscheofgreenwich.com/> and <http://www.bmwofgreenwich.com/> . CIO

03/22/16 Tuesday 9:20 P.M. Tracking is <https://www.ups-mi.net/packageID/PackageID.aspx?pid=92748999937312543475619226> on the order for [http://www.rakuten.com/prod/q/loc/101/294352345.html?ranMID=36342&ranEAID=Iw9MvnSeamY&ranSiteID=Iw9MvnSeamY-0Ej9A4uo6YmebdM.Q0108g&scid=af\\_linkshare&adid=18094&siteID=Iw9MvnSeamY-0Ej9A4uo6YmebdM.Q0108g](http://www.rakuten.com/prod/q/loc/101/294352345.html?ranMID=36342&ranEAID=Iw9MvnSeamY&ranSiteID=Iw9MvnSeamY-0Ej9A4uo6YmebdM.Q0108g&scid=af_linkshare&adid=18094&siteID=Iw9MvnSeamY-0Ej9A4uo6YmebdM.Q0108g) six dress socks for \$7.99 with free shipping.

Program - Etna International Training School of Geochemistry,2016

VERTIGO – 3rd Workshop

I will now shut down the primary work computer and go back to bed. CIO

03/22/16 Tuesday 9:00 P.M. I woke up at 8:30 P.M., and I ate a bunch of white seedless grapes. CIO

03/22/16 Tuesday 5:40 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and a kosher dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

03/22/16 Tuesday 5:15 P.M. I went downtown. I stopped by CVS, and I picked up a prescription. I bought buy one get one free of CVS double strength Glucosamine Chondroitin 120 capsule for \$37.79 both. I then sat out for a while at the top of Greenwich Avenue. I then drove further downtown, and I sat out for several hours on a sunny cool day. I walked over to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$25 for \$24 profit. I then sat out for a while longer. I used the bathroom at the Senior and the Arts Center. I used their wireless in the front parlor television room. I sat outside some more. I walked

up to the Chase ATM machine just north of Saks Fifth Avenue. I walked back. I chatted with two local walkers. I chatted with a future law student considering Columbia or U.C.L.A.. I gave him some legal advise based on my experience. I returned home. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9400115901451498188587](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400115901451498188587) on the order for four <http://www.pipingrock.com/vitamin-d/vit-d3-1000-iu-40722> for \$2.99 each and \$2.95 shipping for \$14.91 total arrived. CIO

03/22/16 Tuesday 12:25 P.M. I hung up the four new pairs of pants on the far right side of the bedroom closet. The pants that are too tight, I piled up underneath them on top of the stack of towels. CIO

03/22/16 Tuesday 11:50 A.M. I chatted with a relative at 8 P.M.. I woke up at 11:30 A.M.. I threw out the garbage. I picked up the mail from yesterday. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

03/22/16 Tuesday 7:35 A.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. CIO

03/22/16 Tuesday 6:40 A.M. I went back to bed until 6 P.M.. I chatted with a friend. CIO

03/22/16 Tuesday 3:55 A.M. I went back to bed until 3:30 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk.

<http://www.greenwichtime.com/local/article/Stay-alert-State-s-bears-coming-out-of-6921774.php#photo-8250733> CIO

03/22/16 Tuesday 1:45 A.M. I ate a small bowl of goldfish crackers. I chatted with a relative at 7:45 P.M.. I finally woke up at 12:45 A.M.. I ate breakfast of three scrambled eggs, ten Banquet sausages, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of 50% punch and 50% cold filtered water with vitamins and supplements. CIO

03/21/16 Monday 11:45 A.M. The order with tracking number of "1ZE336250333344994" at [www.ups.com](http://www.ups.com) on the order for two in 54 inch waste and 30 inch inseam in barley and one in charcoal and one in blue <http://www.walmart.com/ip/George-Big-Men-s-Pleated-Front-Wrinkle-Resistant-Pants/15024516> for \$13.96 each plus \$3.43 tax for \$57.26 total with free shipping arrived. On of them was \$11.96.

Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9400115901451498188587](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400115901451498188587) on the order for four <http://www.pipingrock.com/vitamin-d/vit-d3-1000-iu-40722> for \$2.99 each and \$2.95 shipping for \$14.91 total.

03/21/16 Monday 10:30 A.M. <https://www.facebook.com/TheBritishMonarchy>

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

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

I will now rest a little bit more. CIO

03/21/16 Monday 10:10 A.M. I ate a small bowl of goldfish crackers. CIO

03/21/16 Monday 8:20 A.M. I cleaned two or three inches of snow off the Volvo wagon. I am in the process of watching "The Scarlet Pimpernel". CIO

03/21/16 Monday 7:00 A.M. I chatted with a friend. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the food, and a 12 ounce glass of Schweppes Ginger Ale. CIO

03/21/16 Monday 5:50 A.M. Walmart minimum wage \$10 an hour

[http://www.huffingtonpost.com/entry/walmart-10-raise\\_us\\_56a01acde4b0404eb8f03b26](http://www.huffingtonpost.com/entry/walmart-10-raise_us_56a01acde4b0404eb8f03b26) . CIO

03/21/16 Monday 5:45 A.M. I threw the garbage out in the garbage chute outside my apartment. I looked outside, and there is about 1.5 inches of new snow. I chatted with two neighbors. CIO

03/21/16 Monday 5:05 A.M. I went back to bed until 4:45 A.M.. I will make my bed. I will shower and clean up. There are some people camping out in front of Sloppy Joes in Key West to avoid the rain

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

<http://www.yellowpages.com/key-west-fl/thrift-shops>

<http://www.salvationarmyflorida.org/keywest/> CIO

03/21/16 Monday 3:15 A.M. I went back to sleep until 3 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will wash the breakfast dishes. CIO

03/21/16 Monday 12:30 A.M. I chatted with a friend at 6:30 P.M.. I woke up at 12:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/20/16 Sunday 6:05 P.M. I chatted with a relative at noon. I rested until 5:30 P.M.. I ate the rest of the artichoke heart and black olive salad with a mini croissant and a glass of cold filtered water. I will now rest some more.

<http://www.aol.com/article/2016/03/19/princess-kate-reveals-prince-georges-adorable-nickname-for-the/21330537/?ncid=txtlnkusaolp00000058&intcmp=hplnws> CIO

End of Scott's Notes week of 03/20/16

03/20/16 Sunday 8:45 A.M. I ate three small bowls of goldfish crackers. I watched "Wallis and Edward". I will now send out my weekly notes. I will then rest a while. CIO

03/20/16 Sunday 6:45 A.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 chatted with a friend. CIO

03/20/16 Sunday 5:10 A.M. Dutch Style bike \$200 free shipping

<http://www.ebay.com/itm/121875719864?rmvSB=true> . CIO

03/20/16 Sunday 3:35 A.M. I threw out the garbage. I sat outside for a brief spell. I picked up the mail. Tim Cook of Apple Computer is on the cover of [www.time.com](http://www.time.com) . I will now make my bed. I will then shower and clean up. CIO

03/20/16 Sunday 2:55 A.M. I went back to bed until 2:45 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I ate two mini croissants. CIO



03/19/16 Saturday 11:30 P.M. I ate a mini croissant. I chatted with a friend and two relatives. I woke up at 11:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I think I might have SAD <http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047> . Hopefully taking the 1000 IU of vitamin D a day will help with it. CIO

03/19/16 Saturday 2:20 P.M. I woke up at 2 P.M.. The order with tracking of [https://www.fedex.com/apps/fedextrack/?tracknumbers=663268154820&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=663268154820&cntry_code=us) on the order for <http://slickdeals.net/f/8562334-18-pairs-men-s-goldtoe-athletic-crew-socks-various-colors-20-20-more-free-store-pickup> three six packs of athletic crew socks with discount coupons for \$20.20 and \$8.95 shipping and \$1.85 tax for \$30.98 total arrived. I chatted with a friend and a relative. I will now eat some of the artichoke heart and black olive salad with a glass of cold filtered water. CIO

03/19/16 Saturday 9:35 A.M. I went through <http://scott-mike.com/bf.htm> . I opened and drained a 14 ounce can of quarters of artichoke hearts and a six ounce can of jumbo black pitted olives, and I mixed them together with a quarter of a cup of Kraft Zesty Italian dressing, and I put it all in a sealed container in the refrigerator. I ate a 15 ounce Marie Callender pot roast dinner with Smart Balance spread on it along with a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

03/19/16 Saturday 8:25 A.M. I watched episode 1 of "Cooked". CIO

03/19/16 Saturday 6:35 A.M. I threw out the garbage. I sat outside for a brief spell on a cool morning. I did not get any mail. CIO

03/19/16 Saturday 5:55 A.M. <http://www.greenwichtime.com/local/article/Bad-weather-cancels-St-Patrick-s-Day-Parade-6922451.php>

<http://www.greenwichtime.com/business/article/Greenwich-Hardware-leaving-Avenue-after-112-years-6921823.php>

<http://www.greenwichtime.com/weather/article/Odds-increasing-for-snowy-nor-easter-6921405.php>

[http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local\\_place1=Greenwich%20CT&product1=Hazardous+Weather+Outlook&lat=41.049&lon=-73.623#.Vu0gUX1V-70](http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Hazardous+Weather+Outlook&lat=41.049&lon=-73.623#.Vu0gUX1V-70) CIO

03/19/16 Saturday 5:40 A.M. I went back to bed until 5:15 A.M.. I ate a mini croissant. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I will make my bed. I will then shower and clean up. I guess I am on a day schedule. CIO

03/19/16 Saturday 1:45 A.M. I went back to bed until 1:15 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I ate a mini croissant. I will now wash the breakfast dishes. I ordered four <http://www.pipingrock.com/vitamin-d/vit-d3-1000-iu-40722> for \$2.99 each and \$2.95 shipping for \$14.91 total. CIO

03/18/16 Friday 11:15 P.M. I chatted with a relative at 8 P.M.. I woke up at 10:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/18/16 Friday 3:00 P.M. I threw out the garbage. I drove a neighbor to the Valley Road Post Office and back. I went to my 1:30 P.M. appointment early. The doctor told me that passing the nuclear EKG stress test was the most important thing, but I still have to wait to see what the cardiology clinic says in three weeks. I chatted with a property owner from Steamboat Road, and I was told that the Barney and Jenkins apartment complex at 702 to 708 Steamboat Road had sold. I reminded the other property owner that in Hurricane Gloria that the Island Beach parking lot and the Showboat parking lot flooded and the tidal surge was up to the Indian Harbor Yacht Club entrance. I was living at 700 Steamboat Road during Hurricane Gloria. Also the NBC news truck showed up there, so they would have footage. I also reminded the individual at the Holly Grove at Tod's Point their is tide marker for the tidal surge of the various hurricanes in the past. With the warmer El Nino winter, we might have a warmer summer which could mean more tropical storm activity with a warmer Atlantic Ocean. I then went to the Stop and Shop. I bought 8 mini croissants for \$2.49, Stop and Shop deli sliced ham for \$4.99 a pound for \$5.04, Stop and Shop deli sliced orange American cheese for \$3.99 a pound \$4.19, a quart jar of Hellmann's light mayonnaise for \$2.99, 12 ounces of Perdue cutlets for \$2.50, bananas for .49 a pound for \$1.21, white seedless grapes for \$2.99 a pound for \$3.44 for \$21.86 total. I then returned home, and I put away my groceries. I chatted with a relative. I will now shut down the primary work computer, and I will eat two mini croissants, and I will go to bed. I was told by the doctor, since I don't get much sun light, I should take 800 to 1000 mg. of Vitamin D. CIO

03/18/16 Friday 11:40 A.M. I woke up at 11:15 A.M.. I made my bed. I will now head out to my 1:30 P.M. appointment early. CIO

03/18/16 Friday 10:00 A.M. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. CIO

03/18/16 Friday 9:30 A.M. I ordered  
[http://www.rakuten.com/prod/q/loc/101/294352345.html?ranMID=36342&ranEAID=1w9MynSeamY&ranSiteID=1w9MynSeamY-0Ej9A4uo6YmebdM.Q0108g&scid=af\\_linkshare&adid=18094&siteID=1w9MynSeamY-0Ej9A4uo6YmebdM.Q0108g](http://www.rakuten.com/prod/q/loc/101/294352345.html?ranMID=36342&ranEAID=1w9MynSeamY&ranSiteID=1w9MynSeamY-0Ej9A4uo6YmebdM.Q0108g&scid=af_linkshare&adid=18094&siteID=1w9MynSeamY-0Ej9A4uo6YmebdM.Q0108g) six dress socks for \$7.99 with free shipping. CIO

03/18/16 Friday 8:50 A.M. I rested some more until 8:30 A.M.. I chatted with a relative. CIO

03/18/16 Friday 7:15 A.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

03/18/16 Friday 7:00 A.M. I woke up at 6:30 A.M.. I chatted with a friend. Snow on Sunday  
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.VuvetX1V-71> . CIO

03/18/16 Friday 5:05 A.M. I ate a small bowl of goldfish crackers. I watched "Cleanskin". I will now rest for a while. CIO

03/18/16 Friday 2:55 A.M. <http://www.zdnet.com/article/microsoft-starts-rolling-out-windows-10-to-windows-phone-8-1-users/?tag=nl.e589&scid=e589&ttag=e589&ftag=TRec64629f>

<http://view.klm-mail.com/?qs=02a8c262e96e925d269305f695eb30e3aec6fc96674f86da418907e427453d714a9b561664c4da1d1e680f76faa301fc320b0fc9060271c1c9f90d50f31b4c7174f253d47efd4d61>

[https://www.ifly50.com/EN\\_US/50?utm\\_content=US\\_EN&utm\\_campaign=ifly50&utm\\_medium=mail&utm\\_source=initial&WT.mc\\_id=C\\_US\\_Email\\_ExactTarget\\_ifly50\\_null\\_initial&WT.src=Email&&WT.i\\_vid=59129346](https://www.ifly50.com/EN_US/50?utm_content=US_EN&utm_campaign=ifly50&utm_medium=mail&utm_source=initial&WT.mc_id=C_US_Email_ExactTarget_ifly50_null_initial&WT.src=Email&&WT.i_vid=59129346)

upgrade advisor app from Microsoft Store for Microsoft phones

<http://www.pcworld.com/article/3045632/windows/windows-10-mobile-begins-long-awaited-rollout-to-older-windows-phone-81-phones.html>

CIO

03/18/16 Friday 2:25 A.M. I ate a 13 ounce Marie Callender steak and roasted potatoes dinner with Smart Balance spread on the vegetables and entree and a 12 ounce glass of Schweppes Ginger Ale. CIO

03/18/16 Friday 2:05 A.M. I think Prime Minister Justin Trudeau of Canada stayed here  
<http://www.westinnewyorkgrandcentral.com/> when he was in Manhattan recently.

[http://deals.ebay.com/#best-of-cycling\\_p19\\_r0](http://deals.ebay.com/#best-of-cycling_p19_r0) CIO

03/18/16 Friday 1:25 A.M. I threw out the garbage. I sat outside for a while. I picked up the mail. CIO

03/18/16 Friday 12:25 A.M. I went back to bed until midnight. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I made up a fresh batch of punch. I washed the breakfast dishes. I made my bed. I showered, and I cleaned up. I have a 1:30 P.M. appointment today. CIO

!!!!!! 03/17/16 Thursday 8:50 P.M. I ate a small bowl of goldfish crackers. At 10 A.M. the doctor from the outpatient clinic at the Greenwich Hospital called up. The results of the nuclear EKG test are negative, and I do not have <http://www.mayoclinic.org/diseases-conditions/myocardial-ischemia/basics/definition/con-20035096> and my heart blood flow is just fine. However, the doctor did not know about what they had said about my earlier EKG pictures saying that I have five problems. They scheduled me for the cardiac clinic to see a doctor in three and a half weeks. I chatted with a relative. I went back to bed. I chatted with a relative twice again. I woke up at 8 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_cLabels1=93612200937648925767113090](https://tools.usps.com/go/TrackConfirmAction?qt_cLabels1=93612200937648925767113090) on the order for in 3XL in orange and yellow and Kelly green and deep royal for \$8.29 each Hanes polo shirts <http://www.ebay.com/itm/Hanes-Cotton-Blend-Jersey-Mens-Polo-style-054X/141815212191?hash=item2104d8689f&trkparms=5079%3A5000022695|5374%3AFeatured|5373%3A0> and \$2.11 tax for \$35.27 total with free shipping arrived. CIO

03/17/16 Thursday 8:25 A.M. I ate a small bowl of goldfish crackers. I watched "Kidnapping Mr. Heineken". I will now shut down the primary work computer, and I will go to bed. CIO

03/17/16 Thursday 6:10 A.M. Orange Pi \$15 and \$4 shipping <http://www.aliexpress.com/item/Orange-Pi-PC-linux-and-android-mini-PC-Beyond-Raspberry-Pi-2/32448079125.html> and <http://liliputing.com/2015/08/orange-pi-pc-is-a-15-single-board-computer.html> and <http://www.geek.com/chips/15-pc-makes-the-raspberry-pi-look-expensive-1632604/>. One needs power supply too <http://www.amazon.com/Super-Power-Supply%C2%AE-Adapter-4-0x1-7mm/dp/B00DHRFOWM>. It might take forever for orange pi from Asia. Read notes from other users. CIO

03/17/16 Thursday 5:45 A.M. I heated and ate a 18.8 ounce can of Campbell's Light New England clam chowder with dried parsley and a glass of cold filtered water. CIO

03/17/16 Thursday 4:40 A.M. I woke up at 4:30 A.M.. Prime Minister of Canada Justin Trudeau is speaking on Bloomberg News at 9 A.M. this morning. CIO

03/17/16 Thursday 3:35 A.M. I ate a bunch of white seedless grapes. I watched "Tales of the Royal Bedchamber". I will now rest for a while. CIO

03/17/16 Thursday 2:25 A.M. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

Barbara Bush Foundation for Family Literacy

Golf Club Hire | Costa del Sol | Malaga | Marbella

A King in His Castle: How Donald Trump Lives, From His Longtime Butler - The New York Times CIO

03/17/16 Thursday 1:55 A.M. I ate a 15 ounce Maria Callender chicken pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

03/17/16 Thursday 1:15 A.M. I went through <http://scott-mike.com/bf.htm> . I put away the clean laundry. CIO

03/16/16 Wednesday 11:55 P.M. I have 55 minutes to go on two dry cycles. CIO

03/16/16 Wednesday 11:30 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry, and I have 15 minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

03/16/16 Wednesday 10:15 P.M. I went back to bed until 10 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/16/16 Wednesday 8:05 P.M. I chatted with two relatives. I went back to bed until 7:30 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/16/16 Wednesday 10:15 A.M. I woke up at 10 A.M.. I will now eat a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

03/16/16 Wednesday 4:30 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

03/16/16 Wednesday 4:30 A.M. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. CIO

03/16/16 Wednesday 3:40 A.M. I took out all of the old mailing envelopes and shopping bags from the right living room closet shelf, and I put them in a garbage bag, and I threw them out in the recycle dumpster. CIO

03/16/16 Wednesday 3:25 A.M. I watched "Johnny English". I ate two small bowls of goldfish crackers. CIO

03/16/16 Wednesday 1:40 A.M. Tracking number is "1ZE336250333344994" at [www.ups.com](http://www.ups.com) on the order for two in 54 inch waste and 30 inch inseam in barley and one in charcoal and one in blue <http://www.walmart.com/ip/George-Big-Men-s-Pleated-Front-Wrinkle-Resistant-Pants/15024516> for \$13.96 each plus \$3.43 tax for \$57.26 total with free shipping. On of them was \$11.96.

