

05/31/16 Tuesday 11:35 P.M. I ate two 2 ounce Sandwich Brothers <http://www.sandwichbros.com/> angus cheeseburgers with 8 ounces of potato salad and a glass of cold filtered water. CIO

05/31/16 Tuesday 11:00 P.M. On the Dell E6410 laptop, I finished installing Windows 10. I ate 3 ounces of Blue Diamond smokehouse almonds. I rested from 9 P.M. to 11 P.M.. I will now work on configuring the Dell E6410 laptop.

<http://www.greenwichtime.com/entertainment/article/Queen-Elizabeth-II-is-magazine-cover-star-in-7954903.php> CIO

05/31/16 Tuesday 8:30 P.M. I threw out the shipping box. I picked up the mail. CIO

05/31/16 Tuesday 8:05 P.M. I chatted with a relative. On the Dell E64010 laptop, I did a second complete PC backup to the Seagate 1 TB SATA drive in the Rosewill SATA USB external drive holder. I rested an hour. I am now installing Windows 10 on it. CIO

05/31/16 Tuesday 4:45 P.M. I woke up, and I ate three ounces of Blue Diamond smokehouse almonds. I chatted with a relative at 10 A.M.. I woke up at 1 P.M.. I went outside, and I waited almost three hours for the mail. I chatted with a neighbor. I chatted with two friends and a relative on my wireless telephone. I checked the oil on the Volvo wagon, and it is fine. I moved it to its usual place. The mail arrived about 3:45 P.M.. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405509699939977932390> on the order for Dell Latitude Windows 7 E6410 Laptop Core i5 2.67GHz WiFi 4GB DVDRW Office 2013 for \$94.49 with free shipping arrived. I set it up in the Dell Latitude E6400 docking station. It seems to work just fine. I tried to back it up to the larger 5 TB Samsung external hard drive, but it gave an error message that it won't back up to a drive larger than 2.5 TB. I am backing it up to the Western Digital 2 TB SATA drive in the Rosewill external SATA drive holder. 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 a croissant. CIO

05/31/16 Tuesday 6:25 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

05/31/16 Tuesday 5:55 A.M. After the last note, I rested until 5:30 A.M.. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

05/31/16 Tuesday 3:40 A.M. I watched on Acorn TV, episode 1 of Sherlock Holmes. I ate a bag of microwave popcorn. CIO

05/31/16 Tuesday 1:50 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405509699938505338697> on

the order for <http://www.ebay.com/itm/Dell-Latitude-E-Port-Docking-Station-PR03X-E6330-E6400-E6410-E6420-E6430-E5400-/121734630000?hash=item1c57f30a70:g:GnIAAOSw3ydV0zq6> for \$14.95 with free shipping.

05/31/16 Tuesday 1:40 A.M. I put away the clean laundry. CIO

05/31/16 Tuesday 12:55 A.M. I ate two 2 ounce Sandwich Brothers <http://www.sandwichbros.com/> angus cheeseburgers with 8 ounces of potato salad and a glass of cold filtered water. CIO

05/31/16 Tuesday 12:30 A.M. http://money.cnn.com/video/luxury/2016/05/16/east-sister-rock-island.cnnmoney/index.html?iid=ob_sf_video I chatted with a relative. I have 60 minutes and 45 minutes to go on two dry cycles. CIO

05/30/16 Monday 11:35 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 15 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

05/30/16 Monday 10:05 P.M. I rested some more until 10 P.M.. CIO

05/30/16 Monday 6:40 P.M. I sat outside briefly at noon. I chatted with a relative at 5:30 P.M.. I finally 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate a croissant. CIO

05/30/16 Monday 3:45 A.M. I watched episode 16, the final episode of "Monarchy". CIO

05/30/16 Monday 2:45 A.M. https://www.groupon.com/deals/la-cremaillere-restaurant-10?p=1&utm_source=newsletter_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160529&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=button&d=deal-page&utm_campaign=8f2b8f98-6804-41ae-940b-34373f54b27b_0_20160529_treatment3 CIO

05/30/16 Monday 2:30 A.M. I bought <http://www.ebay.com/itm/Dell-Latitude-E-Port-Docking-Station-PR03X-E6330-E6400-E6410-E6420-E6430-E5400-/121734630000?hash=item1c57f30a70:g:GnIAAOSw3ydV0zq6> for \$14.95 with free shipping.

05/30/16 Monday 2:20 A.M. I rested until 2 A.M.. CIO

05/29/16 Sunday 11:45 P.M. I put a third of a head of iceberg lettuce torn up on a dinner plate. I added 8 ounces of potato salad and 15 large black pitted olives, 15 cherry tomatoes,

a 1.75 ounce tin of Bumble Bee sardines with olive oil, 3 ounces of Caesar croutons, a fourth of a diced sweet onion, ground black pepper, celery salt, garlic powder, Italian seasoning, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water. CIO

05/29/16 Sunday 10:55 P.M. After the Memorial Day concert, I went out to the Acme grocery store. I bought two 6 packs of 2 ounce angus cheese burgers for \$5.99 each six pack and a 48 ounce Resers potato salad for \$5 and 35 cent can return for \$16.63 total. I then went to the Stop and Shop, and I bought two croissants for \$1.29 each for \$2.58 total. I then went by CVS on Greenwich Avenue, and I bought two 6 ounce cans of Blue Diamond smokehouse diamonds for \$2.50 each for \$5 total. I then sat out for a while further downtown. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.01 of self service premium V-Power gasoline for \$3.339 a gallon for 2.098 gallons at odometer reading of 112634 miles for 24.5 miles driven since Saturday May 21, 2016 for 11.678 miles per gallon in local traffic. I then returned home, and I put away my groceries. CIO

05/29/16 Sunday 8:05 P.M. I rested some more until 8 P.M. I chatted with a relative. I am watching on the National Memorial Concert on PBS. CIO

05/29/16 Sunday 4:25 P.M. I woke up at 4 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

05/29/16 Sunday 5:55 A.M. I watched episode 15 of "Monarchy". I will now go back to bed.

<http://www.greenwichtime.com/living/article/Restored-Yale-Center-for-British-Art-as-its-7950159.php> CIO

05/29/16 Sunday 4:45 A.M. Before going to bed, I ate a 6 ounce can of Blue Diamond smokehouse almonds. I woke up at 4:30 A.M., and I ate two Sandwich Brothers 2 ounce angus cheeseburgers with a glass of cold filtered water. CIO

End of Scott's Notes week of 05/29/16

05/29/16 Sunday 1:00 A.M. I watched episode 14 of "Monarchy". I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

05/28/16 Saturday 11:35 P.M. BBC News on Channel 104 says it is the 100th Anniversary of the Naval battle of the Jutland Sea and the Battle of Verdune. I ate two 3 ounce reheated Perdue chicken cutlets with a bake potato and steamed cut asparagus 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

05/28/16 Saturday 10:50 P.M. I threw out the garbage. I went downtown. As I was getting out of the Volvo wagon, the driver's side inside door latch broke again, so I have to open the door with the window down from the outside. Last time, I had it fixed by gluing it at Swedish Imports in Kennebunk, Maine last August for \$85. When I am back up there again, I will see if they can glue it again. I think it is hard to get the part. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with a relative on my wireless telephone. I toured CVS, and I used the bathroom there. I could hear the music from the concert in Baldwin Park. I returned home. I picked up the mail. The new freight elevator is now working. I chatted with a relative. CIO

05/28/16 Saturday 7:00 P.M. \$80

<http://www.newegg.com/Product/Product.aspx?Item=N82E16883283256&ignorebbr=1>

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=LS905044189CN&Type=2> on the order for two for \$4.99 each with free shipping

http://flash.newegg.com/Product/9SIA1NV4288664?icid=WP_1_05212016 for \$9.98 total.

I will now make my bed. I will then shower and clean up, and I will go downtown for a warm evening. CIO

05/28/16 Saturday 6:25 P.M. I chatted with a relative. I washed the breakfast dishes. CIO

05/28/16 Saturday 5:20 P.M. I woke up at 5 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

05/28/16 Saturday 4:50 A.M. I watched episode 13 of "Monarchy". I will now shut down the primary work computer, and I will go to bed. CIO

05/28/16 Saturday 3:50 A.M. <http://www.tcpalm.com/weather/hurricane/atlantic-system-has-high-chance-of-becoming-named-storm-friday-or-saturday-33d8e0d8-43e5-0c47-e053-0-381144481.html>

http://www.nhc.noaa.gov/refresh/graphics_at2+shtml/053342.shtml?5-dayn#contents . CIO

05/28/16 Saturday 3:30 A.M. I ate a 13 ounce Marie Callender chicken and broccoli Alfredo meal with a cold glass of filtered water. CIO

05/28/16 Saturday 2:20 A.M. I watched episodes 11 and 12 of "Monarchy". I ate a bag of microwave popcorn. CIO

05/28/16 Saturday 12:25 A.M. <http://patch.com/connecticut/greenwich/greenwich-town-party-rocks-the-avenue-adds-a-new-dynamic-to-the-event> 529e53fa

Book, "Why the Dutch are Different". [Why the Dutch are Different - Ben Coates - ISBN 9781857886337](#)

[USAJOBS - The Federal Government's Official Jobs Site](#)

Sold Out <http://greenwichtownparty.org/>

<http://threadsandtreads.com/>

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

CIO

05/27/16 Friday 11:40 P.M. I rested some more until 11 P.M.. I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a glass of cold filtered water. I threw out the garbage. I picked up the mail. The order for two for \$2.95 each <http://www.ebay.com/itm/MICRO-LIGHT-FLASHLIGHT-KEYCHAIN-LED-Camping-Torch-Rave-Promotional-/140344332114?hash=item20ad2c8f52:m:mraROvT3hPRsaX5s0mc50aQ> and <http://microlightguy.com/> for \$5.90 total with free shipping arrived. I put one each on my two different Volvo wagon key chains. CIO

05/27/16 Friday 8:50 P.M. I ate 16 ounces of bakes onion rings with a glass of cold filtered water. CIO

05/27/16 Friday 7:20 P.M. I chatted with a relative. CIO

05/27/16 Friday 7:00 P.M. I chatted with a friend. I went back to bed until 5:30 P.M.. I chatted with a relative. This laptop computer similar to the one that I bought for \$94 is up for auction at currently lower price <http://www.ebay.com/itm/DELL-LATITUDE-E6410-Laptop-Core-i5-M520-2-40-Ghz-4GB-320GB-W7P-WEBCAM-/201592154114?hash=item2eefd42802:g:crcAAOSwUfNXR4LX> , but they tend to move up in price in the last few minutes. Being on the low end of the economic ladder in Greenwich, Connecticut; I have to pursue activity based on my experience as opposed to the big buck people in the daytime. When one searches "Field Point Circle" on the waterfront in Belle Haven at <https://www.mytaxbill.org/inet/bill/home.do?town=greenwich> , one can see how much tax they pay. The same is for Round Hill Road, Lake Avenue, North Street, Doubling Road, Steamboat Road, Byram Shore Road, Clapboard Ridge Road, French Road, Husted Lane, Glenville Road, Stanwich Road, Vista Drive, Indian Field Road, John Street, Riversville Road, Taconic Road, Hurlingham Drive, Guards Road, Upper Cross Road, Lower Cross Road, Pilot Rock, Cherry Valley Road, Pecksland Road, Khakum

Wood, Porchuck, Cliffdale, Deerpark Meadow, Pheasant Lane, and other notable streets in Greenwich, Connecticut 06830. I chatted with a friend. CIO

05/27/16 Friday 3:15 P.M. I woke up at 8 A.M., and I chatted with a friend. I went back to bed until 2:30 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 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.

Tracking is

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699939977932390 on the order for Dell Latitude Windows 7 E6410 Laptop Core i5 2.67GHz WiFi 4GB DVDRW Office 2013 for \$94.49 with free shipping.

Tracking is

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9374869903500968492573 on the order for <http://www.ebay.com/itm/NEW-PSU-Laptop-Notebook-Power-Supply-Cord-for-Dell-Latitude-E6410-/262137072360?hash=item3d08964ae8:g:plQAAOSwQoFWQeMb> for \$12.69 with free shipping. CIO

05/27/16 Friday 12:55 A.M. I chatted with a relative. I watched episode 10 of "Monarchy". The medical person that I chatted with downtown this past evening told me, it was normal for overweight people to sleep more. I will now shut down the primary work computer, and I will go to bed. CIO

05/26/16 Thursday 11:40 P.M. KLM Summer in Ibiza CIO

05/26/16 Thursday 11:20 P.M. I put a third of a head of iceberg lettuce torn up on a dinner plate. I added 8 ounces of potato salad and 15 large black pitted olives, 15 cherry tomatoes, a 1.75 ounce tin of Bumble Bee sardines with olive oil, 3 ounces of Caesar croutons, a fourth of a diced sweet onion, ground black pepper, celery salt, garlic powder, Italian seasoning, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water. CIO

05/26/16 Thursday 10:40 P.M. I threw out the garbage. I went by the Stop and Shop. I bought a 8 pack of large eggs expire June 22, 2016 for \$1.49, a 16 ounce bottle of Ken's blue cheese dressing for \$1.49, a head of Cello iceberg lettuce for \$1.49, and bananas for .49 a pound for .86 for \$5.33 total. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. At Zen stationary, I bought an Ace's High scratch card for a dollar, and I lost. I chatted twice with a local real estate owner. I also chatted with a local medical person. I toured CVS, and I used the bathroom. I returned home, and I put away my groceries. CIO

05/26/16 Thursday 6:25 P.M. I chatted with a relative. I will now make my bed. I will then shower and clean up and go downtown. CIO

!!!!!! 05/26/16 Thursday 6:00 P.M. I rested until 4:30 P.M.. I chatted with a friend. I bought Dell Latitude Windows 7 E6410 Laptop Core i5 2.67GHz WiFi 4GB DVDRW Office 2013 for \$94.49 with free shipping. I also ordered <http://www.ebay.com/itm/NEW-PSU-Laptop-Notebook-Power-Supply-Cord-for-Dell-Latitude-E6410-/262137072360?hash=item3d08964ae8:g:plQAAOSwQoFWQeMb> for \$12.69 with free shipping. CIO

!!!!!! 05/26/16 Thursday 12:55 P.M. Old Fed News <http://www.apfn.org/apfn/reserve2.htm> . CIO

05/26/16 Thursday 12:45 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 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

05/26/16 Thursday 3:00 A.M. I watched episode 8 and 9 of "Monarchy". I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a glass of cold filtered water. I went to bed. CIO

05/26/16 Thursday 12:05 A.M. I watched episode 7 of "Monarchy". I will now shut down the primary work computer. CIO

05/25/16 Wednesday 10:30 P.M. I put a third of a head of iceberg lettuce torn up on a dinner plate. I added 8 ounces of potato salad and 15 large black pitted olives, 15 cherry tomatoes, a 1.75 ounce tin of Bumble Bee sardines with olive oil, 3 ounces of Caesar croutons, a fourth of a diced sweet onion, ground black pepper, celery salt, garlic powder, Italian seasoning, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water. CIO

05/25/16 Wednesday 9:45 P.M. I went by the Stop and Shop. I bought an 8 pack of mini croissants for \$2.49, a five quart box of Stop and Shop powdered milk for \$7.29, and two Fresh Gourmet Italian five ounce croutons for \$1 each for \$11.78 total. I then went downtown, and I chatted with a relative on my wireless telephone. It was moderately busy downtown. I walked lower Greenwich Avenue and the train station area. I sat out for a while. I then went back by the Stop and Shop to get my cold items. I bought four 16 ounce Marie Callender chicken pot pies for \$2.50 each for \$10 total. I then returned home, and I put away my purchases. CIO

05/25/16 Wednesday 7:35 P.M. I will now go downtown and people watch. I don't know if I will be able to walk in the heat. CIO

05/25/16 Wednesday 7:30 P.M. Spy on New Amsterdam <http://www.cnyclive.com/> . CIO

05/25/16 Wednesday 7:10 P.M. Bad news, I am now 256.2 pounds without my clothes on, so my recent dieting activity has caused me to put on six pounds. CIO

05/25/16 Wednesday 6:35 P.M. I threw out the garbage. I sat outside, and I chatted with neighbors. I picked up the mail. Stop and Shop www.peapod.com delivers here, but they don't take EBT food stamps. I will now make my bed. I will then shower and clean up. I will not go downtown, since it is too darn hot. CIO

05/25/16 Wednesday 6:05 P.M. I went back to bed until 5:30 P.M.. I ate 3 ounces of Blue Diamond smokehouse almonds. Now that it is hot outside, I guess I have to get over cabin fever and get used to summer showing up. If one does not have an air conditioner, one can probably find them at Home Depot, Wal-Mart, or Richards. Of course the electricity for air conditioners is a lot of money. Two of my last three New York observers are back at their other home, and they are going to sail to and visit Cuba this Monday. CIO

05/25/16 Wednesday 4:15 P.M. Round Trip to Paris, France \$400
<http://www.theflightdeal.com/2016/05/25/norwegian-401-new-york-fort-lauderdale-los-angeles-paris-france-roundtrip-including-all-taxes/#ixzz49gBP3dX>

\$150

<http://www.walmart.com/ip/47904706?u1=VjBZQlJnb0tNcTBbQUZXZVFHOEFBQUNK&oid=368707.1&wmlspartner=NKa3hZyYoHA&sourceid=40357663150740566053&affili nktype=10&veh=aff> . CIO

05/25/16 Wednesday 3:25 P.M. I chatted with a friend who is fishing for striped bass. I used to use <https://www.hopkinslures.com/> for catching blue fish and striped bass in Nantucket. The striped bass run about the first week of June in Nantucket.

http://www.ct.gov/deep/cwp/view.asp?a=2696&q=322708&deepNav_GID=1630 . CIO

05/25/16 Wednesday 2:50 P.M. I woke up, and I ate 3 ounces of Blue Diamond smokehouse almonds. I finally 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/25/16 Wednesday 1:15 A.M. I watched episode 6 of "Monarchy". I will now shut down the primary work computer, and I will go to bed. CIO

05/25/16 Wednesday 12:05 A.M. I put a fourth of a head of iceberg lettuce torn up on a dinner plate. I added 8 ounces of potato salad and 15 large black pitted olives, 10 cherry tomatoes, a 1.75 ounce tin of Bumble Bee sardines with olive oil, 2 ounces of Caesar croutons, a fourth of a diced sweet onion, ground black pepper, celery salt, garlic powder, Italian seasoning, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra

virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water.
CIO

05/24/16 Tuesday 11:20 P.M. I put away the clean laundry. CIO

05/24/16 Tuesday 10:30 P.M. I ordered two for \$2.95 each
<http://www.ebay.com/itm/MICRO-LIGHT-FLASHLIGHT-KEYCHAIN-LED-Camping-Torch-Rave-Promotional-/140344332114?hash=item20ad2c8f52:m:mraROvT3hPRsaX5s0mc50aQ> for \$5.90 total with free shipping. CIO

05/24/16 Tuesday 10:00 P.M. I have 55 minutes to go on two dry cycles. CIO

05/24/16 Tuesday 9:50 P.M. I put clean linens on the bed. I folded up the winter comforter at the end of the bed and the electric blanket, and I put them away on the upper left bedroom closet shelf. I put the folded up winter comforter on the end of the bed with the summer pink and green quilt covering the bed. I also put a light blanket on the bed above the top sheet. Thus the bed is ready for summer. I showered, and I cleaned up. I started two loads of laundry. I threw out the garbage and the old periodical literature. I moved the Volvo wagon to its usual place. I watered the plants. I cleaned the two air conditioner filters. Tomorrow is supposed to be sunny and up to 85 degrees Fahrenheit. I turned both thermostats completely off. I put away my long underwear on the bedroom closet shelf.
CIO

05/24/16 Tuesday 8:10 P.M. I chatted with a friend.

https://en.wikipedia.org/wiki/Queen_Victoria birthday. CIO

05/24/16 Tuesday 6:20 P.M. I chatted with a friend and a relative. CIO

05/24/16 Tuesday 5:10 P.M. I chatted with a relative. I went back to bed until 5 P.M..
CIO

05/24/16 Tuesday 2:25 P.M. I woke up and ate 8 ounces of Philly steak hot pockets. 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.
<http://www.businessinsider.com/a-deadly-heatwave-sent-this-western-india-city-to-a-record-124-degree-temperature-2016-5> . CIO

05/24/16 Tuesday 12:25 A.M. I watched episode 5 of "Monarchy". I will now go to bed.
CIO

05/23/16 Monday 11:10 P.M. \$500 in store [Toshiba Satellite L55-C5392 15.6" Laptop Computer - Satin Gold PSKW6U-003003 - Micro Center](#) CIO

05/23/16 Monday 10:40 P.M. I put a fourth of a head of iceberg lettuce torn up on a dinner plate. I added 8 ounces of potato salad and three ounces of large black pitted olives, 10 cherry tomatoes, a 1.75 ounce tin of Bumble Bee sardines with olive oil, 2 ounces of Caesar croutons, a fourth of a diced sweet onion, ground black pepper, celery salt, garlic powder, Italian seasoning, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water. CIO

05/23/16 Monday 10:00 P.M. Both the Stop and Shop and Starbucks on Greenwich Avenue has help wanted signs posted. CIO

05/23/16 Monday 9:55 P.M. I chatted with a relative. I checked the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400111699000562804689 on the order for a copper bracelet MCB-14 for \$6.99 with free shipping <http://www.ebay.com/itm/Men-Women-Copper-Bracelet-with-Magnets-for-Therapy-Arthritis-Healing-Pain-Relief-/151477532248?var=450680059522&hash=item2344c3b658:m:mWMA7I2eI3IFLMVzb8uSXA> arrived. I put it on my left wrist to wear all of the time. Hopefully it will help with my arthritis. I threw out the garbage. I went downtown to Greenwich Avenue to CVS. I picked up a prescription. I bought a 16 ounce bag of Blue Diamond smokehouse almonds for \$5.99. 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 bought an Ace's High scratch card for a dollar at Zen Stationary and I won free card which I lost on. I bought another Ace's High scratch card at the Greenwich Cigar store for a dollar, and I lost. I stopped by CVS again, and I used the bathroom. I saw a mobile dog grooming van <http://pinkdogusa.com/>. I stopped by CVS again, and I bought a 16 inch white Lasko pedestal stand fan for \$29.99 less \$5 off with a CVS mail coupon and less another \$5 off with a CVS internet coupon and \$1.27 tax for \$21.26 total. I have another one like it that I use to blow the cool air around the living room placed by the left living room closet, so this will be a spare one, since the current one has been used over three summers. I carried the fan back to my Volvo wagon. I found little round batteries on the seat of my Volvo wagon two days ago, and the little red flash light on my key ring pulled apart, and I don't know where its primary case is. I sat out for a while after my walk. I then went by the Stop and Shop, and I bought a 59 ounce Tropicana orange juice with calcium for \$3, a 64 ounce Welch's grape juice with calcium for \$3.99, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, buy one pint of angel cherry tomatoes get one free for \$3.99 both, bananas for .49 a pound for .70, a head of cello iceberg lettuce for \$1.49, a sweet onion for \$1.49 a pound for \$1.25, two baking potatoes for .99 a pound for \$1.93 for \$19.34 total. I then returned home, and I picked up the mail, and I put away my purchases. CIO

05/23/16 Monday 5:45 P.M. I went back to bed until 4:45 P.M..

\$300 refurbished http://computers.woot.com/offers/dell-inspiron-17-3-amd-a8-quad-core-laptops?utm_campaign=Commission+Junction+-+10848750&utm_source=Commission+Junction+Publisher+-

+2026489&utm_medium=affiliate+-+Woot!+Logo I will now make my bed. I will then shower and clean up, and I will go downtown to Greenwich Avenue. CIO

05/23/16 Monday 1:35 P.M. I woke up, and I ate 8 ounces of philly steak and cheese hot pockets. I finally woke up at 1:15 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

05/23/16 Monday 12:35 A.M. I watched episode 4 of "Monarchy". I will now shut down the primary work computer. I will then go to bed. CIO

05/22/16 Sunday 10:30 P.M. <http://www.foxnews.com/world/2016/05/22/7-dead-after-volcano-erupts-in-western-indonesia.html?intcmp=hplnws> . CIO

05/22/16 Sunday 10:25 P.M. I watched episode 2 and 3 of "Monarchy". I ate a bag of microwave popcorn. I threw out the garbage. CIO

05/22/16 Sunday 8:00 P.M. I put a couple of tablespoons of extra virgin olive oil in a 10 inch frying pan on a medium high electric burner. Once the oil was hot in about four minutes, I put in a 10 ounce 1,5 inch thick New York strip steak. I seared it on both side seasoning it with garlic powder, ground black pepper, spicy Montreal steak seasoning, Italian spices, and celery salt, and I lowered the electric burner heat to medium. I flipped it every minute for three minutes per side, and then for the last three minutes, I put in three tablespoons of Kikkoman soy sauces, and I flipped it continually in the soy sauce until most of it was evaporated away. I ate it on a dinner plate with Lea and Perrins Worcestershire sauce and baked potato and steamed sliced asparagus with Smart Balance spread and extra virgin olive oil on the vegetables a 12 ounce glass of cold filtered water. I also had a cup of chamomile tea with Equal sweetener. That is a \$50 dinner at a local restaurant. I will just relax around home this evening. Recently when I have gone downtown at night, there are very few people around. CIO

05/22/16 Sunday 6:35 P.M. Night life in Madrid

<https://www.skylinewebcams.com/en/webcam/espana/comunidad-de-madrid/madrid/puerta-del-sol-tio-pepe.html> and Rome

<https://www.skylinewebcams.com/en/webcam/italia/lazio/roma/piazza-cavour.html> and

<https://www.skylinewebcams.com/en/webcam/italia/lazio/roma/fontana-di-trevi.html> and

Lanzarote <https://www.skylinewebcams.com/en/webcam/espana/canarias/las-palmas/costa-teguise.html> . CIO

05/22/16 Sunday 6:20 P.M. <http://www.bbc.com/travel/story/20160512-the-island-ready-to-welcome-the-world> . Of course Nantucket www.nantucket.net is only two hours by ferry boat from the mainland, so they get more day trippers. More remote <http://www.pitcairn.pn/> . CIO

05/22/16 Sunday 5:50 P.M. I rested some more until 5:30 P.M.. I chatted with a relative. CIO

05/22/16 Sunday 4:25 P.M. I rested some more until 3 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I chatted with a relative. CIO

05/22/16 Sunday 12:35 P.M. I woke up, and I ate two 2 ounce Sandwich Brothers angus cheeseburgers and 6 ounces of Blue Diamond smokehouse almonds along with a glass of cold filtered water. A friend called at 4:30 A.M. and 8:30 A.M.. I 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. I will also make up a fresh batch of punch. CIO

End of Scott's Notes week of 05/21/16

05/21/16 Saturday 11:45 P.M. I watched episode 1 of "Monarchy". I will now send out my weekly notes. I will then shut down the primary work computer and go to bed. CIO

05/21/16 Saturday 10:10 P.M. I put a fourth of a head of iceberg lettuce torn up on a dinner plate. I added 8 ounces of potato salad and three ounces of large black pitted olives, a 1.75 ounce tin of Bumble Bee sardines with olive oil, 2 ounces of Caesar croutons, a fourth of a diced sweet onion, ground black pepper, celery salt, garlic powder, Italian seasoning, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water. CIO

05/21/16 Saturday 9:25 P.M. I threw out the garbage. I went downtown, and I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I bought an Ace's High scratch card for a dollar at Zen Stationary, but I lost. I chatted with a relative on my wireless telephone. I used the bathroom at Starbucks. I drove over to CVS, and I bought two 6 ounce cans of Blue Diamond smoke house almonds for \$2.50 and two 12 packs of diet Citrus Fresca soda for \$3.50 each 12 pack and \$1.20 can deposit and .45 tax for \$13.65 total. I then went by the Acme grocery store, and I bought three 8 ounce Philly steak hot pockets for \$2 each, and asparagus for \$1.99 a pound for \$1.88, and two Lancaster New York Strip steaks for \$7.99 a pound for \$9.99 for \$17.86 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7 of self service V-Power premium gasoline for \$3.339 a gallon for 2.096 gallons at odometer reading of 112610 miles for 29.1 miles driven since Sunday May 15, 2016 for 13.884 miles per gallon in mostly local traffic. I then returned home. I used my little folding cart from the rear of the Volvo wagon to bring up the soda, and I put it back in the rear of the Volvo wagon. I also picked up the mail. I put away the groceries. CIO

05/21/16 Saturday 5:35 P.M. I made my bed. I will now shower and clean up. I will then go downtown. It might rain this evening, so hopefully I will not melt. CIO

05/21/16 Saturday 5:25 P.M. I ordered two for \$4.99 each with free shipping http://flash.newegg.com/Product/9SIA1NV4288664?icid=WP_1_05212016 for \$9.98 total. CIO

05/21/16 Saturday 4:40 P.M. Old Hippie Paradise <http://www.liveduvalstreet.com/> . One can enlarge the video screen to full size screen. CIO

05/21/16 Saturday 4:10 P.M. I slept some more until 3:30 P.M.. I chatted with a friend. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/21/16 Saturday 11:55 A.M. I woke up, and I ate 8 ounces of potato salad. I finally woke up at 11:45 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 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

05/21/16 Saturday 12:05 A.M. I watched episode 3 of "King Arthur's Britain". I ate two 2 ounce Sandwich Brothers angus cheese burgers. It would be better, if they were four ounces, but they might take longer to microwave. With the two ounce ones, I cut open the end of the plastic package, and I microwave it in the opened package for one minute, and then I slide it out of the package on to a dinner plate. Beef has gotten more expensive in the United States of America, but I noticed the working class people seem to be as large as ever, so possibly they are eating other beef substitutes. At the Acme grocery store besides the smaller roasted chickens for \$5.99, one can also get a large 8 to 10 pound roasted Perdue chicken for \$9.99. Of course they shrink and lose weight when they are rotisserie'd. I am trying to lose weight, but recently I have not been getting enough exercise, and I have been sleeping a lot more since mid December 2015. I will now shut down the primary work computer, and I will go to bed. CIO

05/20/16 Friday 10:45 P.M. \$170 Dell Latitude E6510 Laptop Intel Quad Core i7 1.60 GHz 4GB 250GB 15.4" Win 7

Dream Destination

https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=newsletter_im&utm_medium=email&division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160520&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=25d83977-521f-4694-b5ce-0bb8dc57ac78_0_20160520_treatment2 CIO

05/20/16 Friday 10:20 P.M. One of the least expensive places to stay in the Kennebunk and Kennebunkport area <http://www.franciscanguesthouse.com/> . CIO

05/20/16 Friday 10:10 P.M. I threw out the garbage. I went downtown. I sat out for a while. I chatted with a relative on my wireless telephone. I tried to buy a scratch card at Zen stationary, but they were closing. I walked lower Greenwich Avenue and the train station area. I sat out some more after my walk. I then went by the Stop and Shop. I bought a eight pack of mini croissants for \$2.49, two 16 ounce Ken's Blue cheese dressing for \$1.49 each, two 6 ounce cans of extra large Stop and Shop black pitted olives for \$1 each, a 12 ounce pack of Perdue cutlets for \$1.99, two baking potatoes for .99 a pound for \$1.84, two 5 ounce Fresh Gourmet Caesar croutons for \$1 each, and bananas for .49 a pound for .55 for \$13.85 total. I then returned home. I sat outside for a while. I picked up the mail. I put away the groceries. CIO

05/20/16 Friday 6:45 P.M. I will now make my bed. I will then shower and clean up. I will then go downtown to Greenwich Avenue to see the remains of the day. I guess the rich people will be eating dinner and cocktails. CIO

05/20/16 Friday 6:20 P.M. I put a fourth of a head of iceberg lettuce torn up on a dinner plate. I added four ounces of large black pitted olives, a 1.75 ounce tin of Bumble Bee sardines with olive oil, a fourth of a diced sweet onion, grated parmesan and Romano cheese, Ken's blue cheese dressing, extra virgin olive oil, and ground black pepper. I ate it all with a glass of cold filtered water. CIO

05/20/16 Friday 5:45 P.M. I chatted with a relative. CIO

05/20/16 Friday 5:20 P.M. Nice day at the beach, if you are up there
<http://www.kennebunkportbeachwebcam.com/> . CIO

05/20/16 Friday 5:05 P.M. I rested until 5 P.M.. Biden speaks at West Point graduation tomorrow
<http://www.usma.edu/news/Shared%20Documents/Vice%20President%20to%20Speak%20at%20Commencement.pdf> . CIO

05/20/16 Friday 2:15 P.M. I went back to bed until 1:45 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate three ounces of Blue Diamond smokehouse almonds. CIO

05/20/16 Friday 11:30 A.M. I chatted with a relative at 8:30 A.M.. I woke up earlier, and I ate 3 ounces of Blue Diamond smokehouse almonds. I finally 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. I also ate two mini croissants. I made the fourth and final payment on my GEICO automobile policy which runs through October 7, 2016. CIO

05/19/16 Thursday 11:40 P.M. I watched episode 2 of "King Arthur's Britain". I will now shut down the primary work computer, and I will go to bed. CIO

05/19/16 Thursday 10:35 P.M. Carnegie Research | DTM

\$130 <http://www.bestbuy.com/site/toshiba-32-class-31-5-diag--led-720p-hdtv-black/4807900.p?id=1219825714345&skuId=4807900> CIO

05/19/16 Thursday 10:20 P.M. I ate two 2 ounce Sandwich Brothers angus cheeseburgers with 8 ounces of potato egg salad and a glass of cold filtered water. CIO

05/19/16 Thursday 10:05 P.M. I threw out the garbage. I went downtown. I drove down by the waterfront on Steamboat Road. I then drove around Grass Island. 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. The Ace's High scratch cards are now yellow instead of green. Since the Barcelona cafe burned down at the top of Greenwich Avenue, all of the evening cocktail action seems to have moved to the more upscale East End restaurant at the bottom of Greenwich Avenue on the East side. I chatted with a relative on my on my wireless telephone. I used the bathroom at Starbucks. I stopped by CVS, and I bought two 6 ounce Blue Diamond smokehouse almonds for \$2.50 each for \$5 total. After my walk, I sat out for a while enjoying the spring evening. It gets cooler when the sun goes down. I then went by the Acme grocery store. I bought two 13.8 ounce Sandwich Brothers six 2 ounce angus cheeseburgers for \$5.99 each box, a quart of Dannon vanilla yogurt for \$2.99, and a 48 ounce Resers potato salad for \$5 for \$19.97 total. I then returned home. I sat outside for a while. I said hello to a neighbor. I put away my groceries. CIO

05/19/16 Thursday 6:10 P.M. The last of the Old Guard
<http://www.greenwichtime.com/news/slideshow/Morley-Safer-129821.php> . Back in the spring of 1973, when I worked as a clerk typist doing the paper work for commercials for CBS News, my office at the Broadcast Center was next to the 60 Minutes Office. I ate a Hungry Man beer batter chicken dinner with Smart Balance spread on the vegetables and a glass of cold filtered water. I chatted with a friend. I will now shower and clean up. I will then go downtown. CIO

05/19/16 Thursday 5:00 P.M. <http://www.greenwichtime.com/news/science/article/Killer-Nile-crocodiles-in-Florida-Experts-say-7730890.php> CIO

05/19/16 Thursday 4:50 P.M. I washed the breakfast dishes. I made my bed. I did a Complete PC backup of the Dell Optiplex 740 tower to the new Western Digital 2 TB SATA drive in the Rosewill SATA external drive holder.

At www.usma.edu graduation is this Saturday, and it is opened to the general public
<http://www.usma.edu/parents/siteassets/graduation%20activities%202016.pdf> . CIO

05/19/16 Thursday 3:00 P.M. I woke up at 2:30 P.M.. I picked up the mail. The order with tracking of
<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998734323363790&type=0> on the order for \$39.99 with free shipping

http://www.newegg.com/product/product.aspx?Item=N82E16822236410&CMP=AFC-C8Junction&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-Sogo%20Media,%20Inc.-na-na-na&cm_sp=&AID=10440897&PID=1909457&SID=
arrived. I threw out the garbage. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/19/16 Thursday 11:15 A.M. I woke up, and I ate a 6 ounce can of Blue Diamond smokehouse almonds and a 12 ounce glass of 50% punch and 50% Canada Dry Ginger Ale. I finally 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. I also ate two mini croissants. CIO

05/18/16 Wednesday 10:35 P.M. I chatted with a relative. I ate a bag of microwave popcorn. I watched episode 1 of "King Arthur's Britain". I will now shut down the primary work computer, and I will go to bed. CIO

05/18/16 Wednesday 8:30 P.M. I chatted with a relative. Lots of rain in Vero Beach
<http://www.tcpalm.com/weather/its-not-over-yet-rain-expected-through-weekend-as-indian-river-cleans-up-331c6929-999c-38af-e053-010-380026441.html> . CIO

05/18/16 Wednesday 8:20 P.M. Tracking is
https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400111699000562804689
on the order for a copper bracelet MCB-14 for \$6.99 with free shipping
<http://www.ebay.com/itm/Men-Women-Copper-Bracelet-with-Magnets-for-Therapy-Arthritis-Healing-Pain-Relief-/151477532248?var=450680059522&hash=item2344c3b658:m:mWMa7I2eI3IFLMVzb8uSXAg> .

Does not say whether it has operating system and 12 inch screen
<https://www.discountcomputercenter.com/refurbished-dell-c5r62-17602>

[\\$144.99 with free shipping VIZIO 32 Inch LED TV D32HN-D0 HDTV - A8687067 - Rakuten.com](#) CIO

05/18/16 Wednesday 7:10 P.M. I ate a deli sliced roast beef and Swiss cheese sandwich on 15 grain whole wheat bread with Light Hellmann's mayonnaise and Gold's Horseradish and ground black pepper, and 8 ounces of potato and egg salad and a kosher dill pickle slice and a glass of cold filtered water. CIO

05/18/16 Wednesday 6:45 P.M. I threw out the garbage. I went downtown to CVS. I picked up a prescription. I bought six 1.75 ounce Bumble Bee sardines in olive oil for \$1 each for \$6 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. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Apple store,

and I told them Tim Cook was visiting India. I stopped by CVS again. I used the bathroom there. I chatted with a local merchant. I bought ten 1.75 ounce Bumble Bee sardines in olive oil for a dollar each for \$10 total. I then finished my walk, and I sat out for a while. I then went by the Stop and Shop. I bought deli sliced White American cheese for \$4.99 a pound for \$5.24, a pound of potato and egg salad for \$3.49, a 16 ounce package of frozen onion rings for \$2.49, a 8 ounce package of Hormel sliced ham for \$3.34, and bananas for .49 a pound for .69 for \$15.26 total. I then returned home. I sat outside for a while. I picked up the mail. I put away my groceries. CIO

05/18/16 Wednesday 2:05 P.M. We missed Norwegian Independence Day yesterday https://en.wikipedia.org/wiki/Norwegian_Constitution_Day . I washed the breakfast dishes. I will now make my bed. I will then shower and clean up, and I will go downtown. I have three new pairs of white shoes. I have the White Cole Hann slip on shoes, the recent tie Reeboks that I got today, and I will wear today the white Reeboks with straps that I got a couple of months ago. CIO

05/18/16 Wednesday 1:35 P.M. I went back to bed until 1:15 P.M.. The order with tracking of [Track your package or shipment with FedEx Tracking](http://www.reebok.com/us/reebok-royal-glide/V53955.html?cm_mmc=ReebokSEM_Ebay-dv:eCom&cm_mmc1=US&utm_source=shopping&utm_medium=cse&utm_term=886407818673) on the order for http://www.reebok.com/us/reebok-royal-glide/V53955.html?cm_mmc=ReebokSEM_Ebay-dv:eCom&cm_mmc1=US&utm_source=shopping&utm_medium=cse&utm_term=886407818673 with coupon code "OUTLET40" for \$23.98 in size 9.5 and \$5 shipping and \$1.84 tax for \$30.82 total arrived. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/18/16 Wednesday 10:55 A.M. I bought a copper bracelet MCB-14 for \$6.99 with free shipping <http://www.ebay.com/itm/Men-Women-Copper-Bracelet-with-Magnets-for-Therapy-Arthritis-Healing-Pain-Relief-/151477532248?var=450680059522&hash=item2344c3b658:m:mWMA7I2eI3IFLMVzb8uSXAg> CIO

05/18/16 Wednesday 10:25 A.M. I woke up at 10:15 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 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

05/18/16 Wednesday 4:35 A.M. I ate a 6 ounce can of Blue Diamond smokehouse almonds with some cold filtered water. I put away the clean laundry. I will now go back to bed. CIO

05/18/16 Wednesday 3:20 A.M. I have 45 minutes to go on two dry cycles. CIO

05/18/16 Wednesday 2:55 A.M. I chatted with a relative at 8 P.M.. I woke up at 2 A.M.. I put clean linens on the bed. I started two loads of wash. I threw out the garbage and the old periodical literature. I watered the plants. CIO

05/17/16 Tuesday 6:30 P.M. For dinner I ate 9 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 cold filtered water and a cup of chamomile tea with Equal sweetener. I will now rest for a while. CIO

05/17/16 Tuesday 5:45 P.M. I threw out the garbage. I moved the Volvo wagon to its usual place. I sat outside for a while. I picked up the mail. I watched "The Eagle". CIO