Tracking is [https://www.fedex.com/apps/fedextrack/?tracknumbers=663268154820&cntry\\_code=us](https://www.fedex.com/apps/fedextrack/?tracknumbers=663268154820&cntry_code=us) on the order for <http://slickdeals.net/f/8562334-18-pairs-men-s-goldtoe-athletic-crew-socks-various-colors-20-20-more-free-store-pickup> three six packs of athletic crew socks with discount coupons for \$20.20 and \$8.95 shipping and \$1.85 tax for \$30.98 total. CIO

03/16/16 Wednesday 1:25 A.M. I ate a 13 ounce Marie Callender chicken Alfredo bake with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. CIO

03/16/16 Wednesday 1:05 A.M. I checked out the HP Tower, the FIC server, and the Dell Optiplex 760 micro. None of them I have used since Christmas Time. I have some others desktop and laptops that I have to check out. CIO

03/15/16 Tuesday 11:50 P.M. See what is happening in the Big Apple <http://www.cnyclive.com/> . CIO

03/15/16 Tuesday 11:45 P.M. I have the [www.ibm.com](http://www.ibm.com) world headquarters seven miles north of me in Armonk, New York. However, they never network with me. In between if one were to visit this are there is the <http://www.doralarrowwood.com/> on the south side of the Westchester County airport. I have not driven by Armonk, New York in a long time, since I don't drive that way anymore, when I drive up to Kennebunkport, Maine. Of course the Clintons are suppose to live nearby that location too, but I don't know my way around there. Still I see quite a few people in the Greenwich Avenue area, but I think most of the men are involved in various aspects of finance. CIO

03/15/16 Tuesday 11:10 P.M. I threw out the garbage. I sat outside briefly. I picked up the mail. I recertified my Safelink Wireless Plan. CIO

03/15/16 Tuesday 10:40 P.M. I went back to bed until 10 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will now wash the breakfast dishes. I will make my bed. I will now shower and clean up. CIO

03/15/16 Tuesday 6:45 P.M. I chatted with a relative twice and a friend. I woke up at 6:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

03/15/16 Tuesday 10:10 A.M. I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

03/15/16 Tuesday 9:50 A.M. I ate a bunch of white seedless grapes. CIO

03/15/16 Tuesday 9:30 A.M. I drove over to Neighbor to Neighbor at Christ Church. I chatted with the church custodian. I donated the items that I had in the seven lawn and leaf bags. I then went to downtown Greenwich Avenue to CVS. I bought two 12 count CVS low Strength 81 mg. aspirin for \$6.29 each for \$12.58 total. I sat out briefly downtown. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won a free card that I lost on. I chatted with a local town employee. I then returned home. I chatted with a relative. CIO

03/15/16 Tuesday 7:40 A.M. I made my bed. I will heat out downtown right now, and I will go to Neighbor to Neighbor early. CIO

03/15/16 Tuesday 7:05 A.M. I chatted with a friend. I have two more lawn and leaf bags full of old sweaters and turtle necks and other items from the sweater closet in the hallway. All of the 7 bags are out in the Volvo wagon. CIO

03/15/16 Tuesday 6:10 A.M. I could not sleep. I ate a mini croissant with the rest of the salad mixture and a glass of cold filtered water. I have a large garbage bag full of my caffeinated coffees and teas to also donate to Neighbor to Neighbor. CIO

03/15/16 Tuesday 4:45 A.M. I watched "Survivor". I will now rest some more. CIO

03/15/16 Tuesday 2:00 A.M. I woke up at 1 A.M.. I emptied out the two living room closets of all of my old coats, jackets, and sports coats. I have four lawn and leaf bags full of the items weighing probably over 200 pounds total. I will donate them to Neighbor to Neighbor this morning <http://www.ntngreenwich.org/how-you-can-help/donate/> . My two living room closets are now less crowded, and I still have plenty of coats, jackets, and sports jackets, and other items hanging in them. CIO

03/15/16 Tuesday 12:10 A.M. The Prime Minister, Justin Trudeau, today announced that he will travel to New York City from March 16 to 17, 2016, to meet with the United Nations Secretary-General, to reiterate Canada's support for the United Nations, and to promote women's rights and gender equality. I will now rest for a while. CIO

03/14/16 Monday 11:55 P.M. I toasted two slices of Pepperidge Farm 15 grain bread, and I put Hellmann's mayonnaise and Gold's horseradish on both sides with a quarter of a pound of sliced deli roast beef and three slices of white American cheese. I cut in half. I ate it with a Kosher dill pickle slice and about five ounces of artichoke, hearts of palm and jumbo pitted black olive mixture and a 12 ounce glass of Schweppes Ginger Ale.

In the movie "The Queen's Sister", they indicated she liked drinking Old Grouse which I guess is the same as <https://www.thefamousgrouse.com/> . However, her uncle the Duke of Windsor liked Bells Whisky, so I guess there were differences of opinion in the family. CIO

03/14/16 Monday 11:10 P.M. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=93612200937648925767113090](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=93612200937648925767113090) on the order for in 3XL in orange and yellow and Kelly green and deep royal for \$8.29 each Hanes polo shirts <http://www.ebay.com/itm/Hanes-Cotton-Blend-Jersey-Mens-Polo-style-054X/141815212191?hash=item2104d8689f&trkparms=5079%3A5000022695|5374%3AFeatured|5373%3A0> and \$2.11 tax for \$35.27 total with free shipping.

Suppose to be good for avalanche protection [http://www.the-house.com/k25bcksf15si15zz-k2-backcountry-gear.html?utm\\_source=shoppingcom&utm\\_medium=ppc&utm\\_campaign=shopcomparefeed&CA\\_6C15C=600004150000860088](http://www.the-house.com/k25bcksf15si15zz-k2-backcountry-gear.html?utm_source=shoppingcom&utm_medium=ppc&utm_campaign=shopcomparefeed&CA_6C15C=600004150000860088) .

26 inch Men's mongoose bike \$130 with free shipping  
<http://www.ebay.com/itm/121905367417?afsrc=1&rmvSB=true> .

\$49 sale <http://www.airfarewatchdog.com/blog/27692978/from-caribbean-sale-from-new-york-boston-baltimore/> .

I guess people don't tan down south anymore <http://www.liveduvalstreet.com/> .

Spring Break for Adults too:

I posted this again from just after New Years in case anyone still looks at my web sites.

<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://www.cinnamonbay.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](#)

<http://mikelouisscott.com/mls-tobago-1971.jpg>

<http://mikelouisscottcom.cv.siteprotect.net/mls-tobago-1971.jpg>

[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](#)

CIO

03/14/16 Monday 10:15 P.M. I watched episode 1 of "Mysteries at the Museum Collection". CIO

03/14/16 Monday 9:15 P.M. I chatted with a relative. I threw out the garbage chute outside my apartment. I checked outside on a cold damp night. I picked up the mail. CIO

03/14/16 Monday 8:15 P.M. I went back to bed until 8 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will then wash the breakfast dishes. I will next make my bed. I will then shower and clean up. I guess I am on a night schedule. CIO



03/14/16 Monday 5:05 P.M. I woke up at ate two mini croissants. I finally woke up at 4 P.M.. I chatted with a friend and a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

03/14/16 Monday 2:45 A.M. I watched "The Queen's Sister". I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

03/14/16 Monday 12:50 A.M. I bought <http://slickdeals.net/f/8562334-18-pairs-men-s-goldtoe-athletic-crew-socks-various-colors-20-20-more-free-store-pickup> three six packs of atheletic crew socks with discount coupons for \$20.20 and \$8.95 shipping and \$1.85 tax for \$30.98 total.

03/13/16 Sunday 11:45 P.M. I rested until 11:20 P.M.. I ate two mini croissants. CIO

03/13/16 Sunday 8:40 P.M. It was sort of complicated to figure out, but the Ray-O-Vac flash light had a large spring inside. One only puts in one D battery and not two. I toasted two slices of Pepperidge Farm 15 grain bread, and I put Hellmann's mayonnaise and Gold's horseradish on both sides with a quarter of a pound of sliced deli roast beef and three slices of white American cheese. I cut in half. I ate it with a Kosher dill pickle slice and about five ounces of artichoke, hearts of palm and jumbo pitted black olive mixture and a 12 ounce glass of Schweppes Ginger Ale. I will now rest a bit. CIO

03/13/16 Sunday 7:55 P.M. I drove over to another part of town to pick up my guests. We then drove up North Street to Banksville, New York. We stopped by <http://www.cremaillere.com/>, but they would not let one of my guests use the bathroom. We then stopped by the <http://www.grandslamtennisclub.com/website/publish/home/index.php>, and they let one of my guests use the bathroom. They gave us the grand tour of their indoor tennis courts trying to get us to sign up for fitness courses. We then drove west on Upper Cross Road and down Round Hill Road. We toured Baldwin Farms looking at my family's two former houses there. On the way down North Maple, we looked at the former location of my family's former house on Cornelia Drive which now has a new house. We then stopped by the Greenwich Hospital, and I used the bathroom. We then toured the new Greenwich Common. We parked on lower Greenwich Avenue, and one guest got a glass of water at <http://www.lepainquotidien.com/>. My guests and I chatted with another traveler with a dog getting on Metro North, and they left on the 6:12 train to Manhattan. I then went by the Stop and Shop. I bought a package of eight mini croissants for \$2.49, deli sliced roast beef for \$9.99 a pound for \$5.49, three Marie Callender 13 ounce dinners for \$2 each, fresh bananas for .49 a pound for .75, and a Ray-O-Vac flashlight for \$1.49 and .09 tax for \$16.31 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.20 of self service V-Power gasoline for \$2.979 a gallon for 2.08 gallons at odometer reading of 112320 miles for 39.2 miles driving since Thursday March 10, 2016 for 18.847 miles per gallon in local traffic. I then returned home, and I put away my groceries, and I chatted with a relative. I put two D batteries in the Ray-O-Vac flash light, and I set on the top of white bookcase at the kitchen entrance. CIO

03/13/16 Sunday 2:55 P.M. I will be departing soon. CIO

03/13/16 Sunday 2:45 P.M. It might raise some eye brows, if one showed up in Key West with this <http://www.bbc.com/autos/story/20160311-a-superyacht-with-a-taste-for-supercars>. CIO

03/13/16 Sunday 2:35 P.M. I ordered two in 54 inch waste and 30 inch inseam in barley and one in charcoal and one in blue <http://www.walmart.com/ip/George-Big-Men-s-Pleated-Front-Wrinkle-Resistant-Pants/15024516> for \$13.96 each plus \$3.43 tax for \$57.26 total with free shipping. On of them was \$11.96. CIO

03/13/16 Sunday 1:35 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. On of the most important things to do when running a household is to make sure one keeps an

ample supply of toilet paper around. Since the toilet paper rolls are smaller today than in the past, it does not last as long. My guests will call me up around 3 P.M. to go out and pick them up elsewhere in town. CIO

03/13/16 Sunday 12:30 P.M. I woke up and ate 10 Rosemary and Basil triscuit crackers and a mini croissant. I chatted with a relative at 9:30 A.M.. I finally woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

End of Scott's Notes week of 03/13/16

03/13/16 Sunday 3:15 A.M. I watched "Secrets of Highclere Castle". I will now send out my weekly notes. I have to meet two guests today around 3:30 P.M., so I will wake up around noon. I will then shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

03/13/16 Sunday 12:55 A.M. I ordered in 3XL in orange and yellow and Kelly green and deep royal for \$8.29 each Hanes polo shirts <http://www.ebay.com/itm/Hanes-Cotton-Blend-Jersey-Mens-Polo-style-054X/141815212191?hash=item2104d8689f&trkparms=5079%3A5000022695|5374%3AFeatured|5373%3A0> and \$2.11 tax for \$35.27 total with free shipping.

<http://flash.newegg.com/allstore/0>

Barbour Outlet [http://www.thekitteryoutlets.com/store\\_display.cfm?storeID=278&entrypoint=frommap](http://www.thekitteryoutlets.com/store_display.cfm?storeID=278&entrypoint=frommap)  
CIO

03/13/16 Sunday 12:10 A.M. [http://www.microsoft.com/en-us/mobile/welcome-to-lumia/?dcmpid=omc-emc-et.crm.10822948.125888.4102894.WelcomeHero&uid=MMO\\_7738948091&ocid=LUMIA-omc-emc-et.crm.10822948.125888.4102894.WelcomeHero](http://www.microsoft.com/en-us/mobile/welcome-to-lumia/?dcmpid=omc-emc-et.crm.10822948.125888.4102894.WelcomeHero&uid=MMO_7738948091&ocid=LUMIA-omc-emc-et.crm.10822948.125888.4102894.WelcomeHero)

[http://www.vanityfair.com/news/2016/03/tech-ceos-held-a-secret-meeting-with-top-republicans-to-stop-trump?mbid=nl\\_030816\\_Daily&CNDID=25302089&spMailingID=86](http://www.vanityfair.com/news/2016/03/tech-ceos-held-a-secret-meeting-with-top-republicans-to-stop-trump?mbid=nl_030816_Daily&CNDID=25302089&spMailingID=86)

I think I have only seen Donald Trump once in my life. That was when, he first moved to Greenwich many years ago, and I saw him crossing lower Greenwich Avenue early that Sunday morning carrying the Sunday New York Times. Although I was a neighbor of his, when I lived on Steamboat Road, I don't recall seeing him. I might have seen him in one of the many limousines in the area over the years. I also have chatted him twice on the telephone on matters not to do with politics. A Taft School friend who died a few years ago lived in Mar Largo, so he probably knew Donald Trump. CIO

03/12/16 Saturday 11:50 P.M. For dinner I ate 9 ounces of Perdue grilled white breast meat chicken strips with a baked potato and steamed sliced asparagus with Smart Balance Spread and extra virgin olive oil on the vegetables seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt and grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of chamomile tea with Equal sweetener. CIO

03/12/16 Saturday 11:05 P.M. I went downtown. 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. On the green park bench on the north side of Richard's Department store, Optimum WiFi works just fine. It does not work around the Senior and the Arts Center. I saw three young students playing with a Frisbee at the new Greenwich Common. It might wear out the new sod. I sat out downtown in the central area for about three hours. I used the bathroom at Starbucks. There were not too many people around. I then drove over to CVS on Greenwich Avenue. I

bought three 12 packs of Schweppes Ginger Ale for \$11 and \$1.80 can deposit and two 22.6 ounce Folgers decaffeinated coffee for \$6.99 each for \$26.78 total. I used the bathroom at CVS. I then sat out in the little park across from CVS, and Optimum WiFi works just fine there. I showed the cashier, my new Nokia Lumia 640 AT&T Go Phone. They are still \$30 plus tax and shipping at Best Buy [http://www.bestbuy.com/site/at-t-gophone-microsoft-lumia-640-4g-lte-with-8gb-memory-no-contract-cell-phone-black/9231014.p?id=1219701750248&skuId=9231014&ksid=ddc9ddd5-779a-48ed-9c2c-83887e4c2559&ksprof\\_id=3&ksaffcode=pg36984&ksdevice=c&ref=212&loc=1](http://www.bestbuy.com/site/at-t-gophone-microsoft-lumia-640-4g-lte-with-8gb-memory-no-contract-cell-phone-black/9231014.p?id=1219701750248&skuId=9231014&ksid=ddc9ddd5-779a-48ed-9c2c-83887e4c2559&ksprof_id=3&ksaffcode=pg36984&ksdevice=c&ref=212&loc=1) . I then returned home, and I put away my purchases. I can hear a lot of fire engines driving by at the moment. CIO

03/12/16 Saturday 6:55 P.M. I chatted with a relative. CIO

03/12/16 Saturday 6:05 P.M. I went back to bed until 5:45 P.M.. I chatted with a relative. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I will then go downtown and sit around and see if anyone is interested in old computer nerds. CIO

03/12/16 Saturday 3:05 P.M. I woke up at 2:30 P.M.. I chatted with a friend. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants.