05/17/16 Tuesday 3:30 P.M. I went back to bed until 3 P.M.. I washed the breakfast dishes. CIO

05/17/16 Tuesday 1:15 P.M. I went back to bed until 1 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/17/16 Tuesday 9:20 A.M. I woke up at 9 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. Bloomberg news says George Soros is buying gold. One can buy gold coins locally in Cos Cob at <http://thehappycoin.com/>. CIO

05/16/16 Monday 9:30 P.M. I chatted with two friends. I will now shut down the primary work computer, and I will go to bed. CIO

05/16/16 Monday 8:35 P.M. SGI Napoli 2016

Tracking is Track your package or shipment with FedEx Tracking on the order for
http://www.reebok.com/us/reebok-royal-glide/V53955.html?cm_mmc=ReebokSEM_Ebay-
 -- -- --
[dv:eCom&cm_mmc1=US&utm_source=shopping&utm_medium=cse&utm_term=8864078](http://www.reebok.com/us/reebok-royal-glide/V53955.html?cm_mmc=ReebokSEM_Ebay-dv:eCom&cm_mmc1=US&utm_source=shopping&utm_medium=cse&utm_term=886407818673)
[18673](http://www.reebok.com/us/reebok-royal-glide/V53955.html?cm_mmc=ReebokSEM_Ebay-18673) with coupon code "OUTLET40" for \$23.98 in size 9.5 and \$5 shipping and \$1.84 tax for \$30.82 total.

https://www.groupon.com/deals/la-cremaillere-restaurant-9?p=1&utm_source=newsletter_im&utm_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160515&uu=b0d984ba-1234-11e4-9921-00259060b5be&s=body&c=button&d=deal-page&utm_campaign=006f0720-bdeb-4fc7-bd23-5676b11cec4e_0_20160515_treatment2

Humans and Mastodons Coexisted in Florida, New Evidence Shows - The New York Times

http://www.nytimes.com/2016/05/15/nyregion/mark-rutte-robert-caro-robert-moses.html?emc=edit_th_20160515&nl=todaysheadlines&nliid=46729 CIO

05/16/16 Monday 8:05 P.M. I chatted with a relative. I ate a deli sliced roast beef and Swiss cheese sandwich on 15 grain whole wheat bread with Light Hellmann's mayonnaise and Gold's Horseradish and ground black pepper, and 8 ounces of potato salad and a kosher dill pickle slice and a glass of cold filtered water. CIO

05/16/16 Monday 7:20 P.M. I threw out the garbage. I went downtown to Greenwich Avenue central area. I sat out for a while people watching. I then walked upper Greenwich Avenue. I stopped by CVS, and I bought three 1.75 ounce Bumble Bee sardines in olive oil for a \$1 each and two 6 ounce Blue Diamond Smoke House almonds for \$2.50 each for \$8 total. I sat out at various places for a much longer time observing. About 6 P.M., I went to the Stop and Shop, and I bought an 8 pack of mini croissants for \$2.49, two 6 ounce cans of Stop and Shop extra large black pitted olives for \$1.50 each , a Foxy head of cello iceberg lettuce for \$1.49, and a sweet onion for \$1.49 a pound for \$1.21 for \$8.19 total. I then returned home to Byram. I saw a neighbor on the Post Road having problems with a walker, so I waited a while until I knew the neighbor would be off the busy Post Road, and I picked the neighbor up at the beginning of the building driveway. I picked up my mail. I chatted with a relative. CIO

05/16/16 Monday 3:10 P.M. Polaroid sun glasses \$20
http://flash.newegg.com/Product/9SIA6SA3WM9224?icid=WP_1_05162016 . I will now eat two Sandwich Brothers 2 ounce angus cheeseburgers with a glass of cold filtered water. I will then make my bed. I will then shower and clean up. I will then go downtown to Green Acres Avenue. CIO

05/16/16 Monday 2:35 P.M. I went back to bed until 2 P.M.. I washed the breakfast dishes.

Nantucket Web Cams <http://nantucket.net/photos/web-cams.php> . They have a few French Canadians out there that enjoy the warmer winters out by the Gulf Stream.

Kennebunk Beach web cam <http://www.kennebunkportbeachwebcam.com/> . CIO

05/16/16 Monday 11:40 A.M. I went back to bed until 11:30 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I guess since I am getting older, I need more sleep. CIO

05/16/16 Monday 8:50 A.M. I 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.

<http://www.bbc.com/news/world-australia-36299681> CIO

05/15/16 Sunday 8:20 P.M. I watched "Requiem for the American Dream". I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

05/15/16 Sunday 6:50 P.M. I baked a 16 ounce bag of frozen onion rings, and I ate them with a glass of cold filtered water. CIO

05/15/16 Sunday 6:05 P.M. I chatted with a relative.

<http://www.usatoday.com/story/travel/cruises/2016/01/07/new-cruise-ships-2016-harmony-seas/77739862/> . CIO

05/15/16 Sunday 5:35 P.M. I threw out the garbage. I sat outside downtown at the Senior and the Arts Center for about an hour. I then drove by Grass Island, Steamboat Road pier, and through Bruce Park, and back to the Greenwich Library. I used my Nokia 640 with the library wireless. I used the bathroom at the library. I then went to the Stop and Shop. I bought two 16 ounce bags of frozen onion rings for \$2.50 each bag and Stop and Shop deli sliced roast beef for \$9.99 a pound for \$5 for \$10 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power premium gasoline for \$3.239 a gallon for 2.779 gallons for at odometer reading of 112580 miles for 43.5 miles driven since Tuesday May 3, 2016 for 15.654 miles per gallon in local traffic. I then returned home to Chez Mike's. I chatted with neighbors. CIO

End of Scott's Notes week of 05/15/16

05/15/16 Sunday 1:25 P.M. I went through <http://scott-mike.com/bf.htm> . I ate a 19 ounce Stouffer's five cheese lasagna with grated parmesan and Romano cheese with a glass of cold filtered water. I will now send out my weekly notes. I will then make my bed. I will then shower and clean up and go downtown. CIO

05/15/16 Sunday 12:15 P.M. I rested until 10:30 A.M.. I chatted with a relative. I rested until noon. CIO

05/15/16 Sunday 8:15 A.M. I chatted with a friend at 6:30 A.M.. I woke up at 8 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

05/14/16 Saturday 11:25 P.M. I threw out the garbage. I picked up the mail. CIO

05/14/16 Saturday 10:45 P.M. Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998734323363790&type=0> on the order for \$39.99 with free shipping
<http://www.newegg.com/product/product.aspx?Item=N82E16822236410&CMP=AFC->

C8Junction&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-Sogo%20Media,%20Inc.- -na- -na- -na&cm_sp=&AID=10440897&PID=1909457&SID=CIO

05/14/16 Saturday 10:25 P.M. I chatted with a friend. I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a glass of cold filtered water. I rested until 10 P.M.. I ate 8 ounces of potato salad with a glass of cold filtered water. CIO

05/14/16 Saturday 4:15 P.M. I ate a bag of microwave popcorn. I watched "Field of Lost Shoes". CIO

05/14/16 Saturday 1:35 P.M. I ate a 16 ounce Hungry-Man Salisbury steak dinner with Smart Balance spread on the vegetables with a glass of cold filtered water. I chatted with a relative. I will now rest some more. CIO

05/14/16 Saturday 12:45 P.M. I bought http://www.reebok.com/us/reebok-royal-glide/V53955.html?cm_mmc=ReebokSEM_Ebay- -- -- -- -dv:eCom&cm_mmc1=US&utm_source=shopping&utm_medium=cse&utm_term=886407818673 with coupon code "OUTLET40" for \$23.98 in size 9.5 and \$5 shipping and \$1.84 tax for \$30.82 total.

<http://item.ebay.com/311350509700?rmvSB=true> Swiss boat shoes \$7.49. CIO

05/14/16 Saturday 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. The Ebay web page for the \$28 Dell laptop has been taken off line, but Ebay says they have already shipped it from China with China Post tracking. I guess I will have to wait to see if I received it before disputing it. This is it at the higher price <http://www.ebay.com/itm/331849755982?rmvSB=true> . CIO

05/14/16 Saturday 6:45 A.M. I woke up at 9 P.M., and I ate two 2 ounce Sandwich Brothers angus cheese burgers and two mini croissants. I finally 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/13/16 Friday 7:45 P.M. I ate a bag of microwave popcorn. I threw out the garbage. I watched "Scoop". I did not get any mail today. I bought for \$28 with free shipping [Dell XPS 13.3" QHD+ Touchscreen Laptop Intel Skylake i7-6560U 8GB Ram 256GB SSD](#) . It seems to be a very good price. 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

05/13/16 Friday 4:45 P.M. [How to lock in your free Windows 10 upgrade and keep using your old Windows version | ZDNet](#)

[KLM Journeys of Inspiration](#)

http://www.nytimes.com/2016/05/11/us/james-monroes-home-may-not-have-been-so-humble-after-all.html?emc=edit_th_20160512&nl=todaysheadlines&nid=46729&r=0

[\\$159.99](http://www.rakuten.com/prod/294512123.html?sellerid=18751101&scid=em_Promotional_20160511_Daily3&adid=36948&rmatt=tsid:1012038|cid:4438|cgid:44383068687)

<http://www.bloomberg.com/news/articles/2016-05-12/bayer-said-to-explore-bid-for-40-billion-seed-company-monsanto>

I chatted with a relative. CIO

05/13/16 Friday 3:50 P.M. I ate the defrosted shrimp ring with shrimp sauce. I also ate two 2 ounce Sandwich Brothers cheeseburgers with a glass of cold filtered water. CIO

05/13/16 Friday 3:25 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 CVS, and I bought a 16 ounce bag of CVS raw almonds for \$5. I checked out the menu at Chipolte's, but it is too expensive for me. I chatted with a staff member at the running store. I checked out the CFCF coffee shop. I bought an Ace's High scratch card at Zen Stationary for a dollar, but I lost. I chatted with a visitor from Memphis. No it was not Elvis. I was told that at the new sandwich shop across the street from Zen Stationary, a hamburger with all of the trimmings costs \$12. I used the bathroom at the Senior and the Arts Center. I sat outside for a while. I then went by the Stop and Shop. I bought 8 mini croissants for \$2.49, buy one get one free of six packs of Thomas' English muffins for \$4.39 both, a 59 ounce Tropicana orange juice with calcium for \$3, a 16 ounce Hungry Man Salisbury steak dinner for \$2.50, a 16 ounce Hungry Man beer batter chicken dinner for \$2.50, two 42 ounce Old Fashioned Quaker Oats for \$4.79 each, a 45 ounce Smart Balance Spread for \$6.99 and bananas for .49 a pound for \$1.19 for \$32.64 total. I then returned home. I picked up yesterday's mail. I put away my groceries. CIO

05/13/16 Friday 10:25 A.M. For backup purposes, I ordered for \$39.99 with free shipping http://www.newegg.com/product/product.aspx?Item=N82E16822236410&CMP=AFC-C8Junction&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-Sogo%20Media,%20Inc.-na-na-na&cm_sp=&AID=10440897&PID=1909457&SID=

I will now make my bed. I will then shower and clean up, and I will go downtown. CIO

05/13/16 Friday 9:05 A.M. I chatted with a friend. I rested some more until 8:45 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. When I installed the two air conditioners in my apartment this past Tuesday, I hurt my lower back a bit. It is gradually getting better. I was told to try to lie down and pull up my knees which I have not tried yet. There is no hot tub available in this area that I know about. One effect of the hurt lower back is that I can no longer use my left arm reach around and wipe my ass, because it hurts too much, so I have to use my right arm.

<http://news.bbc.co.uk/onthistday/> CIO

05/13/16 Friday 5:30 A.M. I woke up, and I ate a 12 ounce glass of 50% punch and 50% Canada Dry Ginger Ale. I finally woke up at 5:15 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/12/16 Thursday 8:55 P.M. I heated and ate a 14.5 ounce Chef Boyardee beef ravioli, and I ate it with a glass of cold filtered water. CIO

05/12/16 Thursday 8:40 P.M. I woke up at 2 P.M.. I ate two 2 ounce Sandwich Brothers Angus cheeseburgers and a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I rested until 8:15. I chatted with a relative. CIO

05/12/16 Thursday 12:55 P.M. I watched "Into the White". I chatted with a relative. CIO

05/12/16 Thursday 9:55 A.M. I woke up at 9:30 A.M.. I ate four 1.78 ounce White Castle cheeseburgers with a glass of cold filtered water. I will now go back to bed. CIO

05/12/16 Thursday 5:20 A.M. I will now rest some more. CIO

05/12/16 Thursday 4:55 A.M. I put away the clean laundry. CIO

05/12/16 Thursday 4:05 A.M. www.visitflorida.com . CIO

05/12/16 Thursday 3:55 A.M. I have 20 minutes to go on the 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/12/16 Thursday 3:05 A.M. I chatted with a relative at 7:30 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. CIO

05/11/16 Wednesday 3:20 P.M. Dust off your hiking boots for Trails Day!

I will now shut down the primary work computer and go to bed. CIO

05/11/16 Wednesday 2:45 P.M. For dinner I ate 9 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 cold filtered water and a cup of chamomile tea with Equal sweetener. CIO

05/11/16 Wednesday 1:55 P.M. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I then went downtown. I chatted with a couple of locals. 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 Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with an Apple person at the Apple computer store. I chatted with somebody with a Chevrolet GMC type vehicle. I went by the Computer Super Center on Mason Street. I stopped by CVS, and I bought a 16 ounce bag of Doritos shell corn chips for \$2.99. I used the bathroom at the Senior and the Arts center. I sat outside for a while enjoying the day. I chatted with a friend on my wireless telephone. I went by the Acme grocery store. I bought two 13.8 ounce Sandwich Brothers angus hamburgers for \$5.99 each six pack, a frozen shrimp ring for \$5, and a 16 ounce Resers potato salad for \$3 for \$19.98 total. I then returned home. I chatted with a neighbor. I put away my groceries. I turned on the air conditioners. I paid my third of four payments or June 2016 payment on my GEICO automobile insurance that runs until October 8, 2016. CIO

05/11/16 Wednesday 6:45 A.M. I went back to bed until 6:30 A.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 shower and clean up. I will then go downtown. CIO

05/11/16 Wednesday 3:50 A.M. I 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/10/16 Tuesday 7:40 P.M. I chatted with a relative. I woke up at 7:30 P.M.. I ate two 1.78 ounce White Castle cheeseburgers with a glass of cold filtered water. I will now go back to bed. CIO

05/10/16 Tuesday 4:45 P.M. At 1 P.M., I woke up, and I ate a 16 ounce Marie Callender chicken pot pie. I also drank two 12 ounce glasses of 50% punch and 50% Ginger Ale. I woke up again at 4 P.M.. I chatted with a friend twice. I picked up the mail. I sat outside briefly. I will now rest some more. CIO

05/10/16 Tuesday 11:35 A.M. I installed the two air conditioners in my apartment. One is in the bedroom and the other is in the living room. I also put in new alkaline batteries in the weather station sending unit and base unit. I put out the tower pedestal fan out and a new table fan that I put on the Ricoh color laser printer at the kitchen entrance. I drank a 12 ounce can of Canada Dry Ginger Ale. I chatted with a relative and a neighbor. I sat outside briefly. I ate two 1.78 ounce White Castle cheeseburgers with a glass of cold filtered water. I will now rest some more. CIO

05/10/16 Tuesday 7:30 A.M. I went back to bed until 7 P.M.. I chatted with a friend. I made my bed. CIO

05/10/16 Tuesday 3:05 A.M. I woke up at 2:40 A.M.. I threw out the garbage. In the southern sky one can see a yellow star instead of a white star. It is probably the planet Mercury in the southern sky. I picked up the mail. 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

05/09/16 Monday 8:20 P.M. I have been resting. I chatted with a relative at 3:30 P.M.. I woke up again, and I chatted with a relative at 7:30 P.M.. I ate two 1.78 ounce White Castle cheeseburgers with a glass of cold filtered water. I will now rest some more. CIO

05/09/16 Monday 12:30 P.M. \$39.99

<http://www.newegg.com/Product/Product.aspx?Item=9SIA08C3YF0053&ignorebbr=1> shopping cart. CIO

05/09/16 Monday 12:10 P.M. I ate four 1.78 ounce White Castle cheeseburgers with a glass of cold filtered water. CIO

05/09/16 Monday 10:00 A.M. I went back to bed until 9:30 A.M.. I chatted with a relative. CIO

05/09/16 Monday 4:05 A.M. I woke up at 3:30 A.M.. Today is my 66th birthday. 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 05/08/16

05/08/16 Sunday 5:10 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

05/08/16 Sunday 5:00 P.M. I ate a 16 ounce bag of baked breaded onion rings with a glass of cold filtered water. CIO

05/08/16 Sunday 4:10 P.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I toured the Apple computer store. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a couple of locals. I stopped by CVS, and I used the bathroom. I bought a 16 ounce bag of CVS almonds for \$5. After my walk, I sat out for a while. They have cut down some of the tulips across the street from the

Senior and the Arts Center. I chatted with a relative on my wireless telephone. I returned home. I sat outside for a while. CIO

05/08/16 Sunday 11:10 A.M. I watched "The Trench". I will now go back downtown. CIO

05/08/16 Sunday 9:30 A.M. I chatted with a relative. I ate four 1.78 ounce White Castle cheeseburgers with a glass of cold filtered water. CIO

05/08/16 Sunday 9:10 A.M. I went downtown to CVS on Greenwich Avenue. I bought a 12 double roll bundle of Scott toilet paper for \$6.99 and .44 tax for \$6.43. I did not feel like walking in the rain, so I drove down by the waterfront on Steamboat Road. There are more condos being built across the street from 600 Steamboat Road. I then went by the Acme grocery store. I bought three 12 ounce 6 packs of White Castle cheeseburgers for \$4.49 each six pack for \$13.47 total. I said hello to somebody from the Greenwich Hospital Thrift shop. I then returned home, and I put away my groceries. CIO

05/08/16 Sunday 7:00 A.M. \$45.50 <http://www.sperry.com/en/authentic-original-leather-1-eye-boat-shoe/19615M.html>

I will make my bed. I will shower and clean up. I will go downtown to people watch. CIO

05/08/16 Sunday 6:30 A.M. I threw out the garbage. I sat outside for a while. I picked up the mail. CIO

05/08/16 Sunday 5:45 A.M. I went back to bed until 5:30 A.M.. I will now eat a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will then wash the breakfast dishes. CIO

05/08/16 Sunday 3:00 A.M. I went back to bed until 2:45 A.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/08/16 Sunday 12:10 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 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

05/07/16 Saturday 11:40 P.M. I chatted with a friend at 3:30 P.M.. The friend has volunteered to help me install the air conditioners, when I need to do it. A relative called me at 5:30 P.M. to remind me to watch the Kentucky Derby. I watched it until 7 P.M.. I went back to bed until 11:30 P.M..

<http://www.cnn.com/2016/05/07/us/mount-st-helens-mini-earthquakes/>

<https://volcanoes.usgs.gov/observatories/cvo/> CIO

05/07/16 Saturday 11:35 A.M. I woke up at 10:30 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. I chatted with a relative. I will now rest some more. Since mid December 2015, whenever I eat, I get tired. CIO

05/07/16 Saturday 5:05 A.M. I will now rest some more. CIO

05/07/16 Saturday 4:40 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. Today is Mint Julep time <https://www.churchilldowns.com/> . CIO

05/07/16 Saturday 4:25 A.M. Starry Nights in the Canary Islands - The New York Times

My www.eversource.com electricity bill for April 2016 was \$110.38 for 518 kWh for 17.27 kWh per day for 30 days with an average temperature of 50.4 degrees Fahrenheit. For April 2015, it was \$151.79 for 697 kWh for 21.78 kWh per day for 32 days with an average temperature of 51.5 degrees Fahrenheit. CIO

05/07/16 Saturday 3:55 A.M. I watched "Jobs". CIO

05/07/16 Saturday 1:30 A.M. \$130 http://www.staples.com/Xerox-3215-NI-Mono-Laser-All-in-One-Printer/product_1460996

\$120 http://flash.newegg.com/Product/N82E16828116414?icid=WP_24_05022016

\$130 [http://www.officedepot.com/a/products/546371/Xerox-WorkCentre-Wireless-Monochrome-Laser-All/?cm_mmc=PLA--Google--Printers Scanners Faxes- -546371-VQ6-47886868196-VQ16-c-VQ17-pla-VQ18-online-VQ19-546371-VQ20-76935306596-VQ21--VQ22-177839036-VQ27-9203162636&gclid=CP7hxZCbx8wCFQJZhgod6RgCBw](http://www.officedepot.com/a/products/546371/Xerox-WorkCentre-Wireless-Monochrome-Laser-All/?cm_mmc=PLA--Google--Printers%20Scanners%20Faxes--546371-VQ6-47886868196-VQ16-c-VQ17-pla-VQ18-online-VQ19-546371-VQ20-76935306596-VQ21--VQ22-177839036-VQ27-9203162636&gclid=CP7hxZCbx8wCFQJZhgod6RgCBw)
CIO

05/07/16 Saturday 1:10 A.M. I woke up at midnight.

http://www.sperry.com/en/authentic-original-winter-2-eye-boat-shoe/23951M.html?dwvar_23951M_color=STS11500#cgid=outlet-men&prefn1=size&prefv1=9.5&start=1

Wharf Rat Property on Steamboat Road

http://www.zillow.com/homedetails/630-Steamboat-Rd-APT-2E-Greenwich-CT-06830/2106169396_zpid/ \$400,000 plus condo charges.