Nancy Reagan Internment video <https://www.youtube.com/watch?v=fKjCMklLh3Q> . CIO

03/12/16 Saturday 2:45 A.M. I watched episode 8 of "American Genius". I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

03/12/16 Saturday 12:35 A.M. I woke up, and I ate a small bowl of the salad mixture. CIO

03/11/16 Friday 11:40 P.M. I drained with a wire strainer, a 6 ounce can of jumbo black pitted olives, a 14 ounce can of quartered artichoke hearts, and a 14.6 ounce can of hearts of palm that I cut into half inch lengths, and I mixed all three together with about a quarter of a cup of Kraft Italian salad dressing. I put it in a sealed container in the refrigerator to eat later. I ate two small croissants with a bunch of green seedless grapes. I will now rest for a while. CIO

03/11/16 Friday 10:40 P.M. I watched episode 7 of "American Genius" about Edison and Tesla. CIO

03/11/16 Friday 9:30 P.M. I ate a 13 ounce Marie Calendar steak and potatoes meal with Smart Balance spread on the vegetables and 12 ounces of macaroni salad and a 12 ounce glass of Schweppes Ginger Ale. CIO

03/11/16 Friday 9:00 P.M. I chatted with a relative twice. I threw out the garbage. I went downtown to CVS on Greenwich Avenue, and I picked up a prescription. I then went further downtown, and I sat outside for quite a while. My Optimum Wireless worked on and off from the veterans monument across from the Senior and the Arts Center on the Nokia Lumia 640 cell phone. I also sat out in the new park at the Greenwich Common with one lonely dog walker. It was quite busy downtown, but not many people were bothering to walk around. Mostly people were going to and from local places. I then went to the Stop and Shop. I said hello to a former back country neighbor. He inherited the computers from a Columbia University physicist that passed away recently. I bought eight mini croissants for \$2.49, a 59 ounce Simply Orange orange juice with calcium for \$3 and green seedless grapes for \$1.99 a pound for \$3.54 for \$9.03 total. CIO

03/11/16 Friday 5:55 P.M. I went back to bed until 5:30 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will now wash the breakfast dishes. I will make the bed. I will then shower and clean up. I will then go downtown. CIO

03/11/16 Friday 3:55 P.M. I woke up at 3 P.M.. I chatted with a relative. I watched the end of Nancy Reagan's funeral on [www.foxnews.com](http://www.foxnews.com) . For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate a mini croissant. CIO

03/10/16 Thursday 11:05 P.M. I watched episodes 5 and 6 of "American Genius". I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

03/10/16 Thursday 9:25 P.M. I ate a 13 ounce Marie Callender chicken orange dinner with 10 ounces of macaroni salad and a 12 ounce glass of Schweppes Ginger Ale. CIO

03/10/16 Thursday 9:00 P.M. I went downtown to CVS on Greenwich Avenue. I picked up a prescription. I then drove further downtown, and I sat out for a while. It started to sprinkle, so I left the area. I went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.30 of self service premium V-Power gasoline for \$2.979 a gallon for 2.114 gallons at odometer reading of 112280 miles for 33.8 miles driven since Friday March 4, 2016 for 15.989 miles per gallon in local traffic. I then returned home. I chatted with a relative. CIO

03/10/16 Thursday 7:25 P.M. I put away my clean laundry. I will now go downtown. CIO

03/10/16 Thursday 6:20 P.M. VGC 2016

MELTS, GLASSES, MAGMAS 2016 - Sektion für Mineralogie, Petrologie & Geochemie - LMU München

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

Giving Day | Donate | American Red Cross CIO

03/10/16 Thursday 6:05 P.M. I have 55 minutes to go on two dry cycles. CIO

03/10/16 Thursday 5:35 P.M. I put clean 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

03/10/16 Thursday 4:15 P.M. <http://www.ebay.com/itm/Hanes-Cotton-Blend-Jersey-Mens-Polo-style-054X/141815212191?hash=item2104d8689f&trkparms=5079%3A5000022695|5374%3AFeatured|5373%3A0>

I chatted with a relative. CIO

03/10/16 Thursday 3:30 P.M. I woke up at 3:15 P.M.. A little while ago, I chatted with a friend. A little before that, I ate 12 ounce of macaroni salad with a small croissant and a glass of cold filtered water. CIO

03/10/16 Thursday 11:10 A.M. I am back from the tests at the Greenwich Hospital. I will now rest some more. CIO

03/10/16 Thursday 8:30 A.M. I chatted with a friend. I will now make my bed. I will then shower and clean up. I will then go out early to my 10:15 A.M. appointment. CIO

03/10/16 Thursday 7:35 A.M. I chatted with a relative. I have a 10:15 A.M. appointment today for similar procedures as yesterday. CIO

03/10/16 Thursday 7:25 A.M. I woke up at 8 P.M., and I chatted with a friend. I woke up several times during the night and ate three mini croissants and 10 ounce of macaroni salad. I finally woke up at 7 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

03/09/16 Wednesday 6:20 P.M. There were four half matured fawns that cross in front of my Volvo wagon on Valley Road this morning. <http://www.greenwichtime.com/local/article/Cuomo-champions-Connecticut-L-I-bridge-tunnel-6878174.php> . A local wharf rat on Steamboat Road told me, one can not build a bridge or tunnel from Long Island to Connecticut because it is separated by a deep canyon its entire length. Thus Governor Cuomo can send me a \$5 million check for my consulting. The wharf rat had GPS and depth finders. He told me he was moving to Texarkana, and I warned him about being eaten by wild razor back hogs. I will now shut down the primary work computer, and I will go to bed. I have another appointment for the same procedures at 10:15 A.M. tomorrow, but I am allowed to eat and drink beverages. CIO

03/09/16 Wednesday 5:50 P.M. I put Hellmann's mayonnaise and ground black pepper on the deli sliced roast beef sandwich, and I ate it with 12 ounces of macaroni salad and with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. CIO

03/09/16 Wednesday 5:10 P.M. Army Navy Outfitters Military Surplus Clothing Army Navy Store Military Uniform Accessories Military Clothing - Uncle Sams Army Navy Outfitters

#### EMC 2016

CIO

03/09/16 Wednesday 4:45 P.M. I went out to a very busy Greenwich Avenue. I mailed the defective Nokia Lumia 640 with UPS shipping label at the UPS shipping store on East Putnam Avenue just east of Greenwich Avenue across from Pickwick Plaza. I then sat for a while at the top of Greenwich Avenue observing the lunch time crowd. I then went further downtown by the Senior Center. I sat out for about an hour and half observing a busy warmer afternoon with people trying to get over "Cabin Fever" I then went by the Stop and Shop. I bought a 8 pack of mini croissants for \$2.49, a 48 ounce prepared macaroni salad for \$6.99, a 30 ounce Pepperidge Farm flavor blaster gold fish crackers for \$6.02, a deli prepared roast beef sandwich with provolone cheese for \$3.99, bananas for .49 a pound for .58 and 55 cent can return for \$19.52 total. I then returned back home. I picked up the mail. I put away the groceries. I ate a mini croissant. The new Nokia Lumia 640 cell phone is all set up and fully charged and working just fine. I leave it plugged in since, they tend to lose their charge when sitting idle. CIO

03/09/16 Wednesday 1:30 P.M. UPS tracking number of the return broken Nokia Lumia 640 is "1Z62E0F39097130780" at [www.ups.com](http://www.ups.com) . I will now go back downtown to enjoy a warm day. CIO

03/09/16 Wednesday 12:40 P.M. The replacement Nokia Lumia 640 cell phone arrived tracking is [https://wwwapps.ups.com/WebTracking/processInputRequest?HTMLVersion=5.0&TypeOfInquiryNumber=T&loc=en\\_US&InquiryNumber1=1ZW494604240344044&AgreeToTermsAndConditions=yes&track.x=37&track.y=6](https://wwwapps.ups.com/WebTracking/processInputRequest?HTMLVersion=5.0&TypeOfInquiryNumber=T&loc=en_US&InquiryNumber1=1ZW494604240344044&AgreeToTermsAndConditions=yes&track.x=37&track.y=6) . I chatted with a relative. I have the replacement cell phone all set up, and it is now just installing its backup of the other one which will take a while. I have the broke one ready to ship back with the prepaid UPS label. CIO

03/09/16 Wednesday 11:45 A.M. I am back from the EKG Nuclear Stress Test. I will be radioactive for a while, and I am not supposed to be around young people until the radiation wears off. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/09/16 Wednesday 6:50 A.M. I will now shower and clean up. I will then go out for my appointment. CIO

03/09/16 Wednesday 6:20 A.M. I made my bed. This morning, I start the two day EKG nuclear stress test. I am not suppose to eat or drink before the test. CIO

03/09/16 Wednesday 5:45 A.M. I woke up and ate two small bowls of goldfish crackers. I woke up at 5:30 A.M.. CIO

03/08/16 Tuesday 8:55 P.M. I watched episode 4 of "American Genius" about Hearst and Pulitzer. I will now shut down the primary work computer, and I will eat a blueberry muffin, and I will go to bed. I have to be up at 5:30 A.M. tomorrow morning, since I have a 8:30 A.M. appointment. CIO

03/08/16 Tuesday 7:55 P.M. I ate 10 balsamic vinegar and basil Triscuit crackers. I chatted with a relative. CIO

03/08/16 Tuesday 7:10 P.M. I put \$25 on my AT&T Nokia Go Phone Account for \$27.10 charge. I now have \$425.95 on it good until June 6, 2016. I also put \$10 more on my H2O wireless card, and I now have \$46.10 on it good until June 8, 2016. CIO

03/08/16 Tuesday 6:00 P.M. I am just about ready to eat a 19 ounce Stouffer's tomato and meat lasagna with grated parmesan and Romano cheese on it and a 12 ounce glass of Schweppes Ginger Ale. CIO

03/08/16 Tuesday 5:40 P.M. I went downtown. I sat out at four different locations in the central Greenwich Avenue area. At Zen Stationary, I bought an Ace's High scratch card for a dollar, and I won another free scratch card that I lost on. I used the bathroom at Starbucks. It was a little bit busier today on a warmer day. CIO

03/08/16 Tuesday 2:20 P.M. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. Then I will go downtown to enjoy the warmer day. It is 60 degrees Fahrenheit outside right now. <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Vt8kK31V-71> . CIO

03/08/16 Tuesday 1:25 P.M. I chatted with a relative at 7 A.M. and a friend at 11 A.M.. I finally woke up at 1 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/08/16 Tuesday 1:00 A.M. Watched episode 3 of "American Genius" about Farnsworth and Sarnoff. I will now shut down the primary work computer. I will eat a cinnamon muffin. I will then go to bed. CIO

03/07/16 Monday 11:55 P.M. I ate 16 Triscuit balsamic vinegar and Basil crackers with guacamole on them.

EMC 2016 CIO

03/07/16 Monday 11:30 P.M. [http://www.staples.com/5-Overdoor-Storage-Basket-Rack/product\\_1181390](http://www.staples.com/5-Overdoor-Storage-Basket-Rack/product_1181390)

[http://www.westminsterinternationalshop.com/pages/the-queen-elizabeth-ii-90th-birthday-coin?utm\\_source=facebook&utm\\_medium=social&utm\\_term=808v&utm\\_content=usa+and+canada+royalty&utm\\_campaign=90th+birthday+5+for+5#j](http://www.westminsterinternationalshop.com/pages/the-queen-elizabeth-ii-90th-birthday-coin?utm_source=facebook&utm_medium=social&utm_term=808v&utm_content=usa+and+canada+royalty&utm_campaign=90th+birthday+5+for+5#j) CIO

03/07/16 Monday 10:45 P.M. In the second episode of "American Genius" on the Wright Brothers and Curtiss, it mentions that during World War I, the Germans produced fifty thousand airplanes

<http://www.militaryfactory.com/aircraft/ww1-german-military-aircraft.asp> , which I think is a very large number. CIO

03/07/16 Monday 10:30 P.M. I ate a 13 ounce Marie Callender chicken and shrimp Alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. CIO

03/07/16 Monday 10:05 P.M. I went downtown to CVS on Greenwich Avenue. I bought two 3 ounce Speed Stick deodorant for \$2.75 each and .35 tax for \$5.85 total. I then bought another 3 ounce Speed Stick for \$2.75 less a \$2.50 coupon from the previous purchase and 2 cents tax for 27 cents total. I used the bathroom at CVS. In the mail I had received my GEICO insurance cards for the policy that starts April 8, 2016. I put one of the new cards in my Volvo owners manual folder in the registration folder in the glove box. I then went further downtown, and I sat out in front of the Greenwich Senior Center area in three different locations observing the slow Monday night time routine without much going on. Sitting out downtown and walking around Greenwich Avenue all of these years, I have seen a lot of commuters coming and going. Still it more peaceful than the mad house of nearby Manhattan. After sitting out for about an hour, I went to the Acme grocery store, and I bought two Essential 6 ounce jumbo ripe pitted black olives for \$1.50 each, four 14 ounce Reese quarters artichoke hearts for \$2.69 each, three Marie Callender various 13 ounce chicken dinners for \$2.50 each, asparagus for \$1.99 a pound for \$1.85, two russet baking potatoes for .99 a pound for \$1.19, and a four pack of blueberry muffins for \$3.99 for \$28.29 total. I then returned home, and I put away my purchases. CIO

03/07/16 Monday 7:00 P.M. I rested until 6 P.M.. I chatted with a friend. I threw out the garbage. I picked up the mail. The [www.forbes.com](http://www.forbes.com) magazines about Billionaires arrived. I will now make my bed. I will then shower and clean up. I will then go downtown to Green Witch Avenue and sit out for a while on a warmer evening. CIO

03/07/16 Monday 4:55 P.M. I ate half of the deli roast beef sandwich with Hellmann's mayonnaise and ground black pepper and the 4 ounces of Macaroni salad with a glass of cold filtered water. CIO

03/07/16 Monday 4:40 P.M. I went back to bed until 4 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I chatted with a relative. CIO

03/07/16 Monday 1:40 P.M. I woke up and ate 4 ounces of guacamole with corn chip scoops. I finally woke up at 1 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk.

Tracking is

[https://wwwapps.ups.com/WebTracking/processInputRequest?HTMLVersion=5.0&TypeOfInquiryNumber=T&loc=en\\_US&InquiryNumber1=1ZW494604240344044&AgreeToTermsAndConditions=yes&track.x=37&track.y=6](https://wwwapps.ups.com/WebTracking/processInputRequest?HTMLVersion=5.0&TypeOfInquiryNumber=T&loc=en_US&InquiryNumber1=1ZW494604240344044&AgreeToTermsAndConditions=yes&track.x=37&track.y=6) on the replacement Nokia Lumia 640 cell phone. CIO

03/06/16 Sunday 11:30 P.M. After Downton Abbey, I ate half of the deli roast beef sandwich with Hellmann's mayonnaise and ground black pepper and the 4 ounces of Macaroni salad with a glass of cold filtered water.

!!!!!! <https://curiositystream.com/>

I will now shut down the primary work computer. I will eat a cinnamon muffin, and then I will go to bed. The next three days are suppose to be drier and warmer, so maybe I will be able to get out a bit. CIO

03/06/16 Sunday 8:55 P.M. I threw out the garbage. I stopped by Wendy's on West Putnam Avenue, and I ate the four for \$4.25 meal which is a small bacon cheese burger, regular French fries, four chicken nuggets, and a medium diet Coke. I then mailed my Connecticut Department of Social Services SNAP form at the

central Greenwich Post Office. I then stopped by CVS, and I bought two one quart Listerine Total Care with Cleaning for \$8.99 each less a \$2 off CVS store coupon and \$1.01 Connecticut 6.35% tax \$1.01 for \$16.99 total. I then bought a 16 double roll bundle of Scott extra soft toilet paper for \$6.99 less a \$5 off coupon on the previous purchase and .13 tax for \$2.12 total. I then sat out for a while downtown. I then went by the Stop and Shop, and I bought deli macaroni salad for \$2.99 a pound for \$1.91 total, a five quart box of powdered milk for \$7.29, a deli roast beef sandwich with provolone cheese for \$3.99, bananas for .49 a pound for .72, a baking potato for .99 a pound for .84 for \$14.75 total. I then returned home, and I put away my purchases. The final episode of "Downton Abbey" comes on at 9 P.M. on [www.pbs.org](http://www.pbs.org) channel 13. CIO

03/06/16 Sunday 6:40 P.M. I filled out the form and documentation for my Connecticut Department of Social Services SNAP form, and I have it ready to mail. I will now dress up warmly and go out an mail it. CIO

03/06/16 Sunday 5:25 P.M. <http://www.greenwichtime.com/news/us/article/Former-first-lady-Nancy-Reagan-dies-at-94-in-6873426.php> . CIO

03/06/16 Sunday 5:15 P.M. I threw out the garbage. I sat outside for a while in the cold weather. The next four days are supposed to be warmer. I said, "Hello" to neighbors. CIO

03/06/16 Sunday 4:35 P.M. I chatted with a relative. I ate four ounces of guacamole and scoop corn chips. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. CIO

03/06/16 Sunday 3:45 P.M. I chatted with a relative. I rested until 3:30 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

!!!!!! 03/06/16 Sunday 12:35 P.M. I woke up at noon. Nancy Reagan: Former US First Lady dies aged 94 . For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I chatted with a friend. CIO

End of Scott's Notes week of 03/05/16

03/05/16 Saturday 10:25 P.M. I chatted with a friend. I watched "The Nazi Temple of Doom" about a gold cauldron that was a fake that weighed 22 pounds. I ate a bag of microwave popcorn. I will now send out my weekly notes. I will then shut down the primary work computer, and I will eat a cinnamon muffin. I will then go to bed. CIO

03/05/16 Saturday 8:10 P.M. [http://www.mvdietchdoctor.com/2015/05/19/6-reasons-you-should-start-eating-rice-today/?utm\\_source=outbrain1&utm\\_medium=diet1&utm\\_campaign=mdd1](http://www.mvdietchdoctor.com/2015/05/19/6-reasons-you-should-start-eating-rice-today/?utm_source=outbrain1&utm_medium=diet1&utm_campaign=mdd1) . CIO

03/05/16 Saturday 7:25 P.M. Earlier this afternoon, I ate three little croissants. For dinner I ate 9 ounces of Perdue grilled white breast meat chicken strips with a baked potato and steamed sliced asparagus with Smart Balance Spread and extra virgin olive oil on the vegetables seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt and grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

03/05/16 Saturday 6:40 P.M. Apartment expansion in my neighborhood. <http://www.greenwichtime.com/local/article/Plan-for-new-Greenwich-apartment-complex-draws-6871204.php> . CIO



03/05/16 Saturday 6:35 P.M. I rested a half hour. I moved the Volvo wagon to its usual place. I have the damaged Nokia Lumia 640 cell phone pretty much configured for a few days until I get the replacement. CIO

03/05/16 Saturday 3:35 P.M. On the Nokia Lumia 640 cell phone, when I was trying to open the case back it would not open by pressing on the back in the middle, so I used a paper clip at the top in the middle. However, that broke the glass about 3/16th of an inch in an oval at the top which does not look right. I put the sim card and memory cards in and I am restoring my backup of the programs. Best Buy is sending me out a replacement, and I will return the one that I have once I receive it. CIO

03/05/16 Saturday 2:30 P.M. I went back to bed until 2 P.M.. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223228121857](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223228121857) on the other four king size pillow cases arrived. The order with tracking number of "1ZW49460YW40236021" at [www.ups.com](http://www.ups.com) on the order for [http://www.bestbuy.com/site/searchpage.jsp?st=Noka+Lumia+640&\\_dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&iht=y&usc=All+Categories&ks=960&keys=keys](http://www.bestbuy.com/site/searchpage.jsp?st=Noka+Lumia+640&_dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&iht=y&usc=All+Categories&ks=960&keys=keys) for \$29.99 and \$3.99 shipping and \$2.16 tax for \$36.14 total arrived. I will now drink a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/05/16 Saturday 11:00 A.M. I woke up at 10:30 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I ate two small croissants. CIO

03/04/16 Friday 11:00 P.M. [http://www.aarp.org/money/scams-fraud/info-2015/scams-and-frauds-to-avoid.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-030416-TS1-1113825&ET\\_CID=1113825&ET\\_RID=121632&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=](http://www.aarp.org/money/scams-fraud/info-2015/scams-and-frauds-to-avoid.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-030416-TS1-1113825&ET_CID=1113825&ET_RID=121632&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=)

[http://www.cnet.com/forums/discussions/help-my-pc-with-windows-10-wont-shut-down-properly/?tag=nl.e497&s\\_cid=e497&ttag=e497&ftag=CAD5920658](http://www.cnet.com/forums/discussions/help-my-pc-with-windows-10-wont-shut-down-properly/?tag=nl.e497&s_cid=e497&ttag=e497&ftag=CAD5920658)

My [www.eversource.com](http://www.eversource.com) electricity bill for March 2016 for the previous month is \$181.27 for 920 kWh for 29 days for 31,72 kWh per day with an average temperature of 33,7 degrees Fahrenheit. For February 2015 it was \$287.45 for 1412 kWh for 28 days for 50.43 kWh per day with an average temperature of 20.3 degrees Fahrenheit. It was a lot colder last year or warmer this year.

I will now shut down the primary work computer, and I will eat a small croissant go to bed. CIO

03/04/16 Friday 10:25 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance Spread on the vegetables and a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. CIO

03/04/16 Friday 10:00 P.M. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I went downtown, and I sat outside at the Senior and the Arts Center for a couple of hours. There was an art event going on. I stopped by the Apple store. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I chatted with a couple at Starbucks who had just been in Amsterdam and were returning there again <http://www.aldighieri.smugmug.com/>. They were photographers. I saw this apartment rental address on a car <http://www.apartmentpup.com/>, and I thought it was a dog walking service. I used the bathroom at Starbucks, and I chatted with another regular. I chatted with the reference librarian at the Greenwich Library, and I was told that being out in cold weather is not good for people with heart conditions. I guess I will quit hanging outside not walking in the cold weather. I can still drive around from place to place. I went to the Stop and Shop, and I bought a container of 8 mini croissants for \$2.49, Carr wheat crackers for \$3.50, a 8.5 ounce Tostitos corn chip scoops for \$4.29, a 14 ounce Goya hearts of palm for \$3.19, a 8 ounce mayonnaise and Dijon and horseradish for \$1.84, a 16 ounce fresh guacamole for

\$5.69, a four ounce Acme smoked Nova Scotia salmon for \$5.99 for \$26.99 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.20 of V-Power premium self service gasoline for \$2.979 a gallon for 2.08 gallons at odometer 112246 miles for 22.6 miles driven since Sunday February 28, 2016 for 10.866 miles per gallon in local traffic. I then returned home, and I put away my groceries. At [www.geico.com](http://www.geico.com), I paid my first payment due April 8, 2016 on my GEICO automobile policy that begins then. It is the first of four monthly payments in April, May, June, and July 2016 for the policy that runs until October 8, 2016. I ate two small croissants. CIO

03/04/16 Friday 4:35 P.M. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9374869903500821201014](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9374869903500821201014) on the order for black and red <http://www.ebay.com/itm/Evocel-Nokia-Lumia-640-Rugged-Holster-Case-with-Kickstand-Belt-Swivel-Clip-/171781753670?var=&hash=item27fed8b46:m:m3vqi04A0XhBtYkMd8q2-7Q> for \$8.99 with free shipping arrived. I chatted with two relatives. I rested until 3:30 P.M.. I picked up the rest of the mail. I ate the 10 ounce Blue Ocean shrimp ring with shrimp sauce, and the chilled drained can of 14 ounces of artichoke heart quarters with Kraft Italian dressing on them and a Thomas English muffin with Smart Balance Spread and a glass of cold filtered water. That is about a \$10 lunch which is way over budget. I will now make my bed. I will then shower and clean up. I will then go downtown to see the hoards of weekend commuters spending a weekend in the country. CIO

03/04/16 Friday 1:25 P.M. I went over to the Valley Road Post Office, and I bought twenty 49 cent forever Botanical flower stamps for \$9.80. I returned home, and I chatted with a relative. CIO

03/04/16 Friday 12:25 P.M. I chatted with a friend. I also ate a croissant for breakfast. A neighbor knocked on my door, but I did not want to go to a house flipping conference in Stamford. I rested until noon. I chatted with a relative twice. I will now drink a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/04/16 Friday 9:50 A.M. I woke up at 9:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. Thomas is a popular name in Greenwich. In the old days it was associated with [www.ibm.com](http://www.ibm.com). It is now associated with English muffins. Back when I was starting my career in Manhattan in the winter of 1973, I had a friend named Tom that lived just east of the [www.forbes.com](http://www.forbes.com) building on 13th Street across the street from <http://www.wwd.com/>. It is a long shot, but there might still be money in fashion. CIO

03/03/16 Thursday 10:50 P.M. I watched on Netflix "American Genius" episode 2. I will now shut down the primary work computer. I will then go to bed. CIO

03/03/16 Thursday 9:35 P.M. Swiss Gear sample color laptop backpacks <http://www.ebay.com/sch/Bags-Backpacks-/163537/m.html?item=281936915501&ssn=greatluggagedeals&sop=15>. CIO

03/03/16 Thursday 9:10 P.M. I finished eating the 8 ounce bag of Lays Kettle sour cream and chives potato chips. I watched on Netflix "American Genius" episode 1 which is about Bill Gates and Steve Jobs in the early days. CIO

03/03/16 Thursday 7:55 P.M. [Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report](#)

Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9405511899223228121857](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511899223228121857) on the other four king size pillow cases.

[http://www.amazon.com/dp/B00LTO8EVI/ref=gbps\\_tit\\_s-3\\_4742\\_48b0c440?smid=A3GJFAV425412N&pf\\_rd\\_p=2417384742&pf\\_rd\\_s=slot-](http://www.amazon.com/dp/B00LTO8EVI/ref=gbps_tit_s-3_4742_48b0c440?smid=A3GJFAV425412N&pf_rd_p=2417384742&pf_rd_s=slot-)

3&pf rd t=701&pf rd i=gb\_main&pf rd m=ATVPDKIKX0DER&pf rd r=048TC2RZKVOHE4HW5D4F  
laptop back pack \$30 plus shipping.

<http://www.greenwichtime.com/living/slideshow/Vintage-photos-of-Yale-University-125186.php> CIO

03/03/16 Thursday 7:10 P.M. I ate the roast beef sandwich with Hellmann's mayonnaise on it and ground black pepper with a kosher dill pickle slice and Lays Kettle sour cream and chive potato chips and a 12 ounce glass of Schweppes ginger ale and a croissant. CIO

03/03/16 Thursday 6:40 P.M. I went out, and I went by the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then went by the Stop and Shop, and I bought two croissants for \$1.29 each, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Welch's grape juice for \$4.19, a 42 ounce Quaker Old Fashioned oatmeal for \$4.99, a deli prepared roast beef and provolone sandwich for \$3.99, and bananas for .49 a pound for .59 for \$23.72 total. I then went downtown, and I sat out by the Senior and the Arts center for a couple of hours on another cold slow day. The wireless would not work in front of Restoration Hardware store. At Zen stationary I bought an Ace's High scratch card for a dollar, and I lost. I bought a Nu Car Scent Christmas tree card for \$1.80, and I hung it behind the driver's seat in the Volvo wagon. I checked out Starbucks, and not much was happening. I used the bathroom after 4 P.M. on the basement level of the Senior and the Arts Center. I departed at 4:40 P.M., and I drove over to CVS on Greenwich Avenue. I parked in the rear parking lot by J.P. Morgan private banking. I bought a 64 ounce Just the Basics fabric softener for \$5.49, and two 64 ounce Total Care bleach for \$2.99 each and .73 tax for \$12.20 total. I bought two 3 packs of Pop Secret movie popcorn with butter for \$2 each less \$2 bonus bucks on the previous purchase for \$2 total. I then sat outside briefly across the street from CVS. I then went by the Acme grocery store, and I bought four 13 ounce Marie Callender dinners for \$2.50 each and a 14 ounce Reece's quartered artichoke hearts for \$3.89 for \$13.89 total. I then returned home to Chez Mike's, and I put away my purchases. CIO

03/03/16 Thursday 2:05 P.M. I picked up the mail. I got my Greenwich Housing Authority rent statement. I will now shower and clean up. I will then go downtown. CIO

03/03/16 Thursday 1:30 P.M. I rested until 1 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will make my bed. CIO

03/03/16 Thursday 10:05 A.M. I woke up and ate a small bowl of goldfish crackers. I finally woke up at 9:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/02/16 Wednesday 9:50 P.M. I ate a 13 ounce Marie Callender chicken and broccoli Alfredo meal with grated parmesan and Romano cheese on it with a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computer and eat a cinnamon muffin, and I will go to bed. CIO

03/02/16 Wednesday 9:25 P.M. I chatted with a relative. I watched the movie "The Saint". C'est tres froid n'est pas. Ce n'est pas des personnes ici parse que ils est a la Sud. CIO

03/02/16 Wednesday 6:45 P.M. In my crowded apartment, I don't even have a couch or room for a folding bed <http://www.ebay.com/itm/351626615937> for guests. I do have a comfortable Ethan Allen recliner. I have a full size bed if someone wanted to hear me snore. I also have two [www.army.mil](http://www.army.mil) sleeping bags good to minus 30 degrees Fahrenheit that could be put on the floor. I gave my single size inflatable bed to a relative since I never used it. However, I do have a dang good working office, if anyone knows how to work in an office. CIO

03/02/16 Wednesday 6:30 P.M. I put away the clean laundry. I do not go out and sit in the cold weather until I have the other EKG stress tests to see how my heart is doing. CIO

03/02/16 Wednesday 5:55 P.M. <http://www.rd.com/home/cleaning-organizing/13-amazing-uses-for-wd-40/1/?trkid=ppc-outbrain-ss-dt> CIO

03/02/16 Wednesday 5:45 P.M. I chatted with two relatives. CIO

03/02/16 Wednesday 5:35 P.M. <http://www.foxnews.com/travel/2016/03/02/emirates-launches-worlds-longest-flight-overtaking-qantas/?intcmp=hpff> . CIO

03/02/16 Wednesday 5:25 P.M. They emailed me, they are going to send me 4 more king size pillow cases.

Guide for Addicted Veterans and their Families | American Addiction Centers CIO

03/02/16 Wednesday 5:15 P.M. I have 55 minutes to go on two dry cycles. CIO

03/02/16 Wednesday 4:45 P.M. I showered, and I cleaned up. I started two loads of wash and have 10 minutes more to go on the wash cycles. I threw out the garbage and the old periodicals. I watered the plants. CIO

03/02/16 Wednesday 4:00 P.M. I rested until 3:30 P.M.. I put clean linens on my bed. On the order for eight king pillow cases, I only received 4, so I contacted them to send the other four. CIO

03/02/16 Wednesday 2:45 P.M. I went through <http://scott-mike.com/bf.htm> . I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. CIO

03/02/16 Wednesday 2:25 P.M. I rested until 2 P.M.. I threw out the garbage. I chatted with neighbors. I picked up the mail. It got cold again  
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Vtc86X1V-71> . CIO

03/02/16 Wednesday 12:40 P.M. Tracking number is "1ZW49460YW40236021" at [www.ups.com](http://www.ups.com) on the order for <http://www.bestbuy.com/site/searchpage.jsp?st=Noka+Lumia+640&dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&iht=v&usc=All+Categories&ks=960&keys=keys> for \$29.99 and \$3.99 shipping and \$2.16 tax for \$36.14 total. CIO

03/02/16 Wednesday 12:35 P.M. I chatted with a friend at 10 A.M.. The friend chatted about <https://www.oldchathamsshepherding.com/> and <http://www.goldenpheasant.com/purveyors/old-chatham-shepherding-company/> . Of course, my friend has a little bit of wampum, so he can enjoy life's minor luxuries. I finally woke up at noon. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/02/16 Wednesday 8:30 A.M. I woke up at 8:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/01/16 Tuesday 7:50 P.M. I ate a 24 ounce Birds Eye Chicken Voila Garlic dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. I gave \$10 to <https://www.taftschool.org/alumni/secure/gift.aspx> . I will now rest for a while.

<http://www.greenwichtime.com/news/article/Connecticut-residents-land-on-Forbes-2016-6863246.php#photo-7596613>

<http://www.forbes.com/sites/luisakroll/2016/03/01/forbes-2016-worlds-billionaires-meet-the-richest-people-on-the-planet/#27870b9f41cb>

CIO

03/01/16 Tuesday 6:40 P.M. I chatted with a relative. I threw out the garbage. I went downtown, and I stopped by CVS, but they did not have what I was looking for. I sat out downtown by the Senior and the Arts Center for a long time. I walked over to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won another free scratch card that I lost on. I sat out in the area in front of Restoration Hardware Store by the World War I veterans monument. The RH Guest WIFI works at that location. I checked out the warm interior of Starbucks. I sat outside some more. I then went to the Acme grocery store. I bought 18 Hefty heavy duty lawn and leaf bags for \$6.99, a quart of Dannon vanilla yogurt for \$2.99, a 24 ounce Birds Eye Chicken Voila garlic dinner for \$3.99, buy one get one free of Gorton's 6.3 ounce grill salmon for \$5.99 both, a 10 ounce Blue Sea shrimp ring for \$4.99 and .44 tax for \$25.40 total. I then returned home, and I sat outside briefly. I chatted with neighbor. I picked up the mail. CIO

03/01/16 Tuesday 2:55 P.M. I rested until 2:15 P.M.. Tracking is [https://tools.usps.com/go/TrackConfirmAction?qt\\_c\\_tLabels1=9374869903500821201014](https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9374869903500821201014) on the order for black and red <http://www.ebay.com/itm/Evocel-Nokia-Lumia-640-Rugged-Holster-Case-with-Kickstand-Belt-Swivel-Clip-/171781753670?var=&hash=item27fe8b46:m:m3vqi04A0XhBtYkMd8q2-7Q> for \$8.99 with free shipping.

Greenwich Land Trust . I will now make my bed. I will then shower and clean up. I will then go out and visit the tundra on Greenwich Avenue. CIO

03/01/16 Tuesday 12:50 P.M. I heated and ate a 18 ounce can of Campbell's Italian Wedding Spinach and Meatball soup which I ate with a 12 ounce glass of Schweppes Ginger Ale. I mailed the financial statement in the mail room downstairs. I threw out the garbage. I will now rest some more. CIO

03/01/16 Tuesday 12:05 P.M. I chatted with a relative. CIO

03/01/16 Tuesday 11:40 A.M. I chatted with a relative at 10:30 A.M.. I rested until 11:15 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/01/16 Tuesday 8:20 A.M. I woke up at 8 A.M.. I printed out two copies of my Microsoft Money Sunset Income versus Spending report for February 2016, and I have one copy ready to mail to an interested relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

03/01/16 Tuesday 6:20 A.M. I woke up at 5 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.eversource.com> electricity bill and my <http://www.verizon.net/> bill. My current Optimum bill was about \$167, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$67 for premium Cable TV. However that includes \$25 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I bought

[http://www.bestbuy.com/site/searchpage.jsp?st=Noka+Lumia+640&\\_dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&iht=y&usc=All+Categories&ks=960&keys=keys](http://www.bestbuy.com/site/searchpage.jsp?st=Noka+Lumia+640&_dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&iht=y&usc=All+Categories&ks=960&keys=keys) for \$29.99 and \$3.99 shipping and \$2.16 tax for \$36.14 total. I ordered in black and red  
<http://www.ebay.com/itm/Evocel-Nokia-Lumia-640-Rugged-Holster-Case-with-Kickstand-Belt-Swivel-Clip-/171781753670?var=&hash=item27fef8b46:m:m3yqi04A0XhBtYkMd8q2-7Q> for \$8.99 with free shipping.  
CIO

04/30/16 Saturday 11:55 P.M. This computer store <http://www.microcenter.com/> is not too far away, but there is a lot of traffic in that direction. CIO

04/30/16 Saturday 11:10 P.M. I chatted with a relative. I went back to bed until 10 P.M.. I will now make my bed. I will then shower and clean up. I probably will not be going downtown, since there is nothing that I need to do downtown. CIO

04/30/16 Saturday 8:30 P.M. I went back to bed until 8 P.M.. I threw out the garbage. I sat outside for a while. I chatted with neighbors. I picked up the mail. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/30/16 Saturday 4:50 P.M. I woke up at 4:30 P.M.. I made up a fresh batch of punch. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/30/16 Saturday 2:40 A.M. I watched "Bertie and Elizabeth".

#### Best Ways You're Saving Money in Retirement - Cutting Costs - AARP

I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

04/30/16 Saturday 12:30 A.M. I ate a 13 ounce Marie Callender steak and roasted potatoes meal with Smart Balance spread on it along with a glass of cold filtered water. CIO

04/29/16 Friday 11:55 P.M. They put a new sliding front door on my building, so it now works to lock again. I threw out the garbage. I went to the Stop and Shop. I returned three 5 ounce bags of salted pumpkin seeds for \$2.20 each for \$6.60 total. I then bought two 8 ounce bags of Perdue Italian short cut strips white boneless breast of cooked chicken meat for \$1.99 each, two baking potatoes for .99 a pound for \$1.99, bananas for .49 a pound for .42 and a pound of baby carrots for \$1.49 for \$7.88 total. I then went downtown, and I walked lower Greenwich Avenue and the train station area. I sat out for a while downtown watching Starbucks close at 11 P.M. on Friday night. They seemed to have finished their new remodeling. On the way home, I drove across the Port Chester border, and where Cumberland Farms used to be, there appears to be a 24 hour small grocery store called "Sara". I have not checked it out. I then returned home, and I picked up the mail, and I put away the groceries. Over 25 years ago before the internet was popular and Greenwich was still dead as a door nail at night, there used to be a discothèque and bowling alley in downtown White Plains, New York for late night activity. CIO

04/29/16 Friday 9:10 P.M. I went back to bed until 9 P.M.. I will now make my bed. I will shower and clean up. I will then go downtown. CIO

04/29/16 Friday 7:40 P.M. I went back to bed until 7:15 P.M.. I chatted with a relative. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/29/16 Friday 4:45 P.M. I chatted with a relative at 2:30 P.M.. I finally woke up at 4:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/29/16 Friday 4:15 A.M. I watched "Robin Hood, Prince of Thieves". About halfway through the movie, the fire alarm went off in the building. A neighbor had cooking smoke. I called it in to 911, and they sent the fire department to check it out and reset the alarm. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.eversource.com> electricity bill and my <http://www.verizon.net/> bill. My current Optimum bill was about \$173, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$73 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

04/29/16 Friday 12:45 A.M. [Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report](#)

<https://www.youtube.com/watch?v=vj9gIYBeJKA> CIO

04/29/16 Friday 12:30 A.M. It takes money to go fishing <http://www.saltstrong.com/articles/top-florida-saltwater-fishing-guides-and-anglers/4/> . I once read in Europe when Hemingway was supposedly living and writing in Marbella, Spain, he could not concentrate, so he was actually in <http://www.lanzarote.com/> which is suppose to have the best marlin fishing in the world. I am not an experience Angler. I spent a bit of time surf casting in Nantucket in the fall of 1978. With fishing gear in my \$150 1971 yellow Subaru station, I tried fishing along the east cost of Florida and the Florida Keys and the west coast out in California to Fort Bragg down to San Diego, but once I left Nantucket I never caught anything. One election eve in 1980, I left my fishing gear at the Shell station on the Pacific Coast highway in Santa Barbara for \$10 of gasoline to make it back to Laguna Beach. I have not tried fishing since. CIO

04/28/16 Thursday 11:55 P.M. I ate two 3 ounce reheated Perdue chicken cutlets with a bake potato and steamed baby carrots with Smart Balance Spread and extra virgin olive oil on the vegetables and a glass of cold filtered water and a cup of chamomile tea with Equal sweetener. CIO

04/28/16 Thursday 11:15 P.M. I signed the paper work for my new lease with the Housing Authority of Greenwich, and I drove downtown to the central Greenwich Post Office to mailed it. I then returned home. McDonalds has discount coupons in the post office circular in the mail today. One can get buy one get one free on a number of products. Still, it is a bit too expensive for me. The pink cherry tree blossoms are out in front of my building at 71 Vinci Drive.