[http://www.realtor.com/realestateandhomes-detail/630-Steamboat-Rd-Apt-4D Greenwich CT 06830 M46951-59585](http://www.realtor.com/realestateandhomes-detail/630-Steamboat-Rd-Apt-4D-Greenwich-CT-06830_M46951-59585)

<http://www.trulia.com/property/3096633653-633-Steamboat-Rd-1-Greenwich-CT-06830>

http://www.zillow.com/homedetails/613-Steamboat-Rd-Greenwich-CT-06830/57304103_zpid/

http://www.zillow.com/homedetails/559-Steamboat-Rd-UNIT-A3-Greenwich-CT-06830/114418760_zpid/

<http://www.estately.com/listings/info/680-steamboat-road>

http://www.zillow.com/homedetails/603-Steamboat-Rd-APT-3-Greenwich-CT-06830/57309100_zpid/

http://www.zillow.com/homedetails/633-Steamboat-Rd-APT-1-Greenwich-CT-06830/57309096_zpid/

http://www.zillow.com/homedetails/630-Steamboat-Rd-APT-1D-Greenwich-CT-06830/2121384261_zpid/ CIO

05/06/16 Friday 11:20 P.M. I woke up at 8:30 P.M., and chatted with a relative. I went back to bed until 10:30 P.M.. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance Spread on the vegetables and a glass of cold filtered water. I will now go back to bed. CIO

05/06/16 Friday 4:30 P.M. I threw out the garbage. I went to my 1:30 P.M. appointment. After the appointment, I picked up two prescriptions at CVS on Greenwich Avenue. I then sat out for a while further downtown. I used the bathroom at the Senior and the Arts center. I then went to the Stop and Shop. I bought a 8 pack of mini croissants for \$2.49, two 19 ounce Stouffer's meat and tomato lasagnas for \$3 each, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, a 5 quart box of Stop and Shop powdered milk for \$7.29, two 12 ounce generic honey for \$2.50 each, and bananas for .49 a pound for .70 for \$24.47 total. I then bought a loaf of Pepperidge Farm 15 grain bread \$4.29, two 6 packs of Stop and Shop English muffins for .99 each, and 16 ounces of Stop and Shop frozen onion rings for \$2.50 for \$8.77 total. I then returned home. I picked up the mail. I put away the groceries. I will now rest a while. CIO

05/06/16 Friday 11:40 A.M. I will now make my bed. I will then shower and clean up. I will then go out early to my 1:30 P.M. appointment. CIO

05/06/16 Friday 10:55 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate a mini croissant. CIO

05/06/16 Friday 6:40 A.M. I watched "Finding Neverland". I will now rest some more. CIO

05/06/16 Friday 3:25 A.M. I went back to bed until 2:30 A.M.. I ate a 13 ounce Boston Market chicken primavera dinner with grated parmesan and Romano cheese and a 9 baked breaded onion rings with a glass of cold filtered water. CIO

05/06/16 Friday 12:20 A.M. I went back to bed until midnight. Fox News says 19% of the U.S. Voters are white guys over 31 years old. In other words 81% are everybody else. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I have a 1:30 P.M. appointment today. CIO

05/05/16 Thursday 8:05 P.M. I woke up and ate a mini croissant. I woke up at 2:30 P.M.. I picked up the mail. 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 returned home. I sat outside for a while. I went back to bed at 4:30 P.M., and I woke up again at 7:30 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 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

05/05/16 Thursday 5:15 A.M. I ate two 1.84 ounce White Castle cheeseburgers with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

05/05/16 Thursday 4:50 A.M. I watched "Admiral". CIO

05/05/16 Thursday 2:25 A.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and 9 baked onion rings and a glass of cold filtered water. CIO

05/05/16 Thursday 1:50 A.M. I put away the clean laundry. CIO

05/05/16 Thursday 12:25 A.M. I have 55 minutes to go on two dry cycles. CIO

05/05/16 Thursday 12:05 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry, 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

05/04/16 Wednesday 11:00 P.M. I went back to bed until 10:30 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I washed the breakfast dishes. I received a sales brochure from <https://www.westportbigandtall.com/Default.aspx> which probably has clothes for bigger men. CIO

05/04/16 Wednesday 7:55 P.M. I woke up at 3 P.M., and I chatted with a friend. I picked up the mail at 4:30 P.M.. 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 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

05/04/16 Wednesday 5:20 A.M. <https://www.theclassyhome.com/> CIO

05/04/16 Wednesday 5:10 A.M. I watched "The Sum of All Fears". CIO

05/04/16 Wednesday 2:10 A.M. I threw out the garbage. I picked up the mail. CIO

05/04/16 Wednesday 1:35 A.M. I rested some more until 1 A.M.. I ate a 16 ounce chicken pot pie with a glass of cold filtered water. CIO

05/03/16 Tuesday 11:45 P.M. I went back to bed until 11:30 P.M.. I ate two 1.84 ounce White Castle cheeseburgers with a glass of cold filtered water. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/03/16 Tuesday 9:35 P.M. I rested some more until 8:30 P.M.. I chatted with a friend and a relative. CIO

05/03/16 Tuesday 6:50 P.M. I woke up at 8 A.M.. I ate two 1.84 ounce White Castle cheeseburgers with a glass of cold filtered water. I finally woke up at 6:30 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 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

05/03/16 Tuesday 5:55 A.M. I tried to find some more video to watch. I ate two 1.84 ounce White Castle cheeseburgers with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

05/03/16 Tuesday 4:05 A.M. I ate two White Castle cheeseburgers with a glass of cold filtered water. CIO

05/03/16 Tuesday 3:55 A.M. I watched "We were soldiers". I ate a small bowl of goldfish crackers. CIO

05/03/16 Tuesday 1:10 A.M. I ate the same Dinty Moore stew and flavored rice meal as last night with a glass of cold filtered water. CIO

05/03/16 Tuesday 12:40 A.M. I threw out the garbage. I went out to the Stop and Shop. I bought an eight pack of mini croissants for \$2.49 and bananas for .49 a pound for 1.09 for \$3.58 total. I then went by the ATM machine at the Chase Bank at Deerfield Place. I then

went downtown, and I sat out downtown for about 45 minutes observing not too much happening. I then drove around the downtown area. <http://glorydaysdiner.com/> is opened until 1 A.M. on week days and 3 A.M. on weekends. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.50 of self service premium gasoline for \$3.239 a gallon for 2.006 gallons at odometer reading of 112537 miles for 29.2 miles driven since Tuesday April 26, 2016 for 14.557 miles per gallon in local traffic. I then went by CVS on West Putnam Avenue, and I bought two 11 ounce six packs of White Castle cheese burgers for \$9 total. I then returned home, and I sat outside for a while. I then put away my groceries. CIO

05/02/16 Monday 10:00 P.M. I went back to bed until 9:40 P.M.. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

05/02/16 Monday 7:10 P.M. I woke up at 3:30 P.M., and I picked up the mail. I finally woke up at 6:45 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

05/02/16 Monday 5:15 A.M. I watched "The Red Baron". 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

05/02/16 Monday 3:00 A.M. I watched "Sagrada, the Mystery of Creation". <http://www.sagradafamilia.org/en/> . When I first visited Barcelona, Spain during February 1972, I was a art history student in Florence, Italy. I had a student U-Rail pass. I had visited a Greenwich friend in Grenoble, France. Then in search of warmer weather I headed to Spain. Barcelona was a bit warmer. When I arrived by train, I had to walk through a reception committee of Spanish military with machine guns from the train station to the pedestrian Ramblas. I was carrying my Swiss Alpine back pack that I had bought for \$3 in the Florence flea market. I ate lunch at the Barcelona yacht club for a few dollars. I met a Dutch traveler. It was a dollar a night for a room to stay in. I think I returned to Grenoble twice to visit, before returning to Barcelona and then down to Malaga in southern Spain, where I paid \$40 for an Iberia flight to Lanzarote which was a bit warmer. The U.S. Aircraft Carrier Enterprise was moored on the harbor in Barcelona, so there were lots of American sailors around the waterfront district. On the train, I met a Swiss Chemist who told me about "Bustaid" a diet pill that cost about \$5 for 60 pills. In Spain, they did not have pharmacy laws, so I used the diet pill to stay awake, when I was traveling. When I returned on Iberia from Lazarote, I landed in Seville, and I took the over night train to Madrid. I did not leave the train station in Madrid, and I caught a high speed train for \$60 to Pisa, where I caught a local train back to Florence, Italy in time for my exams. CIO

05/02/16 Monday 1:05 A.M. I made up a batch of <http://scott-mike.com/mlsrice.htm> . I also opened up a 20 ounce can of Dinty Moore beef stew, and I put 10 ounces in a plastic

microwave pot with lid, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, celery salt, Lea and Perrins Worcestershire sauce, extra virgin olive oil, and soy sauce, and I heated it for five minutes on 50 percent power. I put half of the rice in a Rubbermaid container in the refrigerator, and I put the other half of the rice in a large soup bowl, and I added and mixed the Dinty Moore stew to it. I ate it all with a glass of cold filtered water. CIO

05/01/16 Sunday 11:15 P.M. I rested some more until 11 P.M.. I will now make my bed. I will then shower and clean up. CIO

05/01/16 Sunday 9:20 P.M. I chatted with two relatives. I cleaned the entire bathroom. I cleaned the bathroom sink with Windex orange surface cleaner. I cleaned the toilet bowl with Clorox toilet bowl cleaner and the rest of the toilet with Windex orange surface cleaner. I cleaned the shower sides with Windex orange surface cleaner and the bath tub with Ajax scouring powder. I put a new shower curtain liner in the shower. I sprayed the newly cleaned areas with Lysol spray disinfectant spray. I cleaned the mirrors and pictures with Windex glass cleaner. Thus the bathroom is ship shape except for perhaps the bathroom rugs which is another project. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I will now make my bed. I will then shower and clean up. CIO

05/01/16 Sunday 6:55 P.M. I chatted with a friend at 4:30 P.M.. I finally woke up at 6:30 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

End of Scott's Notes week of 05/01/16

05/01/16 Sunday 6:10 A.M. I tried to find some video to watch to no avail. I chatted with a friend. I ate the other four White Castle cheeseburgers. Altogether the six White Castle cheeseburgers are 12 ounces. I will now send out my weekly notes. I will then go to bed. CIO

05/01/16 Sunday 3:45 A.M. I printed out two copies of the April 2016 Microsoft Sunset income versus spending report, and I used one 49 cent forever stamp on an envelope to mail it to an interested relative. I then went downtown to the central Greenwich Post Office, and I mailed the letter. I then drove down Greenwich Avenue to the bottom of Steamboat Road. It is very quiet out without too much happening as far as I can tell. I then went by CVS at 644 West Putnam Avenue, and I bought a six pack of White Castle frozen cheeseburgers for \$4.99, a 64 ounce Ocean Spray cranrape juice for \$2.97 and a 64 ounce Ocean Spray cranraspberry juice for \$2.03 for \$9.99 total. I then returned home, and I sat outside for a while. I will now heat two White Castle cheeseburgers in the microwave oven for a minute, and I will eat them with a glass of cold filtered water. CIO

05/01/16 Sunday 2:20 A.M. Today May 1, 2016 is Easter Sunday in the Orthodox Churches of the World. One is suppose to fast the week before Orthodox Easter Sunday, and at midnight when it turns to Sunday, one can party and feast. CIO

05/01/16 Sunday 2:15 A.M. I printed out the last four months of Scott's Notes. They are 134 pages long, that I put in two clamp binders that I left on the Harvard chair at the hallway entrance. They are available from here:

Scott's Notes from January 2010 through April 2016, 7.43 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, January 2016 to April 2016, "mlsnote36.doc", pages 11808 - 11942

Scott's Notes from January 2010 through April 2016, 7.43 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, Sepember to December 2015, "mlsnote35.docx", pages 11643 - 11807, January 2016 to April 2016, "mlsnote36.docx", pages 11808 -11942

January to April 2016, "mlsnote36.docx" , pages 11808 - 11942

Janaury to April 2016, "mlsnote36.docx" , pages 11808 - 11942

January 2016 through April 2016, pages 11808 - 11942

<http://scott-mike.com/mlsnote36.pdf>

January 2016 through April 2016, pages 11808 - 11942

<http://mikelouisscott.com/mlsnote36.pdf>

CIO

05/01/16 Sunday 12:35 A.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

06/30/16 Thursday 12:45 P.M. I drove over with a relative to U.S. 1 in Biddeford, and we picked up a newly upholstered chair and bench at an upholsters. We then returned back to my relatives' house and installed it in the living room by the fire place. I rested from 11 A.M. to noon. I ate a ham and cheese sandwich on pita bread with mayonnaise and cold slaw and a glass of cold filtered water. I will now pack up my computer gear and luggage. I will try to be awake around 6 A.M. tomorrow morning and leave for Greenwich around 8 A.M.. I will post notes when I get back home. CIO

06/30/16 Thursday 8:55 A.M. I woke up at 8 A.M.. I brought in the New York Times. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of orange juice with vitamins and supplements, a cup of decaffeinated coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

06/29/16 Wednesday 8:25 P.M. I woke up at 5 P.M.. The relative visiting for dinner arrived at 6 P.M.. I ate vegetables and dip and ginger ale with ice. For dinner, I ate five barbecued spare ribs, two ears of corn on the cob with butter, steamed asparagus, a thin slice of cheese cake, and a glass of ginger ale with ice. I cleaned up the kitchen, and I started the dish washer. I hooked up the house HP 1018 laser printer, and I gave a copy of my Microsoft Money Sunset June 2016 income versus spending report to an interested relative. I will now go to bed. CIO

06/29/16 Wednesday 3:45 P.M. I started the dry cycle. I went out with a relative. We went by the Kennebunkport post office. We then went to Hannaford's in Kennebunk. While we were there it poured and thundered and raining. We got supplies for relatives arriving this weekend. We then returned back to the relatives' house. We unloaded the groceries. I put away the clean laundry. I will now rest for a while. We have a relative coming over at 6 P.M for dinner this evening. CIO

06/29/16 Wednesday 1:10 P.M. I watched some news. For lunch, I ate a hotdog on a bun with onions and Dijon mustard, cole slaw, potato chips, and a glass of cold filtered water. CIO

06/29/16 Wednesday 12:10 P.M. I went back to bed until 11:30 A.M.. I made my bed. I showered, and I cleaned up. I started a load of wash. CIO

06/29/16 Wednesday 9:20 A.M. I woke up at 8:00 A.M.. I brought in the New York Times. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of orange juice with vitamins and supplements, a cup of decaffeinated coffee with Splenda sweetener and milk. I chatted with a relative on the house phone. CIO

06/28/16 Tuesday 7:50 P.M. I ate cheese and crackers. I watched the local news. For dinner, I ate vermicelli, tomato sauce, meat balls, and a glass of cold filtered water. I cleaned up the kitchen. A relative suggested that I take an exercise walk, so I walked to the

of the driveway and back and around the house. There are three new mole holes by the flower box in back of the house. I will now go to bed. CIO

06/28/16 Tuesday 4:50 P.M. I went through my email. I chatted with a friend. On the Dell Latitude E6410 laptop that came with Office 2013, it says that it will expire in two days, but when I press the activate button, it says it is activated. It happened after I upgraded from Windows 7 to Windows 10. I will have to see what happens in two days. CIO

06/28/16 Tuesday 4:00 P.M. I napped until 1:30 P.M.. I emptied the dishwasher. I then drove along the waterfront in Kennebunkport to Bradbury's where I got a few things. I then drove out to Cape Porpoise, and I returned to my relatives' house. I watched some Fox News. I then went out with a relative. We went by the Kennebunkport post office. We then drove along the Kennebunk beach and back, and we parked for a while at the east beach watching a few surfers. We then returned back to my relatives' house. I rained last night, so we don't need to water. We might have more rain until tomorrow night. CIO

06/28/16 Tuesday 12:25 P.M. For lunch, I ate the reheated chicken and noodles with a cup of lobster bisque and a bowl of fruit salad and a glass of cold filtered water. I will now rest for a while. I started the dish washer. I will now rest for a while. CIO

06/28/16 Tuesday 11:35 A.M. I chatted with <http://www.swedish-imports.com/> , and they would not be able to repair my driver's door handle on my Volvo XC70 until this Friday morning at around 10 A.M., by which time I will be back on the road down to Greenwich, Connecticut. I guess when I come up again around Labor Day for a longer period, I can get it done then. CIO

06/28/16 Tuesday 11:05 A.M. I brought the garbage can in. I chatted with a relative. The relative got some of the Ikea kits for holding the three dressers downstairs against the wall. I watched a bit of Fox News. CIO

06/28/16 Tuesday 10:20 A.M. <http://www.greenwichtime.com/local/article/Greenwich-Sidewalk-Sales-Days-return-July-14-8327212.php> CIO

06/28/16 Tuesday 10:10 A.M. I went back to bed until 10 A.M.. I made my bed. I will now shower and clean up. CIO

06/27/16 Monday 7:45 P.M. The order with tracking number of "1Z6Y357V0325789417" at www.ups.com on the order for \$10.58 with tax https://www.microsoftstore.com/store/msusa/en_US/pdp/Microsoft-Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800 arrived at the apartment in Greenwich.

Tracking is

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400110200828072974288 on the order for two <http://slickdeals.net/f/8869499-sandisk-16gb-usb-flash-drive-2x-for-4-99-on-ebay> for \$4.98 with free shipping.