See what the relatives are doing in the Midwest <http://www.tuliptime.com/> and <http://www.cityofholland.com/> . Holland, Michigan also has the world's biggest pickle factory that makes over 250 types of Heinz pickles and relishes. They also make the Chevy Volt electric car batteries there. CIO



04/28/16 Thursday 10:15 P.M. I threw out the garbage. I went downtown. I chatted with a friend on my wireless telephone. I walked lower Greenwich Avenue and the train station area. There is now a large beauty salon the second floor of the new Le Grand restaurant building. I sat out for a while after my walk. I then went by the Stop and Shop. I bought four six packs of Stop and Shop English muffins for \$1.50 each, a 8 ounce Stop and Shop sliced Swiss cheese for \$2.50, a 16 ounce bag of Stop and Shop frozen onion rings for \$2.50, four 5 ounce bags of Simply Salted pumpkin seeds for \$2.20 each, two 8 ounce packages of Hormel sliced ham for \$2.24 each for \$24.28 total. I then returned home, and I picked up the mail, and I put away the groceries. CIO

04/28/16 Thursday 6:25 P.M. I went back to bed until 6 P.M.. I chatted with a relative. I will now make my bed. I will then shower and clean up. I will then go downtown to Green Watch Avenue. CIO

04/28/16 Thursday 3:20 P.M. I chatted with a friend. CIO

04/28/16 Thursday 2:10 P.M. I chatted with a relative at 9 A.M.. A political survey person called me up at about noon. I finally woke up at 2 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/28/16 Thursday 2:25 A.M. With Donald Trump running for President, this Palm Beach Gardens Security company might be involved <http://www.g4s.us/> . Of course they probably only work for wampum. I will now shut down the primary work computer, and I will go to bed. CIO

04/28/16 Thursday 1:20 A.M. I watched "Restoration". CIO

04/27/16 Wednesday 11:10 P.M. I put away the clean laundry. CIO

04/27/16 Wednesday 10:35 P.M. <https://en.wikipedia.org/wiki/Koningsdag>

<http://view.klm-mail.com/?qs=1dfedc70549ff035e98d1b35976af15788025d5a1439181d47e9e969a8145f7bd51907275757ca476cc3f273f7df7a456c21b495160388ec2ae202009115ddd073515ab2aa58ef8c>

<http://www.royal-house.nl/>

CIO

04/27/16 Wednesday 10:00 P.M. I have 50 minutes to go on two dry cycles. CIO

04/27/16 Wednesday 9:35 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 have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

04/27/16 Wednesday 8:25 P.M. I rested some more until 8 P.M.. I chatted with a friend. I threw out the garbage. I chatted with a neighbor. I picked up the mail. CIO

04/27/16 Wednesday 6:35 P.M. I rested until 6:15 P.M.. I ripped up a fourth of a head of iceberg lettuce on a dinner plate. I added 20 jumbo black pitted olives. I then added a four ounce can of Bumble Bee crab meat. I also added five ounces of Cracker Barrel Vermont extra sharp cheddar cheese cut into small pieces. I added one fourth of a diced sweet onion. I seasoned it all with garlic powder, ground black pepper, Italian seasoning, and celery salt. I added grated parmesan and Romano cheese and Stop and Shop Caesar dressing. I ate it all with a glass of cold filtered water. CIO

04/27/16 Wednesday 1:15 P.M. I chatted with a relative at 9:30 A.M.. I finally woke up at 1 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/27/16 Wednesday 2:05 A.M. I watched "The Aviator". I will now shut down the primary work computer. I will then go to bed. CIO

04/26/16 Tuesday 9:30 P.M. I ripped up a fourth of a head of iceberg lettuce on a dinner plate. I added 16 jumbo black pitted olives and 7 ounces of artichoke hearts. I then added a four ounce can of Bumble Bee crab meat. I also added five ounces of Cracker Barrel Vermont extra sharp cheddar cheese cut into small pieces. I added one fourth of a diced sweet onion. I seasoned it all with garlic powder, ground black pepper, Italian seasoning, and celery salt. I added grated parmesan and Romano cheese and Stop and Shop Caesar dressing. I ate it all with a glass of cold filtered water. CIO

04/26/16 Tuesday 9:05 P.M. I threw out the garbage. I went to the New Lebanon school in Byram, and I voted about 6 P.M. in the republican primary. I was possibly photographed by Telemondo Television going into the polling station. I then went downtown. I chatted with a local. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I walked lower Greenwich Avenue and the train station area. I chatted with a relative on my wireless telephone. I then drove over to CVS on Greenwich Avenue. I bought two 3 packs of Pop Secret microwave popcorn with butter for \$4 all. I then by the Stop and Shop. I bought a 8 pack of mini croissants for \$2.49, a 24 ounce container of spice drops for \$3, 12 ounces of Perdue chicken cutlets for \$1.99, and bananas for .49 a pound for .78 for \$8.45 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.50 of self service premium V-Power gasoline for \$3.139 a gallon for 2.072 gallons for at odometer reading of 112508 miles 26.6 miles driven since Wednesday April 20, 2016 for 12.838 miles per gallon in local traffic. I then returned home. I picked up the mail. I put away the groceries. CIO

04/26/16 Tuesday 4:05 P.M. I went back to bed until 3:30 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will now make my bed. I will shower and clean up. I will then go out and vote in the primary at the New Lebanon school in Byram. CIO

04/26/16 Tuesday 1:30 P.M. I chatted with a relative in Vienna, Austria at noon. I finally woke up at 1 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English

muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/25/16 Monday 11:50 P.M. VGC 2016

IRIS - Workshops CIO

04/25/16 Monday 11:40 P.M. I woke up at 9 P.M.. I chatted with a relative. I watched "The Importance of Being Earnest". I have eaten some raw almonds. CIO

04/25/16 Monday 8:25 P.M. I rested until 8 P.M.. I threw out the garbage. I sat outside for a while. I picked up the mail. I will now make my bed. I will then shower and clean up. I will not be visiting Greenwich Avenue this evening. CIO

04/25/16 Monday 5:55 P.M. I ripped up a fourth of a head of iceberg lettuce on a dinner plate. I added 12 jumbo black pitted olives and 7 ounces of artichoke hearts. I then added a four ounce can of Bumble Bee crab meat. I also added five ounces of Cracker Barrel Vermont extra sharp cheddar cheese cut into small pieces. I added one fourth of a diced sweet onion. I seasoned it all with garlic powder, ground black pepper, Italian seasoning, and celery salt. I added grated parmesan and Romano cheese and Stop and Shop Caesar dressing. I ate it all with a glass of cold filtered water. CIO

04/25/16 Monday 5:05 P.M. Trump and Kasich supporters called me up to vote in the Connecticut republican primary tomorrow. Forbes also called to renew the magazine which still has a lot of time on the subscription. CIO

04/25/16 Monday 4:25 P.M. I went back to bed until 4 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/25/16 Monday 11:25 A.M. I woke up at 11 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/25/16 Monday 12:35 A.M. I watched "The Great Gatsby". I will now shut down the primary work computer, and will go to bed. CIO

04/24/16 Sunday 9:55 P.M. I ate a ham, salami, roast beef, and American cheese sandwich on 15 grain whole wheat bread with Hellmann's light mayonnaise and horseradish along with eight baked breaded onion rings and a Kosher dill pickle slice and a glass of cold filtered water. CIO

04/24/16 Sunday 9:15 P.M. I went by CVS on Greenwich Avenue, and I returned five 12 packs of Schweppes Ginger Ale and four 12 packs of Canada Dry Ginger Ale for \$40.43 returned on a CVS card. I bought three four ounce Bumble Bee crab meat for \$2 each and the third for \$2.57 and a 23.5 ounce raw almonds for \$8.99 for \$15.56 total. I then walked lower Greenwich Avenue and the train station area. I chatted with another public housing resident. I sat out for a while. I then went by the Stop and Shop, and I returned the 30 ounce

Pepperidge Farm flavor blaster goldfish crackers for \$8. I bought four 4 ounce Stop and Shop solid white albacore tuna fish for 99 cents each for \$3.96 total. I then returned home, and I put away my groceries. CIO

04/24/16 Sunday 6:10 P.M. I chatted with a relative. CIO

04/24/16 Sunday 4:55 P.M. I washed the breakfast dishes. I put 11 twelve packs of Ginger Ale and other soda in the rear of the Volvo station wagon to return. I also put in the 30 ounce box of goldfish crackers. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

04/24/16 Sunday 4:55 P.M. I went back to bed until 4:30 P.M.. I ate 4.25 ounces of almond clusters. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/24/16 Sunday 12:20 P.M. At 9 A.M., I chatted with a relative in Vienna, Austria. I can Vienna with Optimum Voice for two cents a minutes. I finally woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

End of Scott's Notes week of 04/24/16

04/24/16 Sunday 12:35 A.M. I watched "Anna Karenna". I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

04/23/16 Saturday 10:00 P.M. Real-time Advertising & Marketing News Feed

[http://www.nytimes.com/2016/04/21/world/europe/queen-elizabeth-90-birth.html?emc=edit\\_th\\_20160421&nl=todaysheadlines&nid=46729](http://www.nytimes.com/2016/04/21/world/europe/queen-elizabeth-90-birth.html?emc=edit_th_20160421&nl=todaysheadlines&nid=46729) CIO

04/23/16 Saturday 9:25 P.M. I took two KetoneRX with a glass of water 15 minutes before dinner. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of cold filtered water. CIO

04/23/16 Saturday 8:45 P.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought an Ace's High scratch card at the Greenwich Cigar store for a dollar, but I lost. I stopped by CVS, and I used the bathroom. I bought three 84 capsule KetoneRX \$3.74 each for \$11.22 total. One is suppose to take two capsules 15 minutes before meals with a glass of water to lose weight with no more than six pills a day. After I finished my walk, I sat out for a while. I then returned home. I picked up the mail. I chatted with a relative. CIO

04/23/16 Saturday 5:05 P.M. A Taft School classmate with Austrian connections <http://www.vhlf.org/board-of-directors/geoffrey-r-hoguet/>. I will now make my bed. I will then shower and clean up, and I will go downtown to Greenwich Avenue to see what is left over at Starbucks. CIO

04/23/16 Saturday 4:30 P.M. I ate a 13.25 ounce Stouffer's steak fajita dinner with some Kellogg's sour cream and onion cracker chips and a glass of cold filtered water. CIO

04/23/16 Saturday 3:55 P.M. \$69.99 with free shipping [http://www.staples.com/Dell-E515dw-Black-and-White-Laser-Mono-Laser-Printer-New/product\\_1961812?PID=249294&storeId=10001&AID=10422268&SID=996934308\\_merch&cm\\_mmc=CJ-249294-249294-10422268&CID=AFF%3A249294%3A249294%3A10422268&CJPIXEL=CJPIXEL](http://www.staples.com/Dell-E515dw-Black-and-White-Laser-Mono-Laser-Printer-New/product_1961812?PID=249294&storeId=10001&AID=10422268&SID=996934308_merch&cm_mmc=CJ-249294-249294-10422268&CID=AFF%3A249294%3A249294%3A10422268&CJPIXEL=CJPIXEL)

[http://www.mysupermarket.co.uk/grocery-categories/Toilet\\_Paper\\_in\\_Tesco.html](http://www.mysupermarket.co.uk/grocery-categories/Toilet_Paper_in_Tesco.html) CIO

04/23/16 Saturday 3:30 P.M. I went back to bed until 3 P.M.. I chatted with a relative in Vienna, Austria for 2 cents a minute. I chatted with another relative. CIO

04/23/16 Saturday 12:50 P.M. I went back to bed until noon. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I chatted with a relative. CIO

04/23/16 Saturday 8:50 A.M. I woke up and ate a 12 ounce glass of 50% punch and 50% Canada Dry Ginger Ale. I finally woke up at 8:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/22/16 Friday 8:55 P.M. I ate a ham, salami, roast beef, and American cheese sandwich on 15 grain whole wheat bread with Hellmann's light mayonnaise and horseradish along with nine baked breaded onion rings and a Kosher dill pickle slice and a glass of cold filtered water. I will now rest some more. CIO

04/22/16 Friday 8:05 P.M. I threw out the garbage. I went down to Greenwich Avenue to CVS. I bought buy one CVS 100 tablet all day pain relief for \$8.99 and the second one 50% off for \$4.49 for \$13.48 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. There was a \$1,000 prize, and I got a Jack, but the dealer beat me with a Queen. I took some pictures of the tulips in front of Restoration Hardware store with my Nokia Lumia 640 cell phone. I toured CVS again. I chatted with a friend on my wireless telephone while sitting at the top of Greenwich Avenue. After my walk, I sat out for a while. I used the bathroom at Starbucks. I then went to the Stop and Shop. I bought a 10 ounce package of artichoke and spinach hummus for \$3.50, a 16 ounce Stop and Shop low fat cottage cheese for \$2.49, two 13.25 ounce Stouffer's steak fiestas for \$3 each, a head of cello foxy lettuce for \$1.49, and a sweet onion for \$1.49 a pound for \$1.34 for \$14.82 total. I then returned home. I moved the snow brushes from the back seat of the Volvo station wagon to the rear area. I sat out for a while. I picked up my mail. I put away my groceries. CIO

04/22/16 Friday 2:50 P.M. I will now eat a bag of microwave popcorn. I will then make my bed. I will then shower and clean up. I will then venture out to Greenwich Avenue. CIO

04/22/16 Friday 2:25 P.M. I went back to bed until 2 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/22/16 Friday 9:45 A.M. I woke up at 9:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/22/16 Friday 3:30 A.M. I put away the clean laundry. I will now eat a blueberry muffin and go back to bed. CIO

04/22/16 Friday 2:20 A.M. <http://www.cnn.com/2016/04/20/travel/queen-elizabeth-travel/index.html> . CIO

04/22/16 Friday 2:15 A.M. I have 50 minutes to go on two dry cycles. CIO

04/22/16 Friday 1:45 A.M. I drank a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. 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

04/22/16 Friday 12:45 A.M. I woke up at 12:30 A.M.. CIO

04/21/16 Thursday 6:30 P.M. I ate a ham, salami, roast beef, and American cheese sandwich on 15 grain whole wheat bread with Hellmann's light mayonnaise and horseradish along with some Kellogg's sour cream and onion cracker chips and a Kosher dill pickle slice and a glass of cold filtered water. I will now rest some more. CIO

04/21/16 Thursday 5:50 P.M. I rested until 4:45 P.M.. I chatted with a friend. I sat outside for a while. I moved the Volvo wagon to its usual place. I closed a window for a neighbor. I helped a neighbor with his AT&T Go Phone. I sat outside some more. I picked up the mail. I chatted with a relative. CIO

04/21/16 Thursday 3:45 P.M. I watched "10.0 Earthquake". I will now rest some more. CIO

04/21/16 Thursday 2:05 P.M. I woke up at 1:30 P.M.. I ate 21 ounces of Campbell's Cream of Shrimp soup with two mini croissants and a glass of cold filtered water. CIO

04/21/16 Thursday 12:30 P.M. I went to my 11 A.M. appointment early. I saw the dietician about my recent weight gain. I was told to quit drinking soda and just drink water. One can of soda has 16 teaspoons of sugar in it. I was told to quit drinking juice or to water it down more. I was told on the prepared meals that I frequently eat, I should limit them to 500 calories and 45 grams of fat. I was told to have more protein with breakfast like making my oatmeal with milk instead of water. I also could eat for breakfast eggs, low fat cottage cheese or Greek yogurt. I was told to eat a mini muffin or yogurt before going to bed. For snacks, I can eat hummus, raw cucumber, peanut butter, small banana, low fat cheese, popcorn, small apple, blueberries, pumpkin seeds, or almonds. Thus I have to change my diet around a bit. I chatted with a relative. I will now rest for a while. CIO

04/21/16 Thursday 8:55 A.M. I will now shower and clean up. I will then head out early for my 11 A.M. appointment. CIO

04/21/16 Thursday 8:50 A.M. I made my bed.

<https://www.royal.uk/> The queen still goes horseback riding.

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

04/21/16 Thursday 7:15 A.M. I woke up at 7 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants.

Celebrations mark Queen's 90th birthday CIO

04/20/16 Wednesday 6:35 P.M. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

About GEOMOD

I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. I have a 11 A.M. appointment tomorrow. CIO

04/20/16 Wednesday 6:20 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. CIO

04/20/16 Wednesday 5:40 P.M. I threw out the garbage. I went downtown. I sat out for quite a while. I then walked the whole length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at the Senior and the Arts center. I used the bathroom at CVS. I chatted with another walker. I stopped by the lower level of Brooks Brothers, and I told them about my idea for a laundromat behind Saks Fifth Avenue. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I then went by the Stop and Shop. I bought a eight pack of mini croissants for \$2.49, a 8 pack of Stop and Shop large eggs expire May 15, 2016 for \$1.49, deli sliced Stop and Shop hard salami for \$6.99 a pound for \$1.75, deli sliced Stop and Shop roast beef for \$9.99 a pound for \$3.50, deli sliced Stop and Shop bacon wrapped ham for \$5.99 a pound for \$1.44, Stop and Shop white American cheese for \$4.99 a pound for \$2.64, a 14 ounce bag of Stop and Shop frozen onion rings for \$2.50, a 12 ounce generic honey for \$2.50, bananas for .49 a pound for \$1.24 and 75 cents can return for \$18.80 total. I then went by the Putnam Shell, and I bought \$6.60 of self service V-Power premium gasoline for \$3.139 a gallon for 2.103 gallons at odometer reading of 112481 miles for 27.4 miles driven since Friday April 15, 2016 for 13.03 miles per gallon in local traffic. I then returned home. I chatted with a neighbor. I picked up the mail. I put away my groceries. CIO

04/20/16 Wednesday 12:20 P.M. I chatted with a relative. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

04/20/16 Wednesday 11:40 A.M. I went back to bed until 11 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/20/16 Wednesday 7:55 A.M. I woke up at 7:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/19/16 Tuesday 8:00 P.M. I watched "Codebreaker". I will now shut down the primary work computer, and I will eat a blueberry muffin, and I will go to bed. CIO

04/19/16 Tuesday 6:15 P.M. I heated and ate a 15 ounce can of Chef Boyardee small ravioli and I also ate some Kellogg's sour cream and onion cracker chips and a 12 ounce glass of Schweppes Ginger Ale. I chatted with a relative. CIO

04/19/16 Tuesday 5:30 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I paid 50 cents to park. I picked up a prescription. I bought buy one get one free of CVS odorless 1000 mg Vitamin E 120 capsule for \$13.79 both, two 7 ounce Blade sensitive skin shaving gel for \$2.99 each, one 1 liter CVS anticavity mouthwash for \$5.99 and the second one \$2.99 and .85 tax for \$28.10 total. I used the internet for a while in the park across from CVS. I then drove further downtown. I walked the entire length of Greenwich Avenue and the train station area. I used the bathroom at the Senior and the Arts center when the Starbucks bathroom was busy. I chatted with two regular walkers. I returned home, and I picked up the mail. CIO

04/19/16 Tuesday 12:20 P.M. I rested a while. I will now shower and clean up and go downtown to Green Witch Avenue. CIO

04/19/16 Tuesday 11:10 A.M. I ate a 13 ounce Marie Callender chicken Alfredo bake with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

04/19/16 Tuesday 10:30 A.M. \$69.99 with free shipping [http://www.staples.com/Dell-E515dw-Black-and-White-Laser-Mono-Laser-Printer-New/product\\_1961812?PID=552179&storeId=10001&AID=10428703&SID=VnhZN3hBb0tNcTBBQVZlbmdEd0FBQUa&cm\\_mmc=CJ--552179--552179--10428703&CID=AFF%3A552179%3A552179%3A10428703&CJPIXEL=CJPIXEL](http://www.staples.com/Dell-E515dw-Black-and-White-Laser-Mono-Laser-Printer-New/product_1961812?PID=552179&storeId=10001&AID=10428703&SID=VnhZN3hBb0tNcTBBQVZlbmdEd0FBQUa&cm_mmc=CJ--552179--552179--10428703&CID=AFF%3A552179%3A552179%3A10428703&CJPIXEL=CJPIXEL)

I made my bed. CIO

04/19/16 Tuesday 10:05 A.M. I sorted through the magazines in the magazine rack along side the Ethan Allen recliner. I threw out the old magazines. I chatted with neighbors. CIO

04/19/16 Tuesday 9:25 A.M. I went back to bed until 9:15 A.M.. I chatted with a relative. CIO

04/19/16 Tuesday 6:45 A.M. I went back to bed until 6:30 P.M.. I chatted with a friend. I drank a cup of decaffeinated coffee with Equal sweetener and milk. There is a small building behind Saks Fifth Avenue downtown. Somebody entrepreneur could put a coin laundromat there, which we no longer have downtown. CIO



04/19/16 Tuesday 3:05 A.M. I woke up at 3 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/18/16 Monday 10:25 P.M. <http://www.bbc.com/news/in-pictures-36013958> Queen Elizabeth II pictures. CIO

04/18/16 Monday 10:05 P.M. I woke up at 9:45 P.M.. I ate a blueberry muffin and a 12 ounce glass of 50% punch and 50% Schweppes Ginger Ale. CIO

04/18/16 Monday 3:05 P.M. I ate a roast beef and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and horseradish seasoned with ground black pepper, and a dill pickle slice and five ounces of red skin potato salad with a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

04/18/16 Monday 2:40 P.M. I threw out the garbage. I went downtown. I chatted with a regular. 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 viewed Starbucks. I used the bathroom at the Senior and the Arts Center. I used the bathroom at CVS. I bought four 7.75 ounce Gold Emblem caramel trail mix for \$1.09 each for \$4.36 total. I then finished my walk, and I sat outside some more. It is a warm day, so warm weather people are out moving around along with the usual senior citizen crowds on Mondays. I returned home. I chatted with the building custodian. I chatted with a friend. CIO

04/18/16 Monday 10:05 A.M. [https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160418&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=8f2b8f98-6804-41ae-940b-34373f54b27b\\_0\\_20160418\\_treatment4](https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=newsletter_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160418&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=8f2b8f98-6804-41ae-940b-34373f54b27b_0_20160418_treatment4)

[https://www.groupon.com/deals/la-cremaillere-restaurant-9?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160417&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78\\_0\\_20160417\\_treatment2](https://www.groupon.com/deals/la-cremaillere-restaurant-9?p=1&utm_source=newsletter_im&utm_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160417&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78_0_20160417_treatment2)

I cleaned up the paper work at the apartment entrance. I went through <http://scott-mike.com/bf.htm> . It is 65 degrees Fahrenheit outside right now. I opened the living room window with the fan going. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown to see the hoards of my deja vue friends. CIO

04/18/16 Monday 9:05 A.M. I went back to bed until 8:30 A.M.. I ate the piece of wild blueberry pie. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I put a new Lysol lemon automatic soap dispenser refill in the bathroom sink one. IBM is supposed to announce quarterly results after the bell today. CIO

04/18/16 Monday 3:35 A.M. I woke up and chatted with a friend and a relative at 7:30 P.M.. I finally woke up at 3:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/17/16 Sunday 2:35 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

04/17/16 Sunday 2:25 P.M. I chatted with a friend.

<http://www.cnn.com/videos/us/2016/04/14/gator-eats-gator-lakeland-florida-pkg.wfts> . CIO

04/17/16 Sunday 2:00 P.M. As if you did not know [https://en.wikipedia.org/wiki/Indentured\\_servant](https://en.wikipedia.org/wiki/Indentured_servant) . CIO

04/17/16 Sunday 1:50 P.M. I ate a roast beef and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and horseradish seasoned with ground black pepper, and a dill pickle slice and five ounces of red skin potato salad with a 12 ounce glass of Schweppes Ginger Ale. I chatted with a friend. On Greenwich Avenue, there is a two bedroom apartment across from CVS with living room and dining room for \$3,000 a month. In the new building on lower Greenwich restaurant where the Le Grand restaurant is, they are advertising a four bedroom apartment with roof patio. CIO

04/17/16 Sunday 12:55 P.M. I threw out the garbage. I went out in the frigid morning tundra of downtown Greenwich Avenue. I chatted with a friend on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I spent about 4.5 hours downtown. 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 four 12.6 ounce Ajax lemon dish washing detergent for .88 each and .20 tax for \$3.33 total. I also bought three .75 ounce Italian seasoning \$1 each, three 2.72 ounce garlic powder for \$1 each, and two 1.5 ounce ground black pepper for \$1 each, and two 4.25 ounce GEA almond clusters for \$1.99 each for \$11.98 total. I ate one of the bags of almond clusters while sitting out at the top of Greenwich Avenue. While walking down Greenwich Avenue, I found an old Frisbee, I threw in the back of the Volvo wagon with the other one I already had. I chatted with another regular. I chatted with a relative on my wireless telephone. I used the bathroom at Starbucks. They are still working on the redecorations. They now have more bar stools. I bought an Ace's High scratch card at Zen Stationary for a dollar, but I lost. I said hello to a young family visiting from Ireland. It was quite busy downtown with the usual Sunday morning crowd. The tulips downtown seem like they have another week before they are in full bloom. I learned from a relative visiting Vienna, Austria, the Lebeson stallions do not turn white until age five. When they are younger they are brown. I then went to the Stop and Shop. I bought 8 mini croissants for \$2.49, Stop and Shop deli roast beef for \$4.99 a pound for \$5, four 19 ounce Stouffer's meat lasagnas for \$3 each, a five quart box of Stop and Shop powdered milk for \$7.29, and bananas for .49 a pound for .89 for \$27.67 total. I then returned home to my Pied a Terre. I picked up the mail. I put away the groceries. CIO

End of Scott's Notes week of 04/17/16

04/17/16 Sunday 5:55 A.M. EMC 2016

<http://www.orange.fr/>

I will now send out my weekly notes. I will then make my bed. I will shower and clean up. I will then go downtown. CIO

04/17/16 Sunday 4:55 A.M. I went back to bed until 4:30 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/17/16 Sunday 12:15 A.M. I woke up at midnight. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/16/16 Saturday 2:05 P.M. The person from the Dominican Republic said there are salt water crocodiles there [https://en.wikipedia.org/wiki/Saltwater\\_crocodile](https://en.wikipedia.org/wiki/Saltwater_crocodile) , so I would not start packing my flip flops. CIO

04/16/16 Saturday 2:00 P.M. I ate a 14 ounce Boston Market Salisbury steak meal with macaroni and cheese and 5 ounces of red skin potato salad and a 12 ounce glass of Schweppes Ginger Ale. I will now take a nap. CIO

04/16/16 Saturday 1:25 P.M. I threw out the garbage. I went downtown. I walked lower 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 \$2 for a dollar profit. I chatted with someone from the Dominican Republic twice handing out Christian Tracks for <http://www.upci.org/> . I used the bathroom at CVS. I was downtown for about four hours enjoying the sunny day. I chatted with an older lady and her grandson about the tulips having a hard time blooming this year. I then drove down by the waterfront on Steamboat Road. The Port-O-Potty is back on the end of Steamboat Road by the pier. I also drove around Grass Island. I then returned home, and I chatted with neighbors for about an hour.

<http://www.newser.com/story/222942/huge-discovery-about-vikings-just-came-from-space.html?intcmp=hpdm> . CIO

04/16/16 Saturday 6:45 A.M. I lied down briefly. I chatted with a friend. I will now make my bed. I will then shower and clean up. I will then go downtown. I don't know whether or not I will have the energy to walk or not. CIO

04/16/16 Saturday 5:15 A.M. I went back to bed until 4:45 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/16/16 Saturday 12:40 A.M. I ate a blueberry muffin. I woke up at midnight. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/15/16 Friday 1:55 P.M. I will now shut down the primary work computer. I will then go to bed. CIO

04/15/16 Friday 1:30 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken meal with Smart Balance spread on the vegetables along with 3 ounces of potato salad and a 12 ounce glass of Schweppes Ginger Ale. I chatted with a neighbor. I printed out some Connecticut DMV information for the neighbor and delivered it to the neighbor's apartment. The neighbor gave me a piece of wild blueberry pie. CIO

04/15/16 Friday 12:25 P.M. I went out after the last note, and I drove the Merritt Parkway west to High Ridge Road in Stamford, and I went to the AAA Travel Office near the Merritt Parkway exit. Somebody I know from the Greenwich Hardware store told me where it was, since they have changed location, since I was last there in 1987. I got my Connecticut Driver's License renewed with the verified version for \$72. There was no wait. I showed them my old Connecticut driver's license, my Illinois birth certificate, my Social Security Card, and two pieces of mail with my current address on it. I then chatted with a friend. I returned to downtown Greenwich. I sat out for a while. I chatted with a local walker on my wireless telephone. At Zen stationary, I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at the Senior and the Arts center. I chatted with another local. I then went to the Acme grocery store. I bought two Boston Market frozen meals for \$3 each, a pound of red skin potato salad for \$3.99, and a four pack of blueberry muffins for \$3.99 for \$13.98 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$9.50 of self service V-Power premium gasoline for \$3.139 a gallon for 3.026 gallons at odometer reading of 112454 miles for 52.1 miles driven since Tuesday April 5, 2016 for 17.218 miles per gallon in mixed traffic. I then returned home, and I put away my groceries. I chatted with a relative. I made the May 2016 second payment of four payments on my six month GEICO automobile insurance policy. CIO

04/15/16 Friday 8:20 A.M. I watched "Prisoners of the Sun". CIO

04/15/16 Friday 6:25 A.M. Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

[https://www.groupon.com/deals/gl-old-salem-farm-spring-horse-shows?p=1&utm\\_source=newsletter\\_im&utm\\_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160414&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm\\_campaign=8f2b8f98-6804-41ae-940b-34373f54b27b\\_0\\_20160414\\_treatment4](https://www.groupon.com/deals/gl-old-salem-farm-spring-horse-shows?p=1&utm_source=newsletter_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160414&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=8f2b8f98-6804-41ae-940b-34373f54b27b_0_20160414_treatment4)

I called up Sweden at 1-301-276-0600 , and I chatted with a radiologist. CIO

04/15/16 Friday 5:20 A.M. <http://www.bbc.com/news/technology-35640031>

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

04/15/16 Friday 4:40 A.M. I threw out the garbage. I sat outside for a while. I picked up the mail. CIO

04/15/16 Friday 4:00 A.M. Local Austria news <http://www.thelocal.at/> . CIO

04/15/16 Friday 3:40 A.M. I went back to bed until 3:30 A.M.. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

04/14/16 Thursday 10:45 P.M. I chatted with a relative at 8:30 P.M.. I finally woke up at 10:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/14/16 Thursday 9:15 A.M.

[http://www.philly.com/philly/news/Shooting\\_holes\\_in\\_theory\\_that\\_a\\_Secret\\_Service\\_agent\\_killed\\_President\\_Kennedy.html](http://www.philly.com/philly/news/Shooting_holes_in_theory_that_a_Secret_Service_agent_killed_President_Kennedy.html)

<http://www.greenwichtime.com/life/escapes/article/The-Property-Brothers-offer-renovation-advice-7241366.php> CIO

04/14/16 Thursday 9:00 A.M. I chatted with a friend. I slept until 8:45 P.M.. I ate a small bowl of goldfish crackers with a glass of cold filtered water. CIO

04/14/16 Thursday 6:25 A.M. I watched "J.F.K., the Smoking Gun". I will now shut down the primary work computer, and I will go back to bed. CIO

04/14/16 Thursday 4:50 A.M. I watches episode 7 and 8 of "Birds of a Feather". I ate a roast beef and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and horseradish seasoned with ground black pepper, and a dill pickle slice and four ounces of red skin potato salad with a 12 ounce glass of Schweppes Ginger Ale. CIO

04/14/16 Thursday 3:05 A.M. I put away the clean laundry. Tomorrow is United States tax day. CIO

04/14/16 Thursday 2:10 A.M. <http://www.greenwichtime.com/life/travel/article/Trunk-Bay-is-America-s-best-kept-secret-paradise-7234365.php#photo-7704108>

### The Swedish Number

In 1766, Sweden became the first country in the world to introduce a constitutional law to abolish censorship. To honor this anniversary, Sweden is now the first country in the world to introduce its own phone number. Anyone can call and get connected to a random Swede, anywhere in Sweden. You can talk about anything you want. How cool is that?

And there is a USA telephone number to call – 1-301-276-0600 – so you don't have to make an international telephone call!

The Swedish Tourist Association is behind this. Learn more at <http://theswedishnumber.com/>

### Spring Ahead: Earth Day Activities and Thru Hiking Tales

#### UCL - Earth and Life Institute

<http://www.sginapoli2016.it/home/index.php/en/>

[http://travel.aarp.org/articles-tips/articles/info-10-2012/pictures-nature-wildlife-parks.html?cmp=EMC-DSO-NLC-RSS-TRAVEL--CTRL-041216-P1-1186805&ET\\_CID=1186805&ET\\_RID=121632&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHHeasCar6IS/I=](http://travel.aarp.org/articles-tips/articles/info-10-2012/pictures-nature-wildlife-parks.html?cmp=EMC-DSO-NLC-RSS-TRAVEL--CTRL-041216-P1-1186805&ET_CID=1186805&ET_RID=121632&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHHeasCar6IS/I=) CIO

04/14/16 Thursday 1:45 A.M. I have 55 minutes to go on two dry cycles. CIO

04/14/16 Thursday 1:25 A.M. I put clean linens on the bed. I showered, and I clean up. I started two loads of wash, and I have ten minutes to go on them. I chatted with a neighbor. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

04/13/16 Wednesday 11:25 P.M. I chatted with a relative at 3 P.M.. I woke up at 11 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/13/16 Wednesday 11:10 A.M. I ate a roast beef and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and horseradish seasoned with ground black pepper, and a dill pickle slice and four ounces of red skin potato salad with a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computer, and I will go to bed. CIO

04/13/16 Wednesday 10:40 A.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. Starbucks is opened, but they still have construction at night. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by CVS. I bought four 14.5 ounce Chef Boyardee ravioli for .74 each for \$2.96 total. I then bought two six yard by .75 inch rolls of cloth tape for \$1.14 each, buy one CVS Athlete's Foot Cream 1 ounce for \$12.29 and the second one for \$6.14 and .14 tax for \$20.85 total. After I finished my walk, I stopped by briefly at the Senior and the Arts center. I then went to the Stop and Shop. I bought an 8 pack of mini croissants for \$2.49, deli sliced Stop and Shop roast beef for \$9.99 a pound for \$5.09, one pound of Stop and Shop red skin potato salad for \$3.49, two Marie Callender 13 ounce meals for \$2.50 each, a quart jar of Mount Olive kosher dill pickles for \$2, a one pound bag of baby carrots for \$1.49, two baking potatoes for .99 a pound for \$1.39 for \$20.95 total. I then returned home, and I put away the groceries. CIO

04/13/16 Wednesday 6:30 A.M. I watched "My Life so Far". I will now go downtown for a breath of cool air. CIO

04/13/16 Wednesday 4:50 A.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of Schweppes Ginger Ale. CIO

04/13/16 Wednesday 4:25 A.M. I watched episode 5 and 6 of "Birds of a Feather". CIO

04/13/16 Wednesday 2:05 A.M. I went back to bed until 2 A.M.. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

04/12/16 Tuesday 11:05 P.M. I went back to bed until 10:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/12/16 Tuesday 8:55 P.M. I chatted with a relative at 5 P.M.. I chatted with another relative at 8 P.M.. I finally woke up at 8:30 P.M.. CIO

04/12/16 Tuesday 6:55 A.M. I will now shut down the primary work computer, and I will go back to bed. CIO

04/12/16 Tuesday 6:40 A.M. I watched "Chaplin". I ate a bunch of green seedless grapes. CIO

04/12/16 Tuesday 3:40 A.M. I ate three On Cor chicken patties with tomato sauces on them, a baked potato with Smart Balance spread and extra virgin olive oil, steamed baby carrots with steamed sliced asparagus seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, grated parmesan and Romano cheese, and extra virgin olive oil, a 12 ounce glass of Schweppes Ginger Ale, and a cup of chamomile tea with Equal sweetener. CIO

04/12/16 Tuesday 3:00 A.M. I watched episode 3 and 4 of "Birds of a Feather". CIO

04/12/16 Tuesday 2:05 A.M. MSNoise 1.4 — MSNoise | A Python Package for Monitoring Seismic Velocity Changes using Ambient Seismic Noise CIO

04/12/16 Tuesday 1:10 A.M. I went back to bed until 12:30 A.M.. I made my bed and showered and cleaned up. CIO

04/11/16 Monday 10:50 P.M. I went back to bed until 9 P.M. I chatted with a relative. The relative got the Hallmark birthday card. I threw out the garbage. I went downtown without cleaning up. I went by CVS on Greenwich Avenue. I bought from the 75% off section, three Kellogg's Special K 1.4 sour cream and onion chips for \$1.12, four 14.2 ounce Chef Boyardee beef ravioli bowls for .74 each, three 15 ounce Hormel chili without beans for .82 each, and a 19 ounce Progresso tomato basil soup for .74 for \$9.52 total. I then went further downtown. I sat out for a while without anything going on. They are remodeling Starbucks on Greenwich Avenue, so it was not opened for business. I then went by the Stop and Shop. I bought a loaf of Pepperidge Farm whole grain 15 grain bread \$2.50, two 13 ounce Marie Callender meals for \$2.50 each, and a 30 ounce Pepperidge Farm flavor blaster goldfish crackers for \$7.99, and bananas for .49 a pound for \$1.13 for \$16.62 total. I then returned home, and I said hello to neighbors. I put away my groceries. I will now make up a batch of punch. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/11/16 Monday 7:15 P.M. A neighbor rang my door bell at 9 A.M.. The neighbor needed help with a new wireless telephone. I told the neighbor, I would help later in the day. I finally woke up at 5:30 P.M., when the building fire alarm went off. It was cooking smoke, and a neighbor needing an ambulance. I picked up my mail. I tried to help the neighbor with his new TracFone cell phone, but he needs the account number and pin number from his old AT&T phone. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I got the redetermination on my SNAP EBT account from the Connecticut Department of Social Services. It will continue to be \$169 a month. CIO

04/11/16 Monday 7:15 A.M. I chatted with a friend. I will now rest for a while. CIO

04/11/16 Monday 6:45 A.M. I watched episodes 1 and 2 of "Birds of a Feather". I ate some red and pink Starburst jelly beans. CIO

04/11/16 Monday 5:05 A.M. I watched "NOVA, Rise of the Hackers". CIO

04/11/16 Monday 3:30 A.M. I ate three On Cor chicken patties with tomato sauces on them, a baked potato with Smart Balance spread and extra virgin olive oil, steamed baby carrots with steamed sliced asparagus seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, grated parmesan and Romano cheese, and extra virgin olive oil, a 12 ounce glass of Schweppes Ginger Ale, and a cup of chamomile tea with Equal sweetener. CIO

04/11/16 Monday 2:15 A.M. I threw out the garbage. I sat outside for a while in the cool night air. I can not hear any traffic over on nearby I-95. Thus it seems to be all quiet out in the tundra of greater southwestern Connecticut without much happening. CIO

04/11/16 Monday 1:10 A.M. I went back to bed until 1 A.M.. I will now make my bed. I will then shower and clean up. I can not figure out why I am sleeping so much, unless it is because of the cold weather in the winter that older people need more rest like hibernating. CIO

04/10/16 Sunday 11:30 P.M. I went back to bed until 11:15 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk.