I will go to bed soon. CIO

06/27/16 Monday 7:35 P.M. I woke up at 5 A.M.. I watered the flowers on the deck. I helped a relative prepare dinner. We went for a drive along the Kennebunk beach, and we parked for a while midway at the east beach watching the young surfer work their action in the rough water. We then drove along the waterfront in Kennebunkport. It has slowed down again after the busy weekend. I turned off the sprinkler in the front yard. For dinner, I ate chicken with flavored noodles and sweet peas, steam broccoli and 1.5 ears of corn on the cob with butter, and a glass of cold filtered water. I cleaned up the kitchen. I put the garbage out by the street for pickup tomorrow morning. CIO

06/27/16 Monday 3:05 P.M. I watched some more news. I turned off the front sprinkler at 11:45 A.M.. For lunch I ate a ham and cheese sandwich on pita bread with mayonnaise and potato chips and a glass of Zero Sprite with ice. I sprayed the wasp hole on the rear deck support again with Raid flying insect spray. I went out with a relative. We went by the Kennebunkport post office. We then drove over to Biddeford, and we went to T.J. Maxx. On the way back, we stopped by Home Depot, they have a http://www.homedepot.com/p/Seasonal-Designs-20-ft-Aluminum-Flagpole-with-3-ft-x-5-ft-U-S-Flag-AP20/100078153?cm_mmc=Shopping%7cTHD%7cG%7c0%7cG-BASE-PLA-D28I-InsideGardenOther%7c&gclid=COprkcDxyM0CFdhahgodQ68BrA&gclsrc=aw.ds for \$129. However, I am not sure how it would work in our location. We then returned back to my relatives' house. I will now take a nap. CIO

06/27/16 Monday 10:20 A.M. I watched www.foxnews.com. The painter delivered one chair painted Dutch Blue back to the kitchen and took another one to return on Friday. Mike Huckabee on Fox News says that once one is laid off at age 50 or above, one will never get a job. I chatted with a friend. CIO

06/27/16 Monday 9:20 A.M. I woke up at 8:00 A.M.. I brought in the New York Times. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of orange juice with vitamins and supplements, a cup of decaffeinated coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

06/26/16 Sunday 8:05 P.M. For dinner, I ate a rotisserie chicken leg, thigh, and three 1/4 inch thick slices of white breast meat, 1.5 ears of corn on the cob with butter, a tossed mixed green salad with Italian dressing and Zero Sprite with ice. I cleaned up the kitchen. I then went for a drive with a relative along the Kennebunk beach. We parked at the west end of the east beach and watched the evening strollers and dog walkers. We then drove along the Kennebunkport waterfront and returned to my relatives' house. I will now empty the dishwasher, and I will go to bed. CIO

06/26/16 Sunday 5:40 P.M. I woke up at 3 P.M.. I chatted with a friend down south of the Mason Dixon line. I finished watering the yard and flower box in back. I watered the bushes and flowers and plants in front. I then watered the front yard some more until 5:30 P.M.. I sprayed some Raid fly insect spray on the deck support where there are hornets or

wasps eating into the wood. I went out with a relative. We mailed a letter at the Kennebunkport post office. We then went to Hannaford's in Kennebunk and got a few things and returned back to the family house. CIO

06/26/16 Sunday 12:45 P.M. I watched some Fox News. A relative returned my other relative from church. I folded the dry laundry and put it away. I tried watching an older James Bond movie on Ion TV, but I think I had seen it before, and there were too many commercials. For lunch, I ate a delicious crab meat roll with potato chips, cold slaw, and fruit salad, and a glass of Zero Sprite with ice. I moved the lawn sprinkler to the front lawn to moisten it some more. I noticed on the outer lower beam of the rear deck opposite the basement door, wasps are eating into the wood, and saw dust is coming out on to the cement below. I left a message with a relative about it. I will now take a nap. CIO

06/26/16 Sunday 10:35 A.M. I am on the dry cycle of my laundry. CIO

06/26/16 Sunday 10:10 A.M. I chatted with a relative who is watching the CBS Sunday morning news from a remote part of the country. I started the lawn sprinkler in the north end of the back yard. CIO

06/26/16 Sunday 9:50 A.M. I watched www.foxnews.com. A relative picked up another relative to go to church. I chatted with a relative. I emptied the garbage. I am doing a load of laundry. CIO

06/26/16 Sunday 8:40 A.M. I woke up at 8 A.M.. I brought in the New York Times. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of orange juice with vitamins and supplements, a cup of decaffeinated coffee with Splenda sweetener and milk. I made my bed. I will now shower and clean up. CIO

06/25/16 Saturday 8:10 P.M. Microsoft tweaks activation rules for the Windows 10 Anniversary Update | ZDNet

Take a journey across the world this summer

I will now go to bed. CIO

06/25/16 Saturday 7:55 P.M. I went for a drive with a relative. We drove the entire length of Kennebunk beach and back, and we parked for a while at the west end of the east beach. We then returned back to my relatives' house. I turned off the sprinkler. I ate crab dip and crackers. For dinner, I ate quiche, cold slaw, 1.5 ears of corn on the cob with butter, a cold noodle mixture, and a glass of cold filtered water. I cleaned up the kitchen. I chatted with a friend. CIO

06/25/16 Saturday 5:15 P.M. I woke up at 3:45 P.M.. I turned off the sprinkler. I watered all of the plants, bushes, new bushes, and flowers in the front yard, the rear yard, and the

rear deck. I turned on the front yard sprinkler again to soak the dry ground some more. CIO

06/25/16 Saturday 2:00 P.M. I went out with a relative. We went by the Kennebunkport post office. We then drove up to Ace Hardware in Kennebunk. We bought a lawn sprinkler on sale for \$5 off for \$7.99 at the Ace Hardware store. We then went by CVS and bought some baby wipes and the weekly Arundel Star newspaper. We then drove along the entire length of the Kennebunk beach which was full to capacity. I think it costs \$20 a day to park there. We then drove along the Kennebunkport waterfront and returned to my relatives' house. I set up the sprinkler in the front lawn to water the dry grass for a few hours. I put the little bird house hanging from the trellis. For lunch I had a delicious seasoned crab meat roll, cold slaw, fruit salad and cold filtered water. I will now rest for a while. CIO

06/25/16 Saturday 10:20 A.M. I bought two <http://slickdeals.net/f/8869499-sandisk-16gb-usb-flash-drive-2x-for-4-99-on-ebay> for \$4.98 with free shipping. CIO

06/25/16 Saturday 10:10 A.M. I chatted with a relative. Just east of Hannaford's in Kennebunk, Maine, they are building a <https://www.aromajoes.com/> coffee shop. The one in Wells, Maine has a drive through, so one does not have to get out of the car in the cold Maine winters. I watched some www.foxnews.com. Donald Trump is over in Scotland at one of his two golf courses. I once met one of Donald Trump's caddies at the Westchester Country Club, and he was an expert marathon runner from Rye, New York. However, that was over 25 years ago, so he probably got old. CIO

06/25/16 Saturday 8:50 A.M. I woke up at 8 A.M.. I went out, and I got the New York Times. They now leave it out by the street instead of driving down the driveway to deliver it at the house. I ate breakfast of oatmeal, with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, decaffeinated coffee with Splenda sweetener and milk, and vitamins and supplements with a glass of cold filtered water. I will now make my bed. I will then shower and clean up. CIO

06/24/16 Friday 8:40 P.M. I went out to dinner with a relative to another relative's house. I drank a glass of Sprite Zero with ice and we chatted and watched the ABC evening news. For dinner I ate chicken casserole with rice and mixed salad and an éclair with a glass of Sprite Zero with ice. We returned back to my relatives' house. I will now go to bed. CIO

06/24/16 Friday 4:55 P.M. I went out with a relative at 2:30 P.M.. We went by the Kennebunkport post office. I then took the relative to an appointment in Kennebunk. We then filled up the relative's car at the Circle K Irving gasoline station. Their car wash has been broken recently. We then returned back to my relatives' house. CIO

06/24/16 Friday 1:45 P.M. I planted the sunflower in the back railroad tie flower box. It has four blooms on it right now. It will get bigger. CIO

06/24/16 Friday 1:20 P.M. I went out with a relative. We went by the Kennebunkport post office. We then drove to Kennebunk, and with my Volvo wagon we went to the Circle K Irving gasoline station. My relative bought me \$17 of self service premium gasoline for \$2.899 a gallon for 5.863 gallons at odometer reading of 113027 miles for 157.7 miles driven since the Massachusetts turnpike rest area for 26.898 miles per gallon in mostly highway traffic. We then went by Hannaford's and got groceries. We also got a sunflower plant for the back elevated garden plot. We then returned home. I unloaded the car. For lunch I ate a ham and cheese sandwich on pita bread with mayonnaise and some of yesterday's mixed salad along with a glass of cold filtered water. CIO

06/24/16 Friday 10:00 A.M. I woke up at 6 A.M.. I ate oatmeal with Splenda sweetner and milk and sliced banana and decaffeinated coffee with Splenda sweetener and milk. I drank a glass of cold water with vitamins and supplements. I showered and I cleaned up. At 7:30 A.M., I drove a relative to the Wells, Maine Amtrak station to catch an 8:35 A.M. train. I drove back to Kennebunkport. I watered the bushes and plants in front and rear and on the rear deck which took about an hour and twenty minutes. CIO

06/23/16 Thursday 7:55 P.M. Tracking number is "1Z6Y357V0325789417" at www.ups.com on the order for \$10.58 with tax https://www.microsoftstore.com/store/msusa/en_US/pdp/Microsoft-Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800 .

I will now go to bed. Bon Soir.

<http://www.bbc.com/news/technology-36598977> . CIO

06/23/16 Thursday 7:45 P.M. I ate two barbecued hotdogs on grilled rolls with onion and Dijon mustard on them, an ear of corn on the cob with butter, cold steamed sweet peas with onions and vinaigrette dressing, sliced tomatoes and cold slaw with a glass of cold filtered water. I cleaned up the kitchen. I have to get up at 6 A.M. tomorrow in order to drop a relative off at the Wells Amtrak station by 8:30 A.M.. CIO

06/23/16 Thursday 6:45 P.M. I slept until 4 P.M.. I watered the grass in the front yard. I helped a relative clean some sweet peas. We went for a drive to Cape Porpoise. We went to <http://langsfordroadlobster.com/> and bought a half pound package of crab meat for \$10. I then drove around the Franciscan monastery <http://www.franciscanguuesthouse.com/> and along the Kennebunk beach and then along the waterfront in Kennebunkport. We stopped by the Colonial Pharmacy, and I bought a four pack of Duracell AA coppertop batteries for \$4.89 and .27 tax for \$5.16 total. When I got home, I used one on the wireless Microsoft mouse on the Dell Latitude E6410 laptop computer, and the Microsoft wireless mouse now works just fine. CIO

06/23/16 Thursday 2:05 P.M. The yard person and the painter left. My relative knows where to get a 25 foot aluminum flag pole in sections that another relative can install. I have to start helping out watering the plants tomorrow. There are new bushes planted in front of the house that need watering more frequently. I went out with relatives to the

Kennebunkport post office. We then went to a tile place near Swedish motors, but they can not drill a hole in the base of a vase to make a lamp out of it. We returned back to my relative's house. I ate a sliced turkey and cheese sandwich with Hellmann's mayonnaise on pita bread and a glass of cold filtered water. I chatted with a friend on my wireless telephone. One relative went out to another place in Saco, Maine to get the vase drilled. I read the New York Times. I then sat out in front of the house watching the workers at the house in front. A physical therapy worker arrived for one of my relatives. I will now take a nap. CIO

06/23/16 Thursday 10:55 A.M. The New Panama Canal: A Risky Bet - The New York Times

Summer Vacation Ideas – California, England, Great Lakes - AARP#slide1#slide1

CIO

06/23/16 Thursday 9:40 A.M. I ate a bowl of oatmeal with Splenda sweetener and milk and sliced banana and sliced peach along with a cup of decaffeinated coffee with Splenda sweetener and milk. We don't have any English muffins or orange juice. My relatives are trying to help me lose weight by watching my diet. I will now make my bed, and I will then shower and clean up. CIO

06/23/16 Thursday 9:10 A.M. I woke up at 8:30 A.M.. I moved my Volvo wagon from the front lawn to the driveway, since the lawn might be cut today. The tall wooden flag pole blew down from rot this winter, so we can not fly Old Glory. The steel support beams are still in the ground. When I setup the Dell Latitude E6410 laptop, the Microsoft wireless mouse would not work. There was a small wired mouse in the desk drawer that I am using. I order for \$10.58 with tax

https://www.microsoftstore.com/store/msusa/en_US/pdp/Microsoft-Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800 .

The vitamins and supplements that I take every morning are <http://scott-mike.com/msvit.htm> . CIO

06/22/16 Wednesday 8:05 P.M. I chatted with a friend and a relative on my wireless telephone. I chatted with relatives in the library. We went out to dinner at the <http://www.villagetavernwestk.com/> . I had blacken finger of salmon with grilled vegetables for \$19 and sour dough bread with butter and a few fried calamari and a glass of iced water. I will now go to bed. CIO

06/22/16 Wednesday 4:20 P.M. Last night I chatted with a friend at 6:30 P.M. I went to bed afterwards. I woke up at 10:30 A.M., and I ate some Blue Diamond Smokehouse almonds and Ginger Ale and Punch. I finally woke up at 6 A.M. this morning. I ate breakfast of oatmeal with milk and honey and sliced banana, a toasted English muffin with Smart Balance Spread, a 12 ounce glass of punch and cold filtered water, and a cup of decaffeinated coffee with milk and Equal sweetener. I made my bed. I showered, and I

cleaned up. I finished shutting down the apartment. I chatted with a relative. I threw out the garbage. I left at 8 A.M.. I drove up North Street to Merritt Parkway east. I stopped to go to the bathrooms at the New Canaan and North Haven and I-91 rest areas and the I-84 East rest area, and the Massachusetts turnpike rest area. I chatted with a friend on my wireless telephone in North Haven. At the Massachusetts turnpike Charlton rest area, I ate half of a cheese sandwich that I brought with me. I put \$21.01 of self service premium Gulf gasoline at \$2.799 a gallon for 7.508 gallons at odometer reading of 112870 miles for 166.3 miles driven since the previous fill up for 22.15 miles per gallon in highway traffic. I paid a 50 cent toll when I got off at I-290 East. I then got on I-495 East, and I stopped at the Lowell rest area. I got on I-95 North, and I stopped at the New Hampshire rest area. It started to rain heavily there. I ate the other half of the cheese sandwich. I paid the \$2 New Hampshire toll and the Maine turnpike \$3 toll. I got off at Well, Maine, and I drove into Kennebunkport, Maine to my relatives' house at 2 P.M. about the time the rain stopped. I unpacked. I chatted with my relatives. In setting up the Dell Latitude 6410 laptop, the Microsoft wireless mouse quit working. I hooked up a spare wired mouse, I found in the desk drawer. CIO

06/21/16 Tuesday 5:35 P.M. I ate some salsa and chips. I threw out some garbage. I sat out for a while. I chatted with a health care worker. I did not get any mail. I will now shut down the primary work computer. I will post notes from Kennebunkport, Maine tomorrow evening Michael Louis Scott's Notes June 2016 from Kennebunkport, Maine . I will now go to bed. I will wake up in the early morning and after breakfast and showering and cleaning up, I will leave for Maine. CIO

06/21/16 Tuesday 4:55 P.M. Reviewing Earthquake Safety and Preparedness | Safe Stars

http://www.nytimes.com/2016/06/21/arts/design/champion-of-a-polaroid-behemoth-yields-to-the-digital-world.html?emc=edit_th_20160621&nl=todaysheadlines&nliid=46729&r=0

<http://nantucket.net/photos/web-cams.php> CIO

06/21/16 Tuesday 4:40 P.M. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese on it along with a glass of cold filtered water and two mini croissants. CIO

06/21/16 Tuesday 4:00 P.M. I went to my medical appointment an hour early. I had to pay \$1.50 to park, since the parking garage was full. On my cardiology nuclear EKG test, I am fine. I just have a slight EKG irregularity. I still need to lose weight to feel better like at least fifty pounds. I chatted with a relative on my wireless telephone. I chatted with two relatives, when I got home. I finished packing. CIO

06/21/16 Tuesday 11:50 A.M. <http://www.bbc.com/news/uk-scotland-south-scotland-36574824> .

I chatted with a relative. CIO

06/21/16 Tuesday 11:25 A.M. I am mostly packed. CIO

06/21/16 Tuesday 10:10 A.M. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. I will then start packing to leave tomorrow for my visit with family in Kennebunkport, Maine. CIO

06/21/16 Tuesday 9:40 A.M. I have a 2 P.M. medical appointment this afternoon for follow up on my nuclear EKG cardiology test. CIO

06/21/16 Tuesday 9:15 A.M. I woke up at 10 P.M., and I ate a couple of ounces of Blue Diamond smokehouse almonds. I finally woke up at 9 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

06/20/16 Monday 8:10 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

06/20/16 Monday 7:25 P.M. I chatted with a relative. CIO

06/20/16 Monday 6:45 P.M. I chatted with a friend. CIO

06/20/16 Monday 6:10 P.M. For people home sick for their summer homes in Maine, the Stop and Shop on West Putnam Avenue every morning puts out about four 3 ounce lobster rolls for \$6.49 each in their seafood display case. I guess they could make up one, if the seafood display case were empty. CIO

06/20/16 Monday 5:45 P.M. www.cambridge.org/glaciovulcanism

<https://agu.confex.com/agu/fm16/preliminaryview.cgi/Session13052> CIO

06/20/16 Monday 5:20 P.M. I threw out the garbage. I went downtown. I chatted with a friend on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Subway Sandwich shop on lower Greenwich Avenue, and I bought the daily special of a Chicken Teriyaki six inch sub on Italian bread with provolone cheese and all of the trimmings. I ate it at a picnic bench in the new Greenwich Common Park. I also had some cold water from the Greenwich Common water fountain. I used the bathroom at the Senior and the Arts Center. I chatted with a neighbor. I chatted with a relative on my wireless telephone. I stopped by CVS again. I used the bathroom there. I bought a three pack of Brita water filters for \$17.99 and \$1.14 tax for \$19.13 total. I also got \$5 bonus bucks. I then bought a double roll of CVS cloth tape for \$6.29 less the \$5 bonus bucks less .33 from another CVS

coupon and .06 tax for \$1.02 total. I then finished my walk, and I sat out for a while. I then returned home. I chatted with a neighbor. CIO

06/20/16 Monday 1:05 P.M. I washed the breakfast dishes. I packed the Dell Latitude E6410 laptop computer, and its accessories. I chatted with a local walker. I will now make my bed. I will then shower and clean up, and I will go downtown. CIO

06/20/16 Monday 12:25 P.M. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

06/20/16 Monday 12:05 P.M. I went back to bed until noon. CIO

06/20/16 Monday 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 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. I chatted with a relative. CIO

06/19/16 Sunday 9:15 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

06/19/16 Sunday 9:00 P.M. I setup and filled the Brita water pitcher and put it in the refrigerator. I ate the roast beef sandwich with Hellmann's light mayonnaise and horseradish and Montreal steak seasoning on it along with the 8 ounces of Bow Tie pasta salad and 24 ounces of punch, Canada Dry Ginger Ale, and cold filtered water. CIO

06/19/16 Sunday 8:25 P.M. I checked the spare tire on the Volvo wagon to make sure it is 60 PSI. I then went to the Shell station on West Putnam Avenue, and I checked the four tires for 33 PSI. I then went downtown to CVS. I picked up a prescription. I bought two 3 packs of Pop Secret movie theatre butter popcorn for \$5 total. I then went further downtown. I sat out for a while. I chatted with a friend. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS again, and I bought a six cup Brita water pitcher with filter for \$17.99 and \$1.14 tax for \$19.13 total with \$5 bonus bucks, so it was only \$14.13. I then with my \$5 bonus bucks, I bought a 12 ounce Blue Diamond wabasi and soy almonds for \$5.99 less the \$5 bonus bucks for .99 total. I used the bathroom at CVS. I finished my walk. I chatted with a relative on my wireless telephone. I then went by the Stop and Shop. I bought an 8 pack of mini croissants for \$2.49, a roast beef sandwich for \$3.99, and a half pound of bow tie pasta salad for \$2.10 for \$8.58 total. I then returned home, and I put away my purchases. I drank a 12 ounce glass of 50% punch and 50% Canada Dry ginger ale. CIO

06/19/16 Sunday 4:20 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a glass of cold filtered water. I will now go downtown. CIO

06/19/16 Sunday 3:35 P.M. I threw out the garbage. I sat outside for a while. I put away the clean laundry. CIO

06/19/16 Sunday 2:40 P.M. I have 45 minutes to go on one dry cycle. I telephoned Mac Gray at 1-800-622-4729 and reported that the larger washer machine 278-DYR is not working. On a sad note, I found out this week that the all night Cos Cob Laundromat is no longer there, and it has been replaced by another shop. There is a Laundromat in Byram by the Byram bridge and another one in Riverside by St. Catherine's church. CIO

06/19/16 Sunday 1:45 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started one load of wash, and I have 25 minutes to go. The larger washer machine is broken, and I will call it in, once I have the machine ID number. CIO

06/19/16 Sunday 12:45 P.M. I chatted with a friend. CIO

06/19/16 Sunday 12:35 P.M. I went back to bed until 12:25 P.M.. CIO

06/19/16 Sunday 10:40 A.M. I chatted with a friend and a relative. CIO

06/19/16 Sunday 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. I also ate a croissant. CIO

06/18/16 Saturday 8:25 P.M. I chatted with a relative.

End of Scott's Notes week of 06/18/16

06/18/16 Saturday 8:10 P.M. I ate a 12 ounce Stouffer's Swedish meatballs with grated parmesan and Romano cheese and a glass of cold filtered water. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

06/18/16 Saturday 7:40 P.M. I chatted with a relative. CIO

06/18/16 Saturday 6:55 P.M. I watched "The Scapegoat" off Acorn TV. I also ate a bag of microwave popcorn. CIO

06/18/16 Saturday 4:20 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I used the bathroom. They were giving away free demo cosmetic bags. I stopped by Zen stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Subway Sandwich shop on lower Greenwich Avenue. Three people from the Naval academy were ahead of me. I bought the

daily special of Buffalo chicken with provolone cheese and the trimmings of tomato, lettuce, olives, Bermuda onion, jalapeños, and mayonnaise for \$3.19. I ate it at a picnic table in the new Greenwich Common. I then sat out for a while people watching. I then returned home, and I picked up the mail. CIO

06/18/16 Saturday 12:20 P.M. \$90

http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P5_34-315-374--06182016&Index=5 Acer laptop refurbished.

I will now wash the breakfast dishes. I will then make my bed. I will next shower and clean up. I will then go downtown and people watch. CIO

06/18/16 Saturday 11:45 A.M. I went back to bed until 11:30 A.M.. I chatted with a friend. CIO

06/18/16 Saturday 9:15 A.M. I woke up, and I ate taco shells and salsa. I finally woke up at 9 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 will also eat a regular size croissant. CIO

06/17/16 Friday 8:15 P.M. I chatted with a relative.