[http://www.bbc.com/news/video\\_and\\_audio/headlines/36008856](http://www.bbc.com/news/video_and_audio/headlines/36008856) CIO

04/10/16 Sunday 7:45 P.M. I ate a bunch of grapes. I chatted with a relative at 9:30 A.M.. I chatted with a friend at 3:30 P.M.. I finally woke up at 7:15 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

End of Scott's Notes week of 04/10/16

04/10/16 Sunday 5:05 A.M. I will now send out my weekly notes. I will then rest for a while. CIO

04/10/16 Sunday 4:55 A.M. I watched episode 6 of "Secrets of British Castles" and "Secrets of Chatsworth". CIO

04/10/16 Sunday 3:00 A.M. I ate a 16 ounce Marie Callender beef pot pie with 4 ounces of potato salad and a 12 ounce glass of Schweppes Ginger Ale. CIO

04/10/16 Sunday 2:20 A.M. [http://www.apmex.com/product/55644/1-oz-silver-round-morgan-dollar-design??utm\\_source=ebaymerch&utm\\_medium=cpc&utm\\_campaign=shopping\\_engine](http://www.apmex.com/product/55644/1-oz-silver-round-morgan-dollar-design??utm_source=ebaymerch&utm_medium=cpc&utm_campaign=shopping_engine)

[http://flash.newegg.com/Product/N82E16834264237?icid=WP\\_6\\_04062016](http://flash.newegg.com/Product/N82E16834264237?icid=WP_6_04062016)

<http://www.greenwichtime.com/local/article/Connecticut-police-cracking-down-on-distracted-7238548.php>. CIO

04/10/16 Sunday 1:05 A.M. I will now make my bed. I will then shower and clean up. CIO

04/10/16 Sunday 12:45 A.M. I went back to bed until 12:15 A.M.. I guess I am on the Norwegian vampire watch as usual. I threw out the garbage. It is clear and cool outside. I picked up the mail. Ted Cruz is on the cover of Time Magazine this week. CIO

04/09/16 Saturday 10:40 P.M. I went back to sleep until 10:15 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/09/16 Saturday 7:45 P.M. I went back to bed after the last note. I had a telephone call about 3 P.M. from a Donald Trump operative to vote in the Connecticut primary on Tuesday April 26. I went back to bed until 7 P.M.. I chatted with two relatives. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. We might have a little bit of snow this evening. CIO

04/09/16 Saturday 1:25 P.M. I woke up at 4:30 A.M., and I ate two small bowls of goldfish crackers and two dried pineapple rings. I watched episode 5 of "Secrets of British Castles". I finally woke up at 1 P.M.. CIO



04/08/16 Friday 11:50 P.M. I watched episode 4 of "Secrets of British Castles". I will now shut down the primary work computer. I eat a blueberry muffin, and I will go to bed. CIO

04/08/16 Friday 10:55 P.M. I took a 3 ounce package of Ramen chicken noodles with flavor pouch, and I added its contents to a plastic microwave proof pot with lid, and I added a 15 ounce can of Campbell's French onion condensed soup and a 15 ounce can of water. I heated in the microwave oven for eight minutes on 60% power. I ate it in my large Cobalt blue soup bowl with a glass of cold filtered water. I have been eating the dried pineapple rings for the last day. I have two left. CIO

04/08/16 Friday 10:25 P.M. I chatted with a neighbor. I did not get any mail today. I went downtown, and I went to CVS on Greenwich Avenue. I picked up a prescription. I bought two 14 ounce Starburst jelly beans for \$1.59 each for \$3.18 total. I then went further downtown. I had to remove and replace the battery on my Obama phone to get it to boot up. I sat in Starbucks for that procedure. I walked lower Greenwich Avenue and the train station area. There were lots of diners out enjoying dinner on lower Greenwich Avenue. I did not walk upper Greenwich Avenue to save my energy. I then went to the Stop and Shop. I bought four Marie Callender 16 ounce chicken pot pies for \$1.99 each and four Marie Callender 13 ounce frozen dinners for \$2.50 each and one for \$1.99 less 40 cents off can return for \$17.05 total. I then returned home to Chez Mike's. I put away my food. CIO

04/08/16 Friday 7:25 P.M. I will now dress up warmly, and I will go downtown to enjoy the frigid evening activities. CIO

04/08/16 Friday 7:20 P.M. I woke up at 6 P.M.. I chatted with a relative and two friends. In Connecticut, if one uses one's cell phone for talking or texting while driving, it is \$150 fine the first time, \$300 for the second offence, and \$500 for each offence after that. Offences also effect the car insurance premium. CIO

04/08/16 Friday 4:45 P.M. I chatted with a friend. CIO

04/08/16 Friday 4:20 P.M. I ate a 13 ounce Marie Callender orange chicken with a 12 ounce glass of Schweppes Ginger Ale. I will now rest for a while. CIO

04/08/16 Friday 3:55 P.M. I pasted the Greenwich Housing Authority inspection. They still think I should down size my furnishings a bit. CIO

04/08/16 Friday 3:10 P.M. Why the Dutch are Different - Ben Coates - ISBN 9781857886337 CIO

04/08/16 Friday 2:20 P.M. While waiting for my appointment, I chatted with a relative. I am back from my 1:30 P.M. appointment. CIO

04/08/16 Friday 10:55 A.M. I went back to bed until 10:30 A.M.. I ate two mini croissants and a toasted English muffin with Smart Balance spread. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I have a 1:30 P.M. appointment this afternoon. I also have my apartment inspection at 3:15 P.M.. I will now make my bed. I will then shower and clean up. CIO

04/08/16 Friday 4:30 A.M. I went back to bed until 4:15 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/07/16 Thursday 11:40 P.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise, reheated onion rings, and 8 ounces of potato salad and a kosher dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. CIO

04/07/16 Thursday 11:05 P.M. I threw out the garbage. I went out, and I stopped by the Stop and Shop. I bought 8 mini croissants for \$2.49, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$2.99, some deep fat fried onion rings for .90, bananas for .49 a pound for .64, and dried pineapple slices for \$3.99 for \$11.01 total. I then drove through the center of downtown Greenwich. I only saw a few pub crawlers. I returned home. I said hello to a neighbor. I put away my purchases. CIO

04/07/16 Thursday 9:35 P.M. I went back to bed until 9:15 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will then wash the breakfast dishes. CIO

04/07/16 Thursday 6:20 P.M. I woke up at 4:30 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I watched episode 3 of "Secrets of the Great British Castles". I went back to bed at 6 A.M.. I woke up at 4 P.M., when a neighbor delivered the order with tracking is [UPS: Tracking Information](#) on the order for five 100 capsule RNA DNA [http://www.allstarhealth.com/de\\_p/17166/Good\\_'N\\_Natural\\_RNA\\_%28100mg%29\\_DNA\\_%28100mg%29.htm](http://www.allstarhealth.com/de_p/17166/Good_'N_Natural_RNA_%28100mg%29_DNA_%28100mg%29.htm) for \$4.69 each and \$5.95 shipping for \$29.40 total. I chatted with a relative at 4:30 P.M.. I finally woke up at 6 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/07/16 Thursday 2:45 A.M. I watched episode 1 and 2 of "Secrets of the Great British Castles". I will now shut down the primary work computer, and I will go to bed. CIO

04/07/16 Thursday 12:35 A.M. I put away the clean laundry. I am reheating and just about to eat the remaining linguine and tomato meatball sauce which I will put grated parmesan and Romano cheese on. I will eat it with a 12 ounce glass of Schweppes Ginger Ale. CIO

04/06/16 Wednesday 11:55 P.M. I have a birthday card ready to mail to a relative. I put two 49 cent forever stamps on it. I will mail it in the mail room downstairs.

Why some people are scared of Florida <http://www.foxnews.com/us/2016/04/06/hunters-kill-15-foot-800-pound-alligator-believed-to-have-attacked-cattle.html?intcmp=trending> . CIO

04/06/16 Wednesday 11:15 P.M. I have 55 minutes to go on two dry cycles. Down in Key West in the mid 1970s, people use to do laundry on rainy days, and frequently hang out there to get out of the rain. Jimmy Buffet used to play his guitar at the Nantucket laundromat. If one is without shelter in Greenwich, Connecticut, I think the Cos Cob laundromat is opened 24 hours a day. CIO

04/06/16 Wednesday 10:45 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

04/06/16 Wednesday 9:25 P.M. I went back to bed until 8:30 P.M.. I chatted with a relative. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/06/16 Wednesday 5:40 P.M. While sleeping, I woke up, and I ate a bunch of green seedless grapes and two mini croissants. I finally woke up at 5:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/06/16 Wednesday 3:25 A.M. I watched "Martin Clunes' Horsepower". I also ate a bag of microwave popcorn. Alas outside of a couple of family members and a few friends, nobody communicated too much anymore besides bothersome telemarketers trying to get money. I guess at an older age, I have to learn to relax and enjoy the peaceful quiet environment around me that I am familiar with. I guess with electronic communications through the internet, I can scour the world for signs of intelligence beyond or simple native village on the Atlantic ocean of the Western Hemisphere. After 25 or more years of personal computers, I am familiar with them. Alas a lot else has changed in the world that I am not too familiar with.

<http://www.bbc.com/news/technology-35940300>

<http://www.bbc.com/news/health-35959556>

It is 25 degrees Fahrenheit outside <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.VwS4U31V-71>

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

04/06/16 Wednesday 12:30 A.M. I ate a bunch of green seedless grapes.

[\\$32 Amazon.com: Black & Decker P2G7B Power To Go Lithium Battery Booster: Automotive](#) CIO

04/05/16 Tuesday 11:50 P.M. My [www.eversource.com](http://www.eversource.com) bill for April 2016 was \$126.19 for 608 kWh for 32 days for 19 kWh per day with an average temperature of 45.8 degrees Fahrenheit. For April 2015, it was \$214.54 for 1032 kWh for 29 days for 35.59 kWh per day with an average temperature of 35.1 degrees Fahrenheit. CIO

04/05/16 Tuesday 11:20 P.M. I reheated and ate half of the remaining linguine, tomato and meatball sauce from last night with grated parmesan and Romano cheese on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

04/05/16 Tuesday 10:55 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue, and I picked up a prescription. I then went further downtown, and I sat out for a while. I used the wireless briefly

at Starbucks and the bathroom also. I then drove down by the waterfront on Steamboat Road. It looks perfectly normal down there. <http://lescalerestaurant.com/> was very busy. They are building more townhouses across from 600 Steamboat Road. I then went by CVS again. I bought buy one get one free of CVS 200 tablet 1000 mcg vitamin B-12 for \$11.99 both. I then went by the Stop and Shop. I bought a 59 ounce Simply Orange orange juice for \$3, 16 ounces of prepared potato salad for \$3.49, two 42 ounce Quaker Old Fashioned oatmeal for \$4.99 each, a 64 ounce Welch's grape juice for \$4.19, a 64 ounce Ocean Spray cranraspberry juice for \$2.50 for \$23.16 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6 of self service V-Power premium gasoline for \$2.979 a gallon for 2.014 gallons at odometer reading of 112401 miles for 27.4 miles driven since Tuesday March 29, 2016 for 13.605 miles per gallon in mostly local traffic. I then returned home to Chez Mike's. CIO

04/05/16 Tuesday 7:35 P.M. I chatted with a relative. I woke up at 7:30 P.M.. I will now make my bed. I will the shower and clean up. I will then go downtown. CIO

04/05/16 Tuesday 5:40 P.M. I woke up at 5:15 P.M.. I chatted with a friend. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/05/16 Tuesday 3:40 P.M. I woke up and ate a blueberry muffin. I woke up at 3:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/05/16 Tuesday 2:10 A.M. I watched "Tinker, Taylor, Soldier, Spy". I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed. CIO

04/04/16 Monday 11:40 P.M. Arabian Journal of Geosciences - All Volumes & Issues - Springer

Tracking is UPS: Tracking Information on the order for five 100 capsule RNA DNA [http://www.allstarhealth.com/de\\_p/17166/Good\\_'N\\_Natural\\_RNA\\_%28100mg%29\\_DNA\\_%28100mg%29.htm](http://www.allstarhealth.com/de_p/17166/Good_'N_Natural_RNA_%28100mg%29_DNA_%28100mg%29.htm) for \$4.69 each and \$5.95 shipping for \$29.40 total.

Lost in Nicaragua, a Chinese Tycoon's Canal Project - The New York Times CIO

04/04/16 Monday 11:20 P.M. I cooked up a 16 ounce box of linguine. While doing that I put a 26 ounce of Prego tomato meat sauce in a pot with lid, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, celery salt, and Frank's hot sauce. I heated and simmered it. For the last eight minutes I heat a 24 ounce Mama Mancini stuffed meatballs and tomato sauce. I put half of each of the ingredients on a dinner plate with grate parmesan and Romano cheese. I refrigerated the other half in a large flat Rubbermaid container. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

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04/04/16 Monday 9:45 P.M. I threw out the defective Dell 20 inch monitor in the dumpster. I kept the power supply since I have two other monitors like it. The monitor had a vertical line in it. Also I threw out the lantern shipping box. I sat outside for a while enjoying the cold evening. The tulips downtown at the veterans monument across from the Senior and the Arts center are halfway out of the ground, so hopefully they will survive the cold weather tonight. It is suppose to go down to 26 degrees Fahrenheit tonight.

04/04/16 Monday 9:00 P.M. I went back to bed until 8:30 P.M.. I chatted with two relatives. I will now make my bed. I will then shower and clean up. I put three Alkaline D batteries in the new lantern, and I set it on the IBM ThinkCentre beneath the Ocosmo TV with the other lanterns. I moved the two DeLonghi oil filled radiators underneath the bedroom desk. I have to throw out the defective Dell 20 inch monitor that was stored there. CIO

04/04/16 Monday 7:35 P.M. I went back to bed until 7 P.M.. I ate 8 ounces of cheery tomatoes that I added one eighth of a diced sweet onion to, and I seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, white vinegar and extra virgin olive oil. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/04/16 Monday 5:20 P.M. I picked up the mail. The order with Tracking Computer Parts, PC Components, Laptop Computers, LED LCD TV, Digital Cameras and more - Newegg.com on the order for for \$4.99 <http://www.newegg.com/Product/Product.aspx?Item=N82E16886277017&ignorebbr=1> with coupon code "0329MADMCH237" and .99 shipping for \$5.98 total arrived. I went out the Chase Bank at Deerfield Place. I then went to the Wells Fargo Bank at the Stop and Shop plaza, and I paid my rent to the Greenwich Housing Authority. I then returned home. I saw a neighbor in the driveway. I gave the neighbor a ride CVS on West Putnam Avenue. I bought buy one get on free of CVS 60 capsule 1000 mg MSM for \$8.49 both. I then drove the neighbor to the Valley Road Post Office. I then returned back home. CIO

04/04/16 Monday 3:00 P.M. I woke up at 2:30 P.M.. I moved the Volvo wagon to its usual place. I threw out the garbage. I chatted with neighbors. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/04/16 Monday 3:50 A.M. I ate a bunch of green seedless grapes. I will now shut down the primary work computer, and I will go to bed. CIO

04/04/16 Monday 3:30 A.M. Maybe we should have a web cam down on the pier on Steamboat Road like this <http://southernmostpointwebcam.com/> . CIO

04/04/16 Monday 2:40 A.M. I watched "King Arthur". I ate a bunch of green seedless grapes. The imported grapes come from the country of Chile. CIO

04/03/16 Sunday 11:40 P.M. Choxi Deals CIO

04/03/16 Sunday 10:50 P.M. For dinner I ate 9 ounces of Perdue grilled white breast meat chicken strips with a baked potato and steamed sliced asparagus and baby carrots with Smart Balance Spread and extra

virgin olive oil on the vegetables seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt and grated parmesan and Romano cheese, extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of chamomile tea with Equal sweetener. CIO

04/03/16 Sunday 10:10 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought a 18 double roll bundle of Cottonelle toilet paper for \$9.99, two 12.5 ounce Alberto VO5 KiWi and Lyme conditioner for \$1.27 each, two Alberto VO5 KiWi and Lyme shampoo for \$1.27 each less a \$5 off \$15 CVS coupon and .64 tax for \$10.71 total. I then bought an 8 pack of CVS alkaline D batteries for \$9.99 less a \$5 bonus bucks coupon from the previous purchase and .32 tax for \$5.31 total. I then bought a small wintergreen altoids for \$1.25 less a \$1 off bonus bucks coupon from the previous purchase .02 tax for .27 total. I then drove further downtown, and I chatted with a relative on my wireless telephone. I chatted with a regular at Starbucks. I used the wireless in front of the senior and the arts center. It was real slow without much going on downtown. I then went to the Stop and Shop. I chatted with a former neighbor from back country. I bought a 8 pack of mini croissants for \$2.49, a 45 ounce Smart Balance spread for \$6.99, a five quart box of Stop and Shop powdered milk for \$7.29, a 12 ounce generic honey for \$2.50, bananas for .49 a pound for \$1.50, a pound of baby carrots for \$1.49, fresh asparagus for \$2.99 a pound for \$3.11 for \$25.37 total. I then returned home, and I put away my groceries. CIO

04/03/16 Sunday 6:45 P.M. I went back to bed until 6:15 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk and a mini croissant. I will now make my bed. I will shower and clean up. I will then go downtown. CIO

04/03/16 Sunday 2:25 P.M. I chatted with a relative at 10:30 A.M.. I woke up at 2 P.M., and I did a republican survey. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

End of Scott's Notes week of 04/03/16

04/03/16 Sunday 1:15 A.M. I watched "Elizabeth". I ate a bunch of green seedless grapes. I will now send out my weekly notes. I can here thunder out in the distance. I will shut down the primary work computer, and I will go to bed. CIO

04/02/16 Saturday 10:35 P.M. I chatted with a friend. CIO

04/02/16 Saturday 9:35 P.M. I took a 27 ounce Freschaita Margaretville pizza, and I put it on a baking sheet. I seasoned it with Italian seasoning, ground black pepper, celery salt, garlic powder, grated parmesan and Romano cheese and extra virgin olive oil. I am now baking it in the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will eat it with a 12 ounce glass of Schweppes Ginger Ale. I eat my pizzas with a knife and fork. I have a pizza cutter to cut it into four slices. CIO

04/02/16 Saturday 9:20 P.M. I ordered five 100 capsule RNA DNA

[http://www.allstarhealth.com/de\\_p/17166/Good 'N Natural RNA %28100mg%29 DNA %28100mg%29.htm](http://www.allstarhealth.com/de_p/17166/Good_N_Natural_RNA_%28100mg%29_DNA_%28100mg%29.htm) for \$4.69 each and \$5.95 shipping for \$29.40 total. CIO

04/02/16 Saturday 8:15 P.M. Town of Greenwich Emergency Notice:

Town of Greenwich, CT

April 2, 2016 3:30PM

This is Captain Robert Berry from the Greenwich Police Department with an advisory message from First Selectman Peter Tesei. The Town of Greenwich is forecasted to experience an extreme weather event beginning late tonight through Sunday afternoon. A high wind warning is in effect from midnight tonight through 2pm Sunday, with gusts up to 60 miles per hour. Initial thunder storms may transition to snow with 1-3 inches possible along the coast line and slightly more in land. Temperatures will drop this evening to near or below freezing. Blizzard like conditions are possible.