What happens to those free Windows 10 upgrades after July 29, 2016? | ZDNet

I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

06/17/16 Friday 7:35 P.M. I ate a 12 ounce Stouffer's escalloped chicken and noodles with grated parmesan and Romano cheese on it along with a glass of cold filtered water. CIO

06/17/16 Friday 7:10 P.M. I chatted with a relative. CIO

06/17/16 Friday 7:00 P.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I bought a 12 ounce bag of raw almonds for \$5.99. I used the bathroom there. I used the bathroom at the Senior and the Arts Center. I stopped by the Subway Sandwich shop on lower Greenwich Avenue, and I bought the \$3.19 sandwich special which was tuna with provolone cheese and all of the trimmings for \$3.19. I ate at the picnic bench in the new Greenwich Common. I chatted with an elderly person. I went by the Greenwich Library, and I chatted with a regular patron. I went by the Stop and Shop, and I bought two regular croissants for .69 each for \$1.38 total. I returned home. I picked up the mail. The order with tracking of

https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790730027953&language=en&cntry_code=us on the order for two for \$7.99 each with free shipping

<http://www.newegg.com/Product/Product.aspx?Item=N82E16812119283> for \$15.98 total

arrived. I chatted with a relative and a friend. I paid my Town of Greenwich property tax on my 2005 Volvo XC wagon for \$59.75 with a \$1.95 charge part of it. CIO

06/17/16 Friday 1:05 P.M. I rotated my summer shirts from the far left of the bedroom closet to the left center, and my winter shirts to the far left of the bedroom closet. CIO

06/17/16 Friday 12:40 P.M. \$2.83 <http://www.ebay.com/itm/391008523540?rmvSB=true> mouse pad with wrist rest

\$21 http://www.sierratradingpost.com/dutch-harbor-gear-fleece-hooded-jacket-full-zip-for-men-and-big-men~p~9903x/?siteID=NKa3hZyYoHA-BEz0bawSJ9bIaJdAaaJKMg&utm_source=dealnews.com&utm_medium=Affiliate LinkShare&utm_campaign=Affiliate&codes-processed=true

Nobody at the beach here <http://www.kennebunkportbeachwebcam.com/>. I will now wash the breakfast dishes. I will make my bed. I will then go downtown to Green Witchy Avenue. I don't visit Tod's Point in Old Greenwich too often in the summer, since the 22 mile round trip costs about \$7 in gasoline at today's current price. The more affluent Greenwich people take their private jets to www.nantucket.net where there is not too much to do, but go out to dinner. The modern generation are avoiding the sun. CIO

06/17/16 Friday 11:55 A.M. On a minor note, when I was at the Greenwich Hospital Thrift shop this past Tuesday, they had a vintage English style horse saddle for \$165. CIO

06/17/16 Friday 11:55 A.M. I went back to bed until 11:40 A.M.. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=671804420488&language=en&country_code=us on the order for http://www.newegg.com/Product/Product.aspx?Item=N82E16833122609&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20%28Internet%20Brands%29--na--na--na&cm_sp=&AID=10446076&PID=404255&SID=496349 desktop for \$14.99 with coupon code "EMCEKFJ29" with free shipping arrived. CIO

06/17/16 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

06/16/16 Thursday 9:00 P.M. I watched episode 2 of "Gun Powder, Treason, and Plot". I chatted with a relative. I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed. CIO

06/16/16 Thursday 6:50 P.M. I chatted with a relative.

Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=671804420488&language=en&country_code=us on the order for
http://www.newegg.com/Product/Product.aspx?Item=N82E16833122609&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20%28Internet%20Brands%29--na--na--na&cm_sp=&AID=10446076&PID=404255&SID=496349 desktop for \$14.99 with coupon code "EMCEKFJ29" with free shipping. CIO

06/16/16 Thursday 5:55 P.M. I threw out the garbage. I went downtown. I sat out for a while in the center of town observing the pedestrian traffic. 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, but I lost. I stopped by the lower Greenwich Avenue Subway sandwich shop and got the daily special of an Italian six inch sub sandwich with provolone cheese and all of the trimmings for \$3.19 total. I ate the sandwich at a picnic table in the light rain at the new Greenwich Common. I then stopped by CVS, I used the bathroom, and I bought a 12 ounce bag of low sodium almonds for \$7.99. I then bought a 64 ounce Total concentrated bleach for \$1.99 less a dollar bonus bucks off from the previous purchase and 6 cents tax for \$1.05 total. I then finished my walk, and I sat out for a while. I then used the bathroom at the Senior and the Arts Center. I then went by the Stop and Shop. I bought a 45 ounce Smart Balance spread for \$6.69, a 24 ounce container of spice drops for \$3, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Welch grape juice with calcium for \$3.99, and bananas for .49 a pound for \$1.19 for \$17.86 total. I then went across the street to the Acme grocery store, and I bought two 16 ounce Stouffers stuffed peppers for \$2.99 each and two 11.5 ounce Stouffers Swedish meatballs for \$2.14 each for \$10.26 total. I then returned home, and I picked up the mail, and I put away my groceries. CIO

06/16/16 Thursday 1:05 P.M. I chatted with two relatives. I will now make my bed. I ate a 11.5 ounce Stouffers Swedish meatballs with a glass of cold filtered water. I will then shower and clean up and go downtown to Rodeo Drive East. CIO

!!!!!! 06/16/16 Thursday 12:25 P.M. \$140 <http://www.walmart.com/ip/ProScan-PLDED3996A-39-1080p-LED-LCD-HDTV/34696279> . CIO

06/16/16 Thursday 12:05 P.M. They are going to accept Renters Rebate applications for people in my building on July 6, 2016. Information that they need is here http://www.stamfordct.gov/sites/stamfordct/files/u285/rent_rebate_program_english_2015.pdf . CIO

06/16/16 Thursday 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. CIO

06/16/16 Thursday 9:00 A.M. I 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

06/15/16 Wednesday 8:55 P.M. This simpler shoe rack is also available http://www.homedepot.com/p/ClosetMaid-18-Pair-Over-the-Door-Shoe-Rack-in-White-8040/100111820?cm_mmc=Shopping|THD|G|0|G-BASE-PLA-D59-Storage&Organization|&gclid=CLi4id2pq80CFdgUgQod3IEO5A&gclsrc=aw.ds with other similar ones lower on the page. CIO

06/15/16 Wednesday 8:45 P.M. I ate a 8 ounce Stouffers filet of fish dinner with macaroni and cheese with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

06/15/16 Wednesday 8:25 P.M. I put away the clean laundry. CIO

06/15/16 Wednesday 7:45 P.M. I chatted with a friend. CIO

06/15/16 Wednesday 7:10 P.M. I have 55 minutes to go on two dry cycles. CIO

06/15/16 Wednesday 6:50 P.M. I put clean linens on the bed. I started two loads of wash and have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

06/15/16 Wednesday 6:00 P.M. I chatted with a relative. CIO

06/15/16 Wednesday 5:45 P.M. I picked up the mail. I received my new Town of Greenwich beach parking permit. I took off the old one, and I put the new one on the lower front drive's side windshield. CIO

06/15/16 Wednesday 5:25 P.M. I watched episode 1 of "Gun Power, Treason, and Plot". I ate a bag of microwave popcorn. CIO

06/15/16 Wednesday 3:25 P.M. [Ultimate Guide to Alcohol-Induced Heart Damage | Rehab Recovery](#) CIO

06/15/16 Wednesday 2:40 P.M. I ordered http://www.newegg.com/Product/Product.aspx?Item=N82E16833122609&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20%28Internet%20Brands%29--na--na--na&cm_sp=&AID=10446076&PID=404255&SID=496349 desktop for \$14.99 with coupon code "EMCEKFJ29" with free shipping. CIO

06/15/16 Wednesday 2:25 P.M. I rested until 2:15 P.M.. CIO

06/15/16 Wednesday 12:50 P.M. I threw out the garbage. I went by the Greenwich Hospital thrift shop, and I donated the Northern Pacific railroad framed print and the

Audubon Cardinal and Blue Jay framed print and the Yogurt machine. I then went by Neighbor to Neighbor at Christ Church, and I donated about 50 pairs of old white sneakers and other shoes. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I chatted with three different relatives on my wireless telephone. I used the bathroom at CVS. I bought buy one get one 50% off of CVS 20 count Evening Herbal tea for \$4.59 and \$2.29 for \$6.88 total. When I was walking lower Greenwich Avenue, I stopped by the Subway sandwich shop, and I bought the daily special turkey and Swiss cheese six inch sandwich with all of the trimmings for \$3.18. After my walk, I ate the sandwich at one of the new picnic benches in the Greenwich Common. I then returned home, and I chatted with two relatives.

As my plans stand now, I will drive up to Kennebunkport, Maine to visit with relatives on Wednesday June 22, 2016 until Thursday June 30, 2016. A neighbor who was having problems with their TV rang my door bell, and I told them to check with Cablevision. CIO

6/15/16 Wednesday 9:05 A.M. I put together a large garbage of old shoes mostly old sneakers that I will drop them off at Neighbor to Neighbor at Christ Church when I go out shortly. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

06/15/16 Wednesday 8:40 A.M. I rested some more until 8:30 A.M.. CIO

06/15/16 Wednesday 6:05 A.M. I woke up and ate some raw almonds. I finally woke up at 5:30 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.

<http://www.cnn.com/2016/06/15/us/alligator-attacks-child-disney-florida/> CIO

06/14/16 Tuesday 8:35 P.M. I ate a 16 ounce Stouffers stuffed peppers with grated parmesan and Romano cheese on it along with a glass of cold filtered water. I chatted with two relatives.

Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790730027953&language=en&cntry_code=us on the order for two for \$7.99 each with free shipping

<http://www.newegg.com/Product/Product.aspx?Item=N82E16812119283> for \$15.98 total. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

06/14/16 Tuesday 6:50 P.M. I took down the two frames with pictures from the back of the bedroom door, and I put them in the back of the Volvo wagon along with a yogurt machine to donate to the Greenwich Hospital Thrift shop. I took the small frame with the letters from Queen Elizabeth II, and I put it in the metal file holder along side the bedroom air

conditioner. I assembled and hung the shoe rack on the back side of the bedroom door. I put in most of the shoes from the left living room closet, and most of my good shoes from the right living room closet. The bedroom door does not open all the way, but it opens as far as it used to. I sat outside for a while. I chatted with a friend on my wireless telephone. CIO

06/14/16 Tuesday 3:40 P.M. I threw out the garbage. I toured the Greenwich Hospital Thrift shop. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I stopped by CVS, and I picked up a prescription. I bought two Air Wick 6 ounce Hawaiian Breeze scent machine refills for \$5 each and .63 tax for \$10.63 total. I chatted with a relative on my wireless telephone. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Subway Sandwich shop on lower Greenwich Avenue, and I bought the daily special six inch black forest ham sandwich with cheese and trimmings for \$3 and .18 tax for \$3.18 total. I ate it there. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while after my walk. I chatted with a regular walker. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power premium gasoline for \$3.339 a gallon for 2.696 gallons at odometer reading of 112703 miles for 40.6 miles driven since Tuesday June 7, 2016 for 15.06 miles per gallon in local traffic. I then returned home. I picked up the mail. The order with tracking number of "1Z204E38YW37615714" at www.ups.com on the order for door shoe rack for \$20.95 <http://www.ebay.com/itm/351724787660?rmvSB=true> arrived. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299989229820021073&type=0> on the order for \$8 http://flash.newegg.com/Product/9SIA4KH37R5207?icid=WP_30_06082016 with free shipping arrived. CIO

06/14/16 Tuesday 11:05 A.M. I went back to bed until 10:30 P.M..
<http://www.greenwichtime.com/realestate/article/On-the-market-Castles-in-Connecticut-8103121.php> . I guess rich people in big homes do not like loitering downtown, so they play in their homes. I chatted with a relative. I will now make my bed. I will then shower and clean up. I guess I will then go downtown to Greenwich Avenue. I went through <http://scott-mike.com/bf.htm> , but there were no bargains. I guess the United States dollar is so weak against the Asian currencies, it is hard to find bargains on Asian tech products. I chatted with a relative. CIO

06/14/16 Tuesday 6:35 A.M. I chatted with a friend. I washed the breakfast dishes. CIO

06/14/16 Tuesday 5:25 A.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 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. I also made up a fresh batch of punch. CIO

06/13/16 Monday 6:50 P.M. I ate a 8 7/8th ounce Stouffers white boneless breast of chicken meal with mashed potatoes and gravy and Smart Balance spread and extra virgin olive oil on the mashed potatoes with a glass of cold filtered water. I will now shut down the primary work computer and go to bed. CIO

06/13/16 Monday 6:30 P.M. https://en.wikipedia.org/wiki/Hohenzollern_Castle

https://en.wikipedia.org/wiki/Wilhelm_II,_German_Emperor CIO

06/13/16 Monday 6:20 P.M.

<https://www.google.com/search?q=king+of+monaco&biw=1680&bih=910&tbm=isch&tbo=u&source=univ&sa=X&sqi=2&ved=0ahUKewjzjLPsgqbNAhUJGz4KHUWdDE4QsAQIfw>

<http://www.dailymail.co.uk/news/article-2576943/William-Clay-Ford-surviving-grandchild-automotive-pioneer-Henry-Ford-dies-88.html>

<http://blog.ctnews.com/stamfordhospital/2016/06/10/top-sleep-tips-for-night-shifters/>

<http://www.forbes.com/sites/laurengensler/2016/06/13/microsoft-to-buy-linkedin-for-26-2-billion/#22a7c5e3695b> CIO

06/13/16 Monday 5:05 P.M. I watched episode 6 of "Tales of Irish Castles". I ate a bag of microwave popcorn. I chatted with a relative. When I took this picture at Courcheval during the Albertville, France Olympics in 1992 <http://scott-mike.com/photo/mike-scott-picture-of-visitors-at-courcheval-1550-albertville-france-winter-olympics-1992.jpg> , I thought the white hair man left center looked familiar. In hind sight it looks a bit like a former friend in Greenwich that looked a bit like Henry Ford. I never did figure out whom it was. CIO

06/13/16 Monday 3:35 P.M. I rested until 3:15 P.M.. I sat outside for a while. I picked up the mail. CIO

06/13/16 Monday 1:50 P.M. [AARP](#)

[KLM Journeys of Inspiration](#) CIO

06/13/16 Monday 1:30 P.M. I ate a 12 ounce Stouffers escalloped chicken and noodles meals with a glass of cold filtered water. CIO

06/13/16 Monday 1:05 P.M. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I then drove over to Old Greenwich to the <http://www.thehaircutplace.co/> , and I got my hair cut for \$28 and \$5 tip for \$33 total. I then went by the Rummage Room Thrift shop, and I toured it. I chatted with a retired FBI agent. I used the bathroom at CVS. I drove out to Tod's Point, and I chatted with a relative on my wireless telephone from the southwest parking area. I then went by Staples, and I bought from the Clearance

section a 16 foot heavy duty set of jumper cables for \$10.10 and .64 tax for \$10.74 total. I put them in the rear luggage area of the Volvo wagon to have available if needed. I have two other sets underneath the luggage area in the spare tire area. I then went to the Greenwich Town Hall, and I paid \$1.50 to park. I showed them my Greenwich Beach card and Volvo Connecticut registration, and they are going to mail me a parks and recreation parking permit which I had not received yet. One needs it at the beach by this weekend. I then went to Acme grocery store, and I bought four 12 ounce Stouffers entrees for \$2.14 and two for \$1.99 for \$12.54 total. Two are fish filet, two are chicken tettrici, one is Swedish meatballs, and I think the sixth is another chicken dinner. I then returned home, and I put away the groceries. CIO

06/13/16 Monday 8:00 A.M. \$90 http://www.newegg.com/Product/Product.aspx?Item=24-009-421&utm_medium=Email&utm_source=GD061316&nm_mc=EMC-GD061316&cm_mmc=EMC-GD061316_-index_-Item_-24-009-421

I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up, and I will go downtown. CIO

06/13/16 Monday 7:25 A.M. I rested some more until 7 A.M.. CIO

06/13/16 Monday 6:00 A.M. I chatted with a relative at 8:30 P.M.. I chatted with a friend at 2:30 A.M.. I finally woke up at 5 A.M.. On the Dell Latitude 740 tower computer, I did a Windows 10 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 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

06/12/16 Sunday 5:35 P.M. I ate a 9 7/8th ounce Stouffer's Salisbury steak and macaroni and cheese dinner with a glass of cold filtered water and a few raw almonds. I will now shut down the primary work computer, and I will go to bed. CIO

06/12/16 Sunday 4:25 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I chatted with a relative twice, another relative once, and a friend once. I viewed the CNN news from Orlando on my wireless device through the wireless in front of the Senior and the Arts Center. I walked lower Greenwich Avenue and the train station area. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, but I lost. The beer concession in front of the Greenwich movie theatre is http://www.stellaartois.com/en_us/home.html. I sat out chatting with a local walker for a while. We walked up as far as CVS and the other local walker bought two 12 packs of diet Coke not on sale. I think Pepsi is on sale. I then walked back the other local walker. We said hello to two other walkers. I parted company with the other walker. I then went to the Stop and Shop. I bought buy one get one free of six packs of Thomas' English muffins for \$4.39 all three six packs, an eight pack of mini croissants for \$2.49, two 8 7/8th ounce Stouffers boneless breast of chicken meals for \$3.69 each, a 8 ounce Stop and Shop parmesan and Romano grated cheese for \$2.99 and bananas for .49 a pound for .85 for

\$18.10 total. I then returned home, and I put away my groceries, and I picked up the mail from yesterday. The relative in Orlando is safe. CIO

06/12/16 Sunday 11:05 A.M. I chatted with a relative. CIO

06/12/16 Sunday 10:20 A.M. I chatted with two relatives. CIO

06/12/16 Sunday 9:50 A.M. I am just about to eat a 8 7/8ths ounce Stouffer's beef pot roast meal with a glass of cold filtered water. CIO

End of Scott's Notes week of 06/12/16

06/12/16 Sunday 9:35 A.M. I chatted with a friend.

http://www.smithsonianmag.com/travel/summer-nantuckets-sublime-sea-serpent-180959322/?utm_source=smithsonianopic&no-ist

http://www.nytimes.com/2016/06/11/nyregion/at-westchester-airport-bald-eagles-and-their-friends-dare.html?emc=edit_th_20160611&nl=todaysheadlines&nid=46729&r=0

I will now send out my weekly notes. I will then wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown. CIO

06/12/16 Sunday 9:05 A.M. I went back to bed until 6 A.M., when I chatted with a friend again. I then rested from 6:30 A.M. to 8:30 A.M.. I ate some almonds.

<https://www.thestreet.com/story/13168222/20/the-20-most-expensive-private-high-schools-in-america.html> . My prep school <http://www.taftschool.org/> , and for boarding students it is \$53,850 a year https://www.taftschool.org/about/taft_facts.aspx which is just about as much as the other schools in the list. CIO

06/12/16 Sunday 3:20 A.M. I chatted with a relative at 4:30 P.M. and another relative at 8:30 P.M.. I ate some almonds. I chatted with a friend from 1 A.M. to 2 A.M.. I finally 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 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

06/11/16 Saturday 1:00 P.M. I ate a 11 ounce Stouffers Swedish meatballs, artichoke and spinach hummus with Tostitos corn cup chips, and a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

06/11/16 Saturday 12:30 P.M.

<http://www.greenwichtime.com/technology/businessinsider/article/Microsoft-s-most-ambitious-bet-is-about-to-face-a-8037609.php> . CIO

06/11/16 Saturday 12:25 P.M. I watched episode 5 of "Tales of Irish Castles". CIO

06/11/16 Saturday 10:50 A.M.

http://www.thamesandhudson.com/The_Library/9780500342886

[https://www.amazon.com/Library-James-W-P-](https://www.amazon.com/Library-James-W-P-Campbell/dp/022609281X?ie=UTF8&*Version*=1&*entries*=0)

[Campbell/dp/022609281X?ie=UTF8&*Version*=1&*entries*=0](https://www.amazon.com/Library-James-W-P-Campbell/dp/022609281X?ie=UTF8&*Version*=1&*entries*=0) CIO

06/11/16 Saturday 10:25 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water.

http://www.bbc.com/news/video_and_audio/headlines/36506700

https://twitter.com/hashtag/TroopingtheColour?src=hash&ref_src=twsrc^tfw

<https://www.youtube.com/watch?v=cNiIo5rYdsI>

<http://www.householddivision.org.uk/trooping-the-colour>

http://www.people.com/people/package/article/0,,20395222_21012284,00.html

<http://www.bbc.com/news/uk-36505392>

<http://www.trooping-the-colour.co.uk/>

<https://www.facebook.com/bbcnews/videos/10153664859672217> CIO

06/11/16 Saturday 9:40 A.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. They have a European beer stand set up in front of the movie theatre for the Greenwich International film festival. I found a ticket for last night's performance of "The Anthropologist". I used the bathroom at Starbucks. I stopped by CVS, and I bought ten 3.75 ounce Bumble Bee sardines in oil for \$1 each and a 16 ounce bag of CVS almonds for \$6.99 for \$16.99 total. I then bought buy one get one free of Nature's Bounty 120 capsule 2000 mg garlic for \$11.49 both, and buy one get one free of CVS 60 capsule 1000 mg. MSM for \$8.49 both, and a 7.5 ounce CVS oyster crackers for \$5.79 less a \$5 off \$25 CVS coupon for \$20.77 total. They have cut down a couple big trees off lower Greenwich Avenue including the big one in front of the People's Bank on lower Greenwich Avenue. They are also planting two smaller trees at the Pickwick Plaza to replace two dead ones. After my walk, I sat out for a while. I then went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I then went by the Acme grocery store, and I bought two Stouffers 16 ounce stuffed peppers for \$2.99 each, two 9 ounce Stouffer's Swedish meatballs for \$1.99 each, two 9 ounce

Stouffer's Salisbury steaks for \$2.14 each, two 9 ounce Stouffer's beef stew for \$1.99 each for \$18.22 total. I then returned home, and I put away my groceries. CIO

06/11/16 Saturday 5:55 A.M. New Florida airline for travel up north <http://www.eliteairways.com/> . I will now go downtown to Green Witch Avenue for a walk. It is 52 degrees Fahrenheit outside right now. Cool at this beach too <http://www.kennebunkportbeachwebcam.com/> . CIO

06/11/16 Saturday 5:30 A.M. I ordered two for \$7.99 each with free shipping <http://www.newegg.com/Product/Product.aspx?Item=N82E16812119283> for \$15.98 total. CIO

06/11/16 Saturday 4:50 A.M. I threw out the garbage. I sat outside briefly. I did not get any mail yesterday. The last time I was downtown this past Wednesday morning between 7 and 9 A.M., I saw about 50 college age males dressed in suits heading into Manhattan. Thus somebody must be hiring young professional in the Big Apple. CIO

06/11/16 Saturday 3:55 A.M. I went back to bed until 3:45 A.M.. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

06/10/16 Friday 10:40 P.M. I chatted with a relative. I will now rest some more. CIO

06/10/16 Friday 10:00 P.M. <http://gasprices.aaa.com/> . CIO

06/10/16 Friday 10:00 P.M. I had a telephone call changing an appointment in the future. I chatted with a relative at 9 P.M.. I finally got up at 9:30 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 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

06/10/16 Friday 11:30 A.M. I went through <http://scott-mike.com/bf.htm> . I chatted with a friend. I ate Tostitos taco chip cups with spinach and artichoke hummus. CIO

06/10/16 Friday 9:50 A.M. I chatted with a relative. CIO

06/10/16 Friday 9:10 A.M. I rested some more until 9 A.M.. I ate a 2 ounce Sandwich Brothers angus cheeseburger with some cold filtered water. CIO

06/10/16 Friday 6:00 A.M. I ate 16 ounces of Stop and Shop onion rings with a glass of cold filtered water. CIO

06/10/16 Friday 5:05 A.M. I watched episode 4 of "Tales of Irish Castles". I chatted with a friend. CIO

06/10/16 Friday 4:05 A.M. http://www.aarp.org/money/scams-fraud/info-2016/atm-skimmer-scams-to-dodge.html?cmp=EMC-DSO-NLC-RSS---CTRL-060916-P1-1287405&ET_CID=1287405&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299989229820021073&type=0> on the order for for \$8
http://flash.newegg.com/Product/9SIA4KH37R5207?icid=WP_30_06082016 with free shipping. CIO

06/10/16 Friday 3:25 A.M. I went back to bed until 3:15 A.M.. CIO

06/10/16 Friday 12:20 A.M. I chatted with a relative at 3 P.M.. I finally woke up at midnight. I threw out the garbage. At night recently, I have noticed Mars the Red Planet is in the southern sky quite visible. I picked up the mail. 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

06/09/16 Thursday 10:45 A.M. I watched episode 3 of "Tales of Irish Castles". I ate a bag of microwave popcorn. On microwave popcorn, I have been eating Pop Secret movie theatre butter popcorn, which I microwave for a minute and 45 seconds. It is quite enjoyable and addicting. CIO

06/09/16 Thursday 9:00 A.M. \$100 no fax with free shipping
<http://www.ebay.com/itm/371646048520?rmvSB=true> . CIO

06/09/16 Thursday 8:50 A.M. I ate two 2 ounce Sandwich Brothers angus cheese burgers with a glass of cold filtered water. The put a seventh sandwich in the box by mistake. CIO

06/09/16 Thursday 8:15 A.M. I finished the backups.

<http://www.greenwichtime.com/news/us-world/us/strange-news/article/Triangle-shaped-UFO-appears-near-the-moon-s-7968740.php> . CIO

06/09/16 Thursday 6:50 A.M. I watched episode 2 of "The Tales of the Irish Castles". I chatted with a friend. CIO

06/09/16 Thursday 5:35 A.M. [Why I Would Raise Chickens | Bill Gates](#)

[NewsLetter | Bill Gates](#) CIO

06/09/16 Thursday 5:20 A.M. I ate a 16 ounce Marie Callender chicken pot pie with a glass of cold filtered water. On the Dell Latitude E6410 laptop, I am doing a Windows 10

Complete PC backup to the Toshiba 2 TB SATA drive in the Rosewill USB SATA holder. I will then do an Aomei backup. CIO

06/09/16 Thursday 3:45 A.M. \$100 Mini Washer and Dryer
<http://www.ebay.com/itm/311324921253?rmvSB=true>

I bought for \$3.15 <http://www.ebay.com/itm/New-Stainless-Steel-Fruit-Pineapple-Corer-Slicer-Cutter-Peeler-Easy-Kitchen-Tool-/361507098017?rmvSB=true&cu=&rmvSB=true>

I bought for \$8
http://flash.newegg.com/Product/9SIA4KH37R5207?icid=WP_30_06082016 with free shipping. CIO

06/09/16 Thursday 2:40 A.M. I rested some more until 2:30 A.M.. CIO

06/08/16 Wednesday 10:40 A.M. I chatted with a relative at 5:30 P.M.. I chatted with another relative at 6:30 P.M.. I finally woke up at 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 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

06/08/16 Wednesday 10:40 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I will now take a nap. CIO

06/08/16 Wednesday 10:20 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I walked upper Greenwich Avenue first. I stopped by CVS, and I bought four 9 ounce Glade Hawaiian Breeze scent deodorizers for \$4 and .25 tax for \$4.25 total. I then bought another one for \$1.49 with a dollar off with bonus bucks from the previous purchase and 3 cents tax for .52 total. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I sat out at various locations. After my walk, I used the bathroom at the Senior and the Arts center. I then went by the Stop and Shop. I bought a 8 pack of mini croissants for \$2.49, brown number 2 round bucket coffee filters for \$1.79, two 42 ounce Quaker Old Fashioned oatmeal for \$4.79 each, a 10 pack of Pop Secret Movie Theatre butter microwave popcorn for \$6.99, bananas for .49 a pound for .90 and .11 tax for \$21.86 total. I then returned home, and I put away my purchases. CIO

06/08/16 Wednesday 6:15 A.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's light mayonnaise and Kellogg's sour cream and onion chips and two kosher dill spears and a glass of cold filtered water. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

06/08/16 Wednesday 5:50 A.M. I watched episode 1 of "Irish Castles". I chatted with a friend. CIO

06/08/16 Wednesday 4:25 A.M. http://www.nytimes.com/2016/06/08/nyregion/with-connecticut-foundations-crumbling-your-home-is-now-worthless.html?emc=edit_th_20160608&nl=todaysheadlines&nid=46729&r=0

CIO

06/08/16 Wednesday 3:45 A.M. I rested some more until 3:30 A.M.. CIO

06/08/16 Wednesday 1:30 A.M.

<https://www.google.com/search?q=Aga+Khan%27s+new+yacht+in+Sardinia&sa=X&biw=1680&bih=910&tbm=isch&tbo=u&source=univ&ved=0ahUKEwjX3LfA15fNAhWGpx4KHaLkAb8QsAQINA&dpr=1>

I ate a 13 ounce Marie Callender chicken alfredo dinner with a glass of cold filtered water. CIO

06/08/16 Wednesday 1:00 A.M. \$55 with free shipping

http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P1_28-113-934--06072016&Index=1

\$190 with free shipping

http://flash.newegg.com/Product/N82E16896741664?icid=WP_10_06032016 CIO

06/08/16 Wednesday 12:35 A.M. <http://www.bbc.com/autos/story/20160607-rolls-royce-new-british-embassy-on-sardinia>

https://en.wikipedia.org/wiki/Porto_Cervo

<https://www.google.com/search?q=Porto+Cervo&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwiKy-zIy5fNAhVEox4KHU4GD2YQsAQIJQ&biw=1680&bih=910>

<http://www.sardegna.com/en/porto-cervo/> CIO

06/08/16 Wednesday 12:10 A.M. I went back to bed until midnight. My back is bothering me again. CIO

06/07/16 Tuesday 6:10 P.M. I picked up the mail. The order with tracking of

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=LS905044189CN&Type=2> on the order for two for \$4.99 each with free shipping

http://flash.newegg.com/Product/9SIA1NV4288664?icid=WP_1_05212016 for \$9.98 total arrived. I sat outside for a while. I chatted with a neighbor. CIO

06/07/16 Tuesday 5:40 P.M. I woke up and ate 6 ounces of Blue Diamond smokehouse almonds. I chatted with a relative and a friend at 10 A.M.. The friend just got back from a visit to Cuba. Apparently doctors are only paid \$60 a month. Fidel Castro's son has a yacht as big as Bill Gate's. I finally woke up at 5:15 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. CIO

06/07/16 Tuesday 8:35 A.M. I will now shut down the primary work computer. I will then go to bed. CIO

06/07/16 Tuesday 8:20 A.M. I watched "J. Edgar" . I chatted with a friend. I ate a bag of microwave popcorn. CIO

06/07/16 Tuesday 5:30 A.M. I threw out the garbage. I went out to the Chase Bank ATM at Deerfield Place. I then drove down Greenwich Avenue and down to the pier on Steamboat Road. It is quiet down there. The Port-O-Potty is still at the end of Steamboat Road. I then went by the Putnam Shell at 401 West Putnam Avenue. I bought a 5.25 ounce High Mileage STP Fuel Injector Cleaner for \$7.99 and .51 tax for \$8.50 total. I then put the STP fuel injector cleaner in my Volvo station wagon fuel tank. I put \$6.80 of self service V-Power premium gasoline at \$3.339 a gallon for 2.036 gallons at odometer reading of 112663 miles for 28.4 miles driven since Sunday 05/29/16 for 13.949 miles per gallon in local traffic. I then returned home. CIO

06/07/16 Tuesday 4:10 A.M. I will now go downtown for a while. CIO

06/07/16 Tuesday 3:50 A.M. I ate a 19 ounce Stouffers meat and tomato lasagna with grated parmesan and Romano cheese with a glass of cold filtered water. CIO

06/07/16 Tuesday 3:20 A.M. I put away the clean laundry.

<http://latino.foxnews.com/latino/lifestyle/2016/06/06/6000-colombians-pose-for-nude-photo-in-city-square/?intcmp=hplnws> CIO

06/07/16 Tuesday 2:45 A.M. Olive Garden \$6 coupon
<http://e.olivegarden.com/H/2/v2000001552234f978be8227f4bbe5c898/HTML>

<https://www.amazon.com/Adventures-Sawyer-Huckleberry-Finn-Book-ebook/dp/B004UJTG6Q>

Tracking number is "1Z204E38YW37615714" at www.ups.com on the order for door shoe rack for \$20.95 <http://www.ebay.com/itm/351724787660?rmvSB=true>

<http://formswift.com/common-core-lesson-plans>

<http://insinkerator.co.uk/uk/page/environmental-cost-of-bottled-water>

[Environmental Impact of Construction – Real-time Info – Plant Locator](#) CIO

06/07/16 Tuesday 1:45 A.M. I have 55 minutes to go on two dry cycles. CIO

06/07/16 Tuesday 1:25 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have ten minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

06/07/16 Tuesday 12:10 A.M. I went back to bed until midnight. CIO

06/06/16 Monday 9:35 P.M. I woke up at 9:30 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 30% punch and 70% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

06/06/16 Monday 12:35 P.M. I went through <http://scott-mike.com/bf.htm> . The order with Tracking number is "1Z6Y357V0325243925" at www.ups.com on the order for www.microsoftstore.com/store/msusa/en_US/pdp/Microsoft-Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800 for \$9.95 and .63 tax for \$10.58 total with free shipping arrived. I chatted with a relative. CIO

06/06/16 Monday 11:55 A.M. I slept until 11 A.M.. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I chatted with a relative. CIO

06/06/16 Monday 6:05 A.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of cold filtered water. CIO

06/06/16 Monday 5:30 A.M. The apartment complex across the street from where I live in Greenwich Public Housing <http://www.putnam-green.com/> and <http://www.greenwichplace-apartments.com/> . Condo Complex about a mile north of my location <http://www.westlyonfarm.com/> . CIO

06/06/16 Monday 4:20 A.M. On Acorn TV, I watched episode 4 of "Sherlock Holmes". I ate a bag of microwave popcorn. CIO

06/06/16 Monday 2:30 A.M. For Big Buck People http://www.mcdonalds.com/us/en/food/meal_bundles/mcpick_2.html?utm_source=media&utm_content=menupage&utm_campaign=mcpick2for5summer&utm_medium=Undertone%20Inc.%20US . CIO

06/06/16 Monday 2:10 A.M. <http://www.bbc.com/travel/story/20160531-the-mystery-of-englands-ancient-tunnels>

<http://www.bbc.com/future/story/20160603-the-strange-tanks-that-helped-win-d-day> CIO

06/06/16 Monday 1:50 A.M. I will hang the shoe rack on the back side of the bedroom door. I will have to remove some pictures from that side. I threw out the garbage. All quiet on the greater southwestern Connecticut front. CIO

06/06/16 Monday 1:15 A.M. I ate two Sandwich Brothers 2 ounce angus cheeseburgers with a glass of cold filtered water. Coming up this Saturday
<http://www.ibtimes.com/trooping-colors-2016-when-where-watch-queens-birthday-parade-2377535> . CIO

06/06/16 Monday 12:20 A.M. I ordered door shoe rack for \$20.95
<http://www.ebay.com/itm/351724787660?rmvSB=true>

<http://www.ebay.com/sch/i.html?odkw=Malachite&sop=15&LH BIN=1&osacat=0&from=R40&trksid=p2045573.m570.l1311.R11.TR12.TRC2.A0.H1.TRS0&nkw=malachite+sphere&sacat=0>

<http://stores.ebay.com/One-Of-a-Kind-Rocks?trksid=p2047675.l2563>

<http://www.ebay.com/itm/Malachite-2-inch-Gemstone-Egg-Gemstone-African-Green-Polished-Rock-20/222121142222?trksid=p2045573.c100034.m2102&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20131003150253%26meid%3D1eab9c79d6894056bca18b1f3e5dd599%26pid%3D100034%26rk%3D8%26rkt%3D8%26sd%3D370832205265>

<http://www.greenwichtime.com/seen/slideshow/SEEN-Concours-d-Elegance-130546.php>

I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

06/05/16 Sunday 11:20 P.M. I went back to bed until 11 P.M.. Rings
<https://www.anasilverco.com/collections/rings>

<http://www.ebay.com/itm/AA-Rare-Natural-Blue-Lapis-Lazuli-Crystal-Pyramid-Quartz-Healing-Reiki-30-4g/122006608922?trksid=p2047675.c100011.m1850&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D36892%26meid%3Dfa61b7b27bd04006be69b47e21b66c46%26pid%3D100011%26rk%3D5%26rkt%3D10%26sd%3D122004935101>

I went back to bed until 11 P.M.. CIO

06/05/16 Sunday 8:15 P.M. I chatted with a friend some time while I was asleep. The NOAA weather radio went off at 6 P.M. with a thunderstorm warning. I woke up at 7:30 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 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.

<http://www.ebay.com/itm/NATURAL-Lapis-Lazuli-crystal-ball-healing-SPHERE-40MM-STAND-/171655976147?hash=item27f77e54d3:g:qsAAOSwZjJU9TJo> CIO

06/05/16 Sunday 9:30 A.M. I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a glass of cold filtered water. I will now try to go back to bed. CIO

06/05/16 Sunday 9:15 A.M. I chatted with a relative. CIO

06/05/16 Sunday 8:55 A.M. <http://www.foxnews.com/world/2016/06/04/crowdfunded-beer-pipeline-to-protect-medieval-city-bruges.html?intcmp=hplnws> CIO

06/05/16 Sunday 8:45 A.M. <http://www.msn.com/en-us/weather/topstories/mid-atlantic-braces-for-severe-weather-florida-watches-gulf/ar-BBtSsyI?li=BBnb7Kz>

http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&fireshwxzone=CTZ009&local_place1=Greenwich%20CT&product1=Hazardous+Weather+Outlook&lat=41.049&lon=-73.623#.V1Qd5ZxV-70

http://www.nrlmry.navy.mil/sat-bin/display10.cgi?SIZE=full&PHOT=yes&AREA=atlantic/stitched&PROD=ir&TYPE=ssmi&NAV=tropics&DISPLAY=Latest&ARCHIVE=Latest&CGI=tropics.cgi&CURRENT=20160605.0900.multisat.ir.stitched.AtlanticBasin.x.jpg&MOSAIC_SCALE=15

CIO

06/05/16 Sunday 8:25 A.M. I woke up at 7 A.M., and I ate the rest of the salad mixture with a glass of cold filtered water. I am having problems sleeping. CIO

End of Scott's Notes week of 06/05/16

06/05/16 Sunday 3:40 A.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

06/05/16 Sunday 3:20 A.M. <http://www.cnn.com/videos/us/2016/06/01/giant-alligator-golf-course-clip-newday.cnn>

<http://www.fox13news.com/news/local-news/152144772-story> I watched episode 3 of Sherlock Holmes on Acorn TV. I ate a bag of microwave popcorn. CIO

06/05/16 Sunday 1:30 A.M. My www.eversource.com electricity bill for May 2016 with the air conditioning going was \$226.11 for 1154 kWh for 38.47 kWh per day over 30 days with an average temperature of 62.9 degrees Fahrenheit. For May 2015, it was \$278.88 for 1354 kWh for 45.13 kWh per day for 30 days with an average temperature of 63.8 degrees Fahrenheit. CIO

06/05/16 Sunday 1:05 A.M. See the Haute Cuisine in Nantucket
http://languedocbistro.com/pdf/languedoc_dinner.pdf . CIO

06/05/16 Sunday 12:55 A.M. <http://www.gotobermuda.com/> CIO

06/05/16 Sunday 12:40 A.M. I put Hellmann's light mayonnaise and Gold's Horseradish and Montreal spicy steak seasoning on both sides of the half Roast beef and Swiss cheese sub sandwich, and I ate it with two Kosher dill pickle slices and a glass of cold filtered water. CIO

06/05/16 Sunday 12:05 A.M. You know you are not popular, when you travel to California, and you end up sitting all night by yourself at a Denny's drinking coffee, and nobody gives you the time of day. There is a good Denny's in Laguna Beach.
<https://www.dennys.com/food/2-4-6-8/4-all-you-can-eat-pancakes/> for \$4 CIO

06/04/16 Saturday 11:20 P.M. I threw out the garbage in the garbage chute in the hallway. I picked up the mail. The order with tracking of
https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9374869903500978146312 on the order for two <http://www.ebay.com/itm/25-FT-Feet-RJ11-4C-Modular-Telephone-Extension-Phone-Cord-Cable-Line-Wire-White/121292572450?trksid=p2045573.c100034.m2102&trkparms=aid%3D555012%26aligo%3DPW.MBE%26ao%3D2%26asc%3D36973%26meid%3D95e7da602db549acbd4fd082c78d6b9e%26pid%3D100034%26rk%3D1%26rkt%3D8%26sd%3D371549559537> for \$3.75 each for \$7.50 total arrived. I ran one of the 25 foot telephone cables from the five splitter by the bedroom window wall, and I connected it directly to the black princess telephone in the bathroom. It works just fine for the Verizon line. I disconnected the second Uniden 900 MHz cordless telephone, and I put it way underneath the bed. I also have the white wall telephone in the bathroom for the Optimum line. I keep the spare telephone parts in the upper drawer to the right of the bed in the night stand, but I think another drawer has other telephone parts. I made my bed. I washed the breakfast dishes. I will now shower and clean up. CIO

06/04/16 Saturday 10:25 P.M. I went back to bed until 10:15 P.M..