Residents are encouraged to stay off the roads tonight and tomorrow morning as travel may be hazardous with fallen trees and treacherous roadway conditions. Downed power lines may result in the loss of power. Please plan accordingly for needed medications and special medical requirements such as oxygen.

The Town has assembled extra public safety, public works, and parks and recreation crews to deal with any issues and we have requested standby crews from Eversource, our electricity provider. The Police Lobby will be open as a warming station if needed.

Anyone experiencing an emergency should contact 9-1-1. Non-emergency situations should be reported to the public safety dispatch center at 203-622-8004 or -8005. Updates will be posted to the Town of Greenwich website, as well as to the Town of Greenwich Twitter and Facebook accounts.

CIO

04/02/16 Saturday 8:10 P.M. I chatted with a relative. CIO

04/02/16 Saturday 7:25 P.M. I threw out the garbage. I picked up the mail. I have a Greenwich Housing Authority inspection this Friday April 8, 2016 at 3:15 P.M.. I chatted with a relative. I will now make my bed. I will then shower and clean up. CIO

04/02/16 Saturday 7:00 P.M. I rested some more until 6:30 P.M.. I ate 8 ounces of cheery tomatoes that I added one eighth of a diced sweet onion to, and I seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, white vinegar and extra virgin olive oil. I ate it with a glass of cold filtered water. I ate a mini croissant. CIO

!!!!!! 04/02/16 Saturday 3:55 P.M. I went back to bed until 3:30 P.M.. I received the Town of Greenwich reverse emergency call saying starting at midnight tonight until 2 P.M. tomorrow there will be high winds to 60 miles per hour and possible three inches of snow

[http://www.greenwichct.org/News/First\\_Selectman/storm\\_advisory\\_message\\_from\\_first\\_selectman\\_peter\\_tesi/](http://www.greenwichct.org/News/First_Selectman/storm_advisory_message_from_first_selectman_peter_tesi/). I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/02/16 Saturday 1:50 P.M. I chatted with a relative at 11:30 A.M.. I woke up at 1:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/02/16 Saturday 12:30 A.M. I watched "The Emperor's Ghost Army". I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

04/01/16 Friday 11:20 P.M. <http://wtnh.com/2016/03/31/elderly-woman-saved-from-sinking-car-in-groton/>

Well, I guess I should try to figure out some way without caffeine to start sleeping less. Still for the last three months, when ever I eat I seem to get tired. I have been sleeping 12 to 14 or more hours a day. Maybe it is old age setting in. A relative three years older than me that would have the same genes started sleeping more two to three years ago. I guess if I lost 50 to 70 pounds, I might feel better. However, I don't think I eat that much, but the weight does not come off. I have been trying to change my diet in hopes of feeling better and losing weight. I will now eat a bunch of green seedless grapes. I hear more jet traffic at the nearby airport. Maybe some of the warm weather people are returning north at the first of the month. However, it is suppose to get colder again. CIO

04/01/16 Friday 11:00 P.M. I watched episode 4 and 5 of "Monumental Mysteries". CIO

04/01/16 Friday 9:20 P.M. Tracking is [Tracking Computer Parts, PC Components, Laptop Computers, LED LCD TV, Digital Cameras and more - Newegg.com](#) on the order for for \$4.99 <http://www.newegg.com/Product/Product.aspx?Item=N82E16886277017&ignorebbr=1> with coupon code "0329MADMCH237" and .99 shipping for \$5.98 total. Nearby retirement home <http://www.theosborn.org/>. CIO

04/01/16 Friday 9:05 P.M. I ate a 13 ounce Marie Callender chicken and shrimp Alfredo dinner with grated parmesan and Romano cheese on it along with 8 ounces of cheery tomatoes that I added one eighth of a diced sweet onion to, and I seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, grated parmesan and Romano cheese and extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale. CIO

04/01/16 Friday 8:25 P.M. I threw out the garbage. I went by the Acme grocery store. I bought green seedless grapes for \$1.48 a pound for \$7.29, a four pack of blueberry muffins for \$3.99 for \$11.27 total. I then bought buy one get one free of six packs of Thomas' English muffins for \$4.39 both. I then went downtown. I chatted with two regular cigar smokers I had not seen in a while. I walked lower Greenwich Avenue and the train station area. I chatted with another regular dining outside. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost. At the Greenwich Cigar store, I bought an Ace's High scratch card for a dollar, and I lost again. The French file festival was going on at the movie theatre. It started to rain. I chatted with a friend on my wireless phone while back by my Volvo wagon. I began to thunderstorm and



lightning heavily with heavy rain. I returned home. I picked up the mail. I put away the groceries. I chatted with a relative twice. CIO

04/01/16 Friday 5:35 P.M. I went through <http://scott-mike.com/bf.htm> . I will make my bed. I will then shower and clean up and go downtown. CIO

04/01/16 Friday 4:45 P.M. I went back to bed until 4:15 P.M.. I chatted with a friend. I opened the living room window with the fan going in front of it. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/01/16 Friday 2:05 P.M. I chatted with a friend. Viking news <http://www.bbc.com/news/magazine-35935725> . CIO

04/01/16 Friday 1:15 P.M. <http://www.greenwichtime.com/technology/businessinsider/article/BMW-and-Microsoft-teamed-up-for-this-slick-smart-7221540.php> . CIO

04/01/16 Friday 1:05 P.M. I woke up at 6:30 A.M., and I chatted with a friend. I went back to bed until 12:45 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/01/16 Friday 3:30 A.M. I woke up at 3 A.M.. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.eversource.com> electricity bill and my <http://www.verizon.net/> bill. My current Optimum bill was about \$173, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$73 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now go back to bed. CIO

04/01/16 Friday 12:35 A.M. I will now eat a blueberry muffin, and I will go back to bed. CIO

04/01/16 Friday 12:15 A.M. I watched episode 3 of "Monumental Mysteries". I ate a bunch of white seedless grapes. CIO

CIO

04/06/16 Wednesday 11:15 P.M. I have 55 minutes to go on two dry cycles. Down in Key West in the mid 1970s, people use to do laundry on rainy days, and frequently hang out there to get out of the rain. Jimmy Buffet used to play his guitar at the Nantucket laundromat. If one is without shelter in Greenwich, Connecticut, I think the Cos Cob laundromat is opened 24 hours a day. CIO

04/06/16 Wednesday 10:45 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

04/06/16 Wednesday 9:25 P.M. I went back to bed until 8:30 P.M.. I chatted with a relative. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/06/16 Wednesday 5:40 P.M. While sleeping, I woke up, and I ate a bunch of green seedless grapes and two mini croissants. I finally woke up at 5:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/06/16 Wednesday 3:25 A.M. I watched "Martin Clunes' Horsepower". I also ate a bag of microwave popcorn. Alas outside of a couple of family members and a few friends, nobody communicated too much anymore besides bothersome telemarketers trying to get money. I guess at an older age, I have to learn to relax and enjoy the peaceful quiet environment around me that I am familiar with. I guess with electronic communications through the internet, I can scour the world for signs of intelligence beyond or simple native village on the Atlantic ocean of the Western Hemisphere. After 25 or more years of personal computers, I am familiar with them. Alas a lot else has changed in the world that I am not too familiar with.

<http://www.bbc.com/news/technology-35940300>

<http://www.bbc.com/news/health-35959556>

It is 25 degrees Fahrenheit outside <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.VwS4U31V-71>

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

04/06/16 Wednesday 12:30 A.M. I ate a bunch of green seedless grapes.

\$32 Amazon.com: Black & Decker P2G7B Power To Go Lithium Battery Booster: Automotive CIO

04/05/16 Tuesday 11:50 P.M. My [www.eversource.com](http://www.eversource.com) bill for April 2016 was \$126.19 for 608 kWh for 32 days for 19 kWh per day with an average temperature of 45.8 degrees Fahrenheit. For April 2015, it was \$214.54 for 1032 kWh for 29 days for 35.59 kWh per day with an average temperature of 35.1 degrees Fahrenheit. CIO

04/05/16 Tuesday 11:20 P.M. I reheated and ate half of the remaining linguine, tomato and meatball sauce from last night with grated parmesan and Romano cheese on it. I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

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04/05/16 Tuesday 3:40 P.M. I woke up and ate a blueberry muffin. I woke up at 3:15 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

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04/03/16 Sunday 11:40 P.M. Choxi Deals CIO

04/03/16 Sunday 10:50 P.M. For dinner I ate 9 ounces of Perdue grilled white breast meat chicken strips with a baked potato and steamed sliced asparagus and baby carrots with Smart Balance Spread and extra virgin olive oil on the vegetables seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt and grated parmesan and Romano cheese, extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of chamomile tea with Equal sweetener. CIO

04/03/16 Sunday 10:10 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought a 18 double roll bundle of Cottonelle toilet paper for \$9.99, two 12.5 ounce Alberto VO5 KiWi and Lyme conditioner for \$1.27 each, two Alberto VO5 KiWi and Lyme shampoo for \$1.27 each less a \$5 off \$15 CVS coupon and .64 tax for \$10.71 total. I then bought an 8 pack of CVS alkaline D batteries for \$9.99 less a \$5 bonus bucks coupon from the previous purchase and .32 tax for \$5.31 total. I then bought a small wintergreen altoids for \$1.25 less a \$1 off bonus bucks coupon from the previous purchase .02 tax for .27 total. I then drove further downtown, and I chatted with a relative on my wireless telephone. I chatted with a regular at Starbucks. I used the wireless in front of the senior and the arts center. It was real slow without much going on downtown. I then went to the Stop and Shop. I chatted with a former neighbor from back country. I bought a 8 pack of mini croissants for \$2.49, a 45 ounce Smart Balance spread for \$6.99, a five quart box of Stop and Shop powdered milk for \$7.29, a 12 ounce generic honey for \$2.50, bananas for .49 a pound for \$1.50, a pound of baby carrots for \$1.49, fresh asparagus for \$2.99 a pound for \$3.11 for \$25.37 total. I then returned home, and I put away my groceries. CIO

04/03/16 Sunday 6:45 P.M. I went back to bed until 6:15 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk and a mini croissant. I will now make my bed. I will shower and clean up. I will then go downtown. CIO

04/03/16 Sunday 2:25 P.M. I chatted with a relative at 10:30 A.M.. I woke up at 2 P.M., and I did a republican survey. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

End of Scott's Notes week of 04/03/16

04/03/16 Sunday 1:15 A.M. I watched "Elizabeth". I ate a bunch of green seedless grapes. I will now send out my weekly notes. I can hear thunder out in the distance. I will shut down the primary work computer, and I will go to bed. CIO

04/02/16 Saturday 10:35 P.M. I chatted with a friend. CIO

04/02/16 Saturday 9:35 P.M. I took a 27 ounce Freschaita Margaretville pizza, and I put it on a baking sheet. I seasoned it with Italian seasoning, ground black pepper, celery salt, garlic powder, grated parmesan and Romano cheese and extra virgin olive oil. I am now baking it in the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will eat it with a 12 ounce glass of Schweppes Ginger Ale. I eat my pizzas with a knife and fork. I have a pizza cutter to cut it into four slices. CIO

04/02/16 Saturday 9:20 P.M. I ordered five 100 capsule RNA DNA [http://www.allstarhealth.com/de\\_p/17166/Good 'N Natural RNA %28100mg%29 DNA %28100mg%29.htm](http://www.allstarhealth.com/de_p/17166/Good_N_Natural_RNA_%28100mg%29_DNA_%28100mg%29.htm) for \$4.69 each and \$5.95 shipping for \$29.40 total. CIO

04/02/16 Saturday 8:15 P.M. Town of Greenwich Emergency Notice:

Town of Greenwich, CT

April 2, 2016 3:30PM

This is Captain Robert Berry from the Greenwich Police Department with an advisory message from First Selectman Peter Tesei. The Town of Greenwich is forecasted to experience an extreme weather event beginning late tonight through Sunday afternoon. A high wind warning is in effect from midnight tonight through 2pm Sunday, with gusts up to 60 miles per hour. Initial thunder storms may transition to snow with 1-3 inches possible along the coast line and slightly more in land. Temperatures will drop this evening to near or below freezing. Blizzard like conditions are possible.

Residents are encouraged to stay off the roads tonight and tomorrow morning as travel may be hazardous with fallen trees and treacherous roadway conditions. Downed power lines may result in the loss of power. Please plan accordingly for needed medications and special medical requirements such as oxygen.

The Town has assembled extra public safety, public works, and parks and recreation crews to deal with any issues and we have requested standby crews from Eversource, our electricity provider. The Police Lobby will be open as a warming station if needed.

Anyone experiencing an emergency should contact 9-1-1. Non-emergency situations should be reported to the public safety dispatch center at 203-622-8004 or -8005. Updates will be posted to the Town of Greenwich website, as well as to the Town of Greenwich Twitter and Facebook accounts.

CIO

04/02/16 Saturday 8:10 P.M. I chatted with a relative. CIO

04/02/16 Saturday 7:25 P.M. I threw out the garbage. I picked up the mail. I have a Greenwich Housing Authority inspection this Friday April 8, 2016 at 3:15 P.M.. I chatted with a relative. I will now make my bed. I will then shower and clean up. CIO

04/02/16 Saturday 7:00 P.M. I rested some more until 6:30 P.M.. I ate 8 ounces of cheery tomatoes that I added one eighth of a diced sweet onion to, and I seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, white vinegar and extra virgin olive oil. I ate it with a glass of cold filtered water. I ate a mini croissant. CIO

!!!!!! 04/02/16 Saturday 3:55 P.M. I went back to bed until 3:30 P.M.. I received the Town of Greenwich reverse emergency call saying starting at midnight tonight until 2 P.M. tomorrow there will be high winds to 60 miles per hour and possible three inches of snow  
[http://www.greenwichct.org/News/First\\_Selectman/storm advisory message from first selectman peter tes ei/](http://www.greenwichct.org/News/First_Selectman/storm_advisory_message_from_first_selectman_peter_tesi/) . I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/02/16 Saturday 1:50 P.M. I chatted with a relative at 11:30 A.M.. I woke up at 1:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/02/16 Saturday 12:30 A.M. I watched "The Emperor's Ghost Army". I will now shut down the primary work computer. I will eat a blueberry muffin, and I will go to bed. CIO

04/01/16 Friday 11:20 P.M. <http://wtnh.com/2016/03/31/elderly-woman-saved-from-sinking-car-in-groton/>

Well, I guess I should try to figure out some way without caffeine to start sleeping less. Still for the last three months, when ever I eat I seem to get tired. I have been sleeping 12 to 14 or more hours a day. Maybe it is old age setting in. A relative three years older than me that would have the same genes started sleeping more two to three years ago. I guess if I lost 50 to 70 pounds, I might feel better. However, I don't think I eat that much, but the weight does not come off. I have been trying to change my diet in hopes of feeling better and losing weight. I will now eat a bunch of green seedless grapes. I hear more jet traffic at the nearby airport. Maybe some of the warm weather people are returning north at the first of the month. However, it is suppose to get colder again. CIO

04/01/16 Friday 11:00 P.M. I watched episode 4 and 5 of "Monumental Mysteries". CIO

04/01/16 Friday 9:20 P.M. Tracking is [Tracking Computer Parts, PC Components, Laptop Computers, LED LCD TV, Digital Cameras and more - Newegg.com](http://www.newegg.com/Product/Product.aspx?Item=N82E16886277017&ignorebbr=1) on the order for for \$4.99  
<http://www.newegg.com/Product/Product.aspx?Item=N82E16886277017&ignorebbr=1> with coupon code "0329MADMCH237" and .99 shipping for \$5.98 total. Nearby retirement home <http://www.theosborn.org/> . CIO

04/01/16 Friday 9:05 P.M. I ate a 13 ounce Marie Callender chicken and shrimp Alfredo dinner with grated parmesan and Romano cheese on it along with 8 ounces of cheery tomatoes that I added one eighth of a diced sweet onion to, and I seasoned with garlic powder, ground black pepper, Italian seasoning, celery salt, grated parmesan and Romano cheese and extra virgin olive oil. I ate it all with a 12 ounce glass of Schweppes Ginger Ale. CIO

04/01/16 Friday 8:25 P.M. I threw out the garbage. I went by the Acme grocery store. I bought green seedless grapes for \$1.48 a pound for \$7.29, a four pack of blueberry muffins for \$3.99 for \$11.27 total. I then bought buy one get one free of six packs of Thomas' English muffins for \$4.39 both. I then went downtown. I chatted with two regular cigar smokers I had not seen in a while. I walked lower Greenwich Avenue and the train station area. I chatted with another regular dining outside. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost. At the Greenwich Cigar store, I bought an Ace's High scratch card for a dollar, and I lost again. The French file festival was going on at the movie theatre. It started to rain. I chatted with a friend on my wireless phone while back by my Volvo wagon. I began to thunderstorm and lightning heavily with heavy rain. I returned home. I picked up the mail. I put away the groceries. I chatted with a relative twice. CIO

04/01/16 Friday 5:35 P.M. I went through <http://scott-mike.com/bf.htm> . I will make my bed. I will then shower and clean up and go downtown. CIO

04/01/16 Friday 4:45 P.M. I went back to bed until 4:15 P.M.. I chatted with a friend. I opened the living room window with the fan going in front of it. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

04/01/16 Friday 2:05 P.M. I chatted with a friend. Viking news <http://www.bbc.com/news/magazine-35935725> . CIO

04/01/16 Friday 1:15 P.M. <http://www.greenwichtime.com/technology/businessinsider/article/BMW-and-Microsoft-teamed-up-for-this-slick-smart-7221540.php> . CIO

04/01/16 Friday 1:05 P.M. I woke up at 6:30 A.M., and I chatted with a friend. I went back to bed until 12:45 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a half of a sliced banana, a toasted English muffin with Smart Balance Spread, vitamins and supplements with a glass of 50% punch and 50% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

04/01/16 Friday 3:30 A.M. I woke up at 3 A.M.. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.eversource.com> electricity bill and my <http://www.verizon.net/> bill. My current Optimum bill was about \$173, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$73 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now go back to bed. CIO

04/01/16 Friday 12:35 A.M. I will now eat a blueberry muffin, and I will go back to bed. CIO

04/01/16 Friday 12:15 A.M. I watched episode 3 of "Monumental Mysteries". I ate a bunch of white seedless grapes. CIO