06/04/16 Saturday 7:45 P.M. I chatted with a relative. One can not play a scratch card after 8 P.M.. CIO

06/04/16 Saturday 6:50 P.M. I chatted with a friend at 7 A.M.. I chatted with a relative at 10 A.M.. I finally woke up at 6:30 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 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. Basically half the town of Greenwich, Connecticut is under 16 years old, so it takes the other half over 16 years old to keep the town going.

<http://www.greenwichtime.com/news/slideshow/2016-Greenwich-Concours-d-Elegance-130517.php> CIO

06/04/16 Saturday 2:20 A.M. I chatted with a friend. I ate a bag of microwave popcorn. I watched episode 3 of "To the Ends of the Earth". I will now shut down the primary work computer, and I will go to bed. CIO

06/04/16 Saturday 12:25 A.M. I chatted with a relative. On the Dell Latitude E6410 laptop, I installed the Netgear WNA3100 Genie software and driver for its WiFi device I have hooked up to it. I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a glass of cold filtered water. The Stop and Shop does not carry Sandwich Brothers products, but it has lots of White Castle frozen burgers including Jalapeno ones. CIO

06/03/16 Friday 11:20 P.M. Tracking number is "1Z6Y357V0325243925" at www.ups.com on the order for www.microsoftstore.com/store/msusa/en_US/pdp/Microsoft-Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800 for \$9.95 and .63 tax for \$10.58 total with free shipping. CIO

06/03/16 Friday 10:35 P.M. I went downtown. I sat out for a while. I walked lower Greenwich Avenue and the train station area. The East End restaurant seems to be a popular watering hole for the office crowd. I sat out for a while. I then went by the Stop and Shop. I bought a roast beef sub sandwich for \$3.99, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.69, a 24 ounce Tostitos mild salsa for \$3.50 for \$11.18 total. I then returned home. It was not very busy out this evening. There were a few teenagers downtown, and that was about it. I ate two ounces of Blue Diamond smokehouse almonds. CIO

06/03/16 Friday 8:35 P.M. I woke up at 7:30 P.M.. I chatted with a relative. I ate half of the remaining salad with a glass of cold filtered water. I chatted with a friend. I will now go downtown and people watch. CIO

06/03/16 Friday 4:30 P.M. I threw out the garbage. I went to my 1:30 P.M. appointment early. I then sat out downtown for a while, before it started to rain. I bought an Ace's High scratch card at Zen Stationary for a dollar, but I lost. I then returned back to Byram, and I picked up the mail. I then went by the Chase Bank at Deerfield Place. I then paid my rent to the Greenwich Housing Authority at the Wells Fargo Bank at the Stop and Shop Plaza. I then went to the Stop and Shop. I bought four six packs of Stop and Shop English muffins for .99 each, two 12 ounce generic honey for \$2.50 each, bananas for .49 a pound for .57, and a baking potato for .99 a pound for .88 for \$10.41 total. I then returned home to Chez Mike's. CIO

06/03/16 Friday 11:35 A.M. I will now make my bed. I will then shower and clean up. I will then go out to my 1:30 P.M. appointment. CIO

!!!!!! 06/03/16 Friday 11:35 A.M. <http://www.mountvernon.org/digital-encyclopedia/article/robert-cary-and-company/>

<http://www.pionline.com/article/19991227/PRINT/912270706/steel-baron-andrew-carnegie-pioneered-pension-funding>

<http://www.gocloff.com/andrew-carnegies-weird-wealth-machine-to-help-secure-their-retirements/> . CIO

06/03/16 Friday 10:40 A.M. I ate some more of the salad with a glass of cold filtered water, and then I rested until 10:30 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

06/03/16 Friday 4:20 A.M. I woke up and watched the rest of the 2nd episode of "To the Ends of the Earth". I ate four ounces of Blue Diamond smokehouse almonds. My only sea voyage besides the Nantucket and Martha's Vineyard ferries was back in the spring of 1972, George Cary and myself when we were on the Lake Forest College program in Greece and Turkey took a small ship or ferry boat on rough seas from Piraeus to Crete. I assume we returned the same way, I don't recall. CIO

06/03/16 Friday 2:25 A.M. I am watching episode 2 of "To the Ends of the Earth". I will take a break and rest a bit. CIO

06/03/16 Friday 1:35 A.M. I watched a Book TV presentation about George Washington being an entrepreneur. I made up a triple to quadruple batch of my usual mixed salad, and I ate one third to one fourth of it with a glass of cold filtered water, and I refrigerated the rest. CIO

06/02/16 Thursday 11:50 P.M. Greenwich, Connecticut has no need of a Boo Radley sitting out on a hot spring evening. Besides it is only 62 degrees Fahrenheit. It looks hot at www.liveduvalstreet.com . I guess I am used to the cooler weather of this area than the tropical weather, I enjoyed as a youth. I guess with all of the rich people here, some of the young girls might be having glamorous debutant parties. CIO

06/02/16 Thursday 11:40 P.M. Tracking is https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9374869903500978146312 on the order for two <http://www.ebay.com/itm/25-FT-Feet-RJ11-4C-Modular-Telephone-Extension-Phone-Cord-Cable-Line-Wire-White/121292572450?trksid=p2045573.c100034.m2102&trkparms=aid%3D555012%26aligo%3DPW.MBE%26ao%3D2%26asc%3D36973%26meid%3D95e7da602db549acbd4fd082c78d6b9e%26pid%3D100034%26rk%3D1%26rkt%3D8%26sd%3D371549559537> for \$3.75 each for \$7.50 total.

[Earth Surface & Interior - NASA Science](#)

[KLM lands in Miami](#)

The Classy Home | Best Furniture store for Home Furniture CIO

06/02/16 Thursday 10:55 P.M. I ordered

http://www.microsoftstore.com/store/msusa/en_US/pdp/Microsoft-Wireless-Mobile-Mouse-3500-Limited-Edition/productID.307649800 for \$9.95 and .63 tax for \$10.58 total with free shipping. CIO

06/02/16 Thursday 10:40 P.M. I went through <http://scott-mike.com/bf.htm> . I threw out the garbage. I moved the Volvo wagon to its usual place. I picked up the mail. I will now make my bed. I will then shower and clean up. At my advanced age of 66 years, I tend not to go out for walks after 10 P.M. at night. CIO

06/02/16 Thursday 9:45 P.M. I chatted with a relative. I rested some more until 9 P.M.. I moved the Asus Netbook from by the Epox computer to the sitting on the Lenovo ThinkCentre in front of the mahogany bureau. It is plugged into the Lenovo ThinkCentre control panel. I moved the older Dell Latitude E6400 with its docking station and power supply and a wireless Microsoft mouse to underneath the Acer Laptop Tablet in front of the Epox computer. Thus all of my desktop computers and laptops are setup. I have to be on a daytime schedule tomorrow, since I have a 1:30 P.M. appointment. CIO

06/02/16 Thursday 7:15 P.M. I chatted with a relative at 9 A.M.. I chatted with a friend at noon and at 4:30 P.M.. I chatted with a relative at 5 P.M.. I finally woke up at 6:45 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 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.

The order with tracking of tracking of

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699938505338697 on the order for <http://www.ebay.com/itm/Dell-Latitude-E-Port-Docking-Station-PR03X-E6330-E6400-E6410-E6420-E6430-E5400-/121734630000?hash=item1c57f30a70:g:GnIAAOSw3ydV0zq6> for \$14.95 with free shipping arrived. CIO

06/02/16 Thursday 7:15 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

06/02/16 Thursday 6:55 A.M. I finished the backups. I watched "Rites of Passage" off Acorn TV. When I have time, I will do a third set of backups to the Toshiba 2 TB SATA drive. CIO

06/02/16 Thursday 4:45 A.M. I am now doing the same Complete PC backup to the Samsung 5 TB external USB drive, and then I will do an Aomei backup to the same device. CIO

06/02/16 Thursday 4:20 A.M. On the Dell Latitude E6410 laptop, I finished installing Windows 10 Store apps. I then did a Complete PC backup of it to the Western Digital 2 TB SATA drive in the Rosewill USB external SATA drive holder. I am now doing the same Aomei backup. I watched episode 2 of Sherlock Holmes off Acorn TV. I chatted with a friend at 3:30 A.M. in the morning who was up early. I ate a bag of microwave popcorn. CIO

06/02/16 Thursday 12:50 A.M. On the Dell Latitude E6410 laptop, I am installing in the Windows Store 150 more apps which will take a while. CIO

06/01/16 Wednesday 11:55 P.M. I ate two 3 ounce reheated Perdue chicken cutlets with a bake potato and steamed cut green beans 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

06/01/16 Wednesday 11:15 P.M. I chatted with a relative again. The Verizon telephone line does not work in the bathroom. I need to order a 25 foot telephone line to get it working. Tomorrow on Thursday June 2, 2016 is supposed to be anti gun violence day, and everyone is suppose to wear orange. I went by the Stop and Shop. I bought an eight pack of mini croissants for \$2.49, one pound baby carrots for \$2.49, and bananas for .49 a pound for .90 for \$4.88 total. I then went by CVS, and I picked up a prescription. I then went further downtown. I chatted with a relative on my wireless telephone. I used the bathroom at Starbucks. The Stop and Shop on the end of the second and third aisles on the right or north side had a large Stabucks display with cooler with all of the Starbucks items. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS again, and I used the bathroom. I bought two 6 ounce cans of Blue Diamond smokehouse almonds for 2.50 each for \$5 total. After I finished my walk, I drove down by the waterfront on Steamboat Road and around through town. I then returned home. I bought two <http://www.ebay.com/itm/25-FT-Feet-RJ11-4C-Modular-Telephone-Extension-Phone-Cord-Cable-Line-Wire-White/121292572450?trksid=p2045573.c100034.m2102&trkparms=aid%3D555012%26algo%3DPW.MBE%26ao%3D2%26asc%3D36973%26meid%3D95e7da602db549acbd4fd082c78d6b9e%26pid%3D100034%26rk%3D1%26rkt%3D8%26sd%3D371549559537> for \$3.75 each for \$7.50 total. CIO

06/01/16 Wednesday 6:00 P.M. I chatted with a relative. I threw out the garbage. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9374869903500968492573> on the order for <http://www.ebay.com/itm/NEW-PSU-Laptop-Notebook-Power-Supply-Cord-for-Dell-Latitude-E6410-/262137072360?hash=item3d08964ae8:g:plQAAOSwQoFWQeMb> for \$12.69 with free shipping arrived. I will now make my bed. I will then shower and clean up and go downtown. CIO

06/01/16 Wednesday 5:05 P.M. I woke up at 4:30 P.M., when somebody called to send me an IBM White Paper. I was having a weird dream about being part of a group of activists driving old Volvos. 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

06/01/16 Wednesday 6:55 A.M. I have most finished configuring the Dell Latitude E6410 laptop computer. I just need to install the Windows 10 Store apps and then back it up a couple of times. I chatted with a friend. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. I will now shut down both computers, and I will go to bed. CIO

06/01/16 Wednesday 4:10 A.M. I mailed the report in the mail room downstairs. I sat outside briefly. CIO

06/01/16 Wednesday 3:40 A.M. I am still working on configuring the Dell E6410 laptop. I rested for about an hour. 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 \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 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 also put \$25 more on my Nokia Go Phone for \$27.10 charge. I have \$449.66 on it good until August 30, 2016. I put \$10 more on my Apple Iphone H2O wireless account, so I have \$55.75 on it until September 6, 2016. I printed out two copies of my Microsoft Money Sunset Income versus Spending Report for May 2016. I have one copy ready to mail to a relative with a 49 cent forever stamp. CIO

07/31/16 Sunday 4:25 P.M. I printed out two copies of my Microsoft Money Sunset Income versus Spending report for July 2016, and I have one copy ready to mail with a 49 cent forever stamp to an interested relative. CIO

07/31/16 Sunday 4:10 P.M. I went through <http://scott-mike.com/bf.htm> . I will now shut down the primary work computer, and I will go to bed directly. CIO

07/31/16 Sunday 3:45 P.M. I watched the Norwegian film in English subtitles, "The Wave". CIO

07/31/16 Sunday 1:45 P.M. <https://www.whitehousehistory.org/questions/did-slaves-build-the-white-house> and <http://www.whitehousemuseum.org/special/renovation-1948.htm> . CIO

07/31/16 Sunday 1:30 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble chicken rinsed and drained and flaked, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Kraft Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

07/31/16 Sunday 12:40 P.M. I threw out the garbage. I went by the Chase Bank ATM machine at Deerfield Place. I went by CVS on Greenwich Avenue. I bought three 12 can packages of 12 ounce cans of Schweppes diet Ginger Ale for \$10 and \$1.80 can deposit and .63 tax for \$12.43 total. I went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. At Zen stationary, I bought an Ace's High scratch card for a dollar, but I lost. I said hello to a regular Norwegian. Zen Stationary told me they sell 45 copies of the New York Times each day. They Tesla showroom is being worked on. They are going to leave the existing door which will be a close fit for the cars. I chatted with a relative on my wireless telephone. I stopped by CVS again, and I used the bathroom. I bought two 3.7 ounce of Crest Whitening toothpaste for \$3 each and .38 tax for \$6.38 total. I then bought one 3.7 ounce tube of Crest Whitening toothpaste for \$3 less \$2 bonus bucks from the previous purchase and .06 tax for \$1.06 total. I then bought two 6 ounce Keebler chip cookies for .66 each for \$1.32 total. The former People's Bank at the top of Greenwich Avenue which has been restored is still for lease. There are two more small stores on the opposite side of the street for rent. Subway sandwich no longer has their \$3.20 sandwich specials. After I finished my walk, I chatted with a relative on my wireless telephone. A friend of my relative's had flown with the balloonist in Texas that died yesterday, and he had over 40 years experience. I then went by the Stop and Shop. I bought two 10 ounce Cracker Barrel Vermont extra sharp cheddar cheese for \$2.50 each, two 6 ounce Stop and Shop extra large black pitted olives for \$1.25 each, two 5 ounce Stop and Shop cheese and garlic croutons for \$1.19 each, two 6 ounce Dole baby spinach for \$2.50 each, two pints of cherry tomatoes for \$2.50 each, two Vidalia sweet onions for \$1.49 a pound for \$1.95, a 16 ounce Ken's Northern Italian lite

dressings for \$2.49 and two cucumbers for .69 each for \$1.38 for \$25.70 total. I then returned home. I used my little folding cart to bring up the Ginger Ale, and then I brought up the other items, and I put them away. CIO

End of Scott's Notes week of 07/31/16

07/31/16 Sunday 7:50 A.M. \$100 with free shipping

<http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-720p-hdtv-black/7617077.p?id=1219681452998&skuId=7617077>

<http://www.ebay.com/itm/New-SanDisk-32GB-Class-4-SDHC-Micro-SD-TF-Flash-Memory-Card-Sandisk-Adapter/151794701516?hash=item2357ab54cc&trkparms=5373%3A0%7C5374%3AFeatured>

<http://www.newegg.com/Product/Product.aspx?Item=N82E16820147333&ignorebb=1>

I will now send out my weekly notes. I washed the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown. CIO

07/31/16 Sunday 7:00 A.M. I woke up again at 6:30 A.M., and I chatted with a friend. I threw out the garbage. I picked up the mail. The order for

<https://www.overstockdealz.com/ProductDetail?itemNo=IE826-RED-MH> refurbished Polaroid digital camera for \$9 with free shipping arrived. CIO

07/31/16 Sunday 5:25 A.M. I chatted with a friend. I will now rest some more. CIO

07/31/16 Sunday 4:25 A.M. I woke up at 4:15 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/30/16 Saturday 4:40 P.M. I chatted with a friend. I will now rest a spell. CIO

07/30/16 Saturday 3:50 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble chicken drained and flaked, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Kraft Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

07/30/16 Saturday 3:05 P.M. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I then went by CVS on Greenwich Avenue, and I picked up a prescription. I bought four 4 ounce Bumble Bee chicken for .88 each and a 13 ounce Alberto VO5 Kiwi and Lyme shampoo for \$1.27 and .08 tax for \$4.87 total. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various location. I chatted with a local. They are tearing up part of the new sidewalk at the new building on lower Greenwich Avenue. I toured the Apple store. I stopped by CVS again, and I used the bathroom. After I finished my walk, I went to the Stop and Shop. I bought Stop and Shop deli potato salad for \$1.99 a pound for \$2.11, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, two baking potatoes for .99 a pound for \$1.55, a pint of Brussels sprouts for \$2.50, and bananas for .49 a pound for .83 for \$9.98 total. I then bought a pound of baby carrots for \$1 less .55 can return for .45 total. I saw a car from Alaska at the Stop and Shop. I then tried to buy gasoline at the Shell station on West Putnam Avenue, but the pumps on the north side were busy, and one pump on the south side was broken and the other pump on the south side had a broken down new Mercedes blocking it. I went to the Courtesy Mobil at 623 West Putnam Avenue, and I bought \$8 of premium gasoline for \$3.099 a gallon for 2.58 gallons at odometer reading of 113431 miles for 35.1 miles driven since Thursday July 21, 2016 for 13.605 miles per gallon in local traffic. The express car wash at the car wash next to it is \$8. I then returned home, and I put away my purchases. CIO

07/30/16 Saturday 10:40 A.M. I ate a Stouffer's 8 7/8ths ounce fried chicken and mashed potato dinner with Smart Balance Spread on the mashed potatoes. I chatted with two relatives. As it stands now, I will return to visit Kennebunkport, Maine and family on Sunday September 4, 2016, the day before Labor Day depending on the weather. SanDisk has an office where one gets of I-495 for I-290, so I guess it is a United States company. The SD chips are for the tablet and the Polaroid camera. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

07/30/16 Saturday 9:55 A.M. With coupon code "POCKETRIGHTS" I ordered for free <http://shop.aclu.org/product/ACLU-Pocket-Constitution-of-the-United-States> .

<http://www.ebay.com/itm/Vintage-Mens-Canvas-Backpack-Sport-Camping-Travel-Hiking-Rucksack-Schoolbag-32L/111346586268?hash=item19ecc6129c&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A5000022695>

I bought two for \$11.50 each <http://www.ebay.com/itm/SanDisk-32GB-Ultra-Micro-SD-HC-Class-10-Memory-Card-for-Samsung-Galaxy-Tab-3-S4-/251374188919?hash=item3a8711b977:g:eqIAAOSwhAZWBdwh> for \$23 total with free shipping.

\$76 http://flash.newegg.com/Product/9SIA8WV4FP4729?icid=WP_7_07282016 cheap refurbished laptop CIO

07/30/16 Saturday 8:55 A.M. Refurbished Polaroid iE826 18 MP camera for \$8 and \$5 shipping https://www.amazon.com/gp/offer-listing/B00MU3A7O4/ref=dp_olp_refurbished?ie=UTF8&condition=refurbished CIO

07/30/16 Saturday 8:40 A.M. I slept some more until 8:30 A.M.. CIO

07/30/16 Saturday 4:45 A.M. I woke up at 4:15 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 \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 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. 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/29/16 Friday 11:25 P.M. I ate a 10.5 ounce Stouffer's Swedish meatballs with a glass of cold filtered water. CIO

07/29/16 Friday 10:55 P.M. Tracking number is "1Z8759FW0390146340" at www.ups.com on the order for in black with coupon code "CLEAROUT" for \$24.99 with free shipping <http://bensbargains.com/bargain/high-sierra-aggro-daypack-25-at-high-sierra-150335/> .

Tracking number is "1Z0A5V360327947951" at www.ups.com on the order for http://www.ebay.com/itm/like/282064730152?lpid=82&chn=ps&ul_noapp=true for \$4.99 with free shipping and .32 tax for \$5.31 total. CIO

07/29/16 Friday 10:40 P.M. I woke up at 10:15 P.M.. I threw out the garbage. I picked up the mail. CIO

07/29/16 Friday 2:15 P.M. <http://nursesalaryguide.net/nurse-salary-by-state/>

<http://money.usnews.com/careers/best-jobs/computer-systems-analyst> CIO

07/29/16 Friday 1:00 P.M. I chatted with a relative. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble solid white albacore tuna drained and flaked, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Lite Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now rest for a while. CIO

07/29/16 Friday 12:10 P.M. \$60 23 inch scratch and dent monitor
http://acerrecertified.com/Acer-LCD-Monitor-23-Full-HD-G236HL-BBD-Scratch-and-Dent?utm_source=Summer+Clearance+Event+7.29.16&utm_campaign=Summer+Clearance+Event+7.29.16&utm_medium=email . CIO

07/29/16 Friday 12:05 P.M. <http://247wallst.com/special-report/2015/11/11/the-drunkest-city-in-each-state/3/> CIO

07/29/16 Friday 11:55 A.M. I rested a bit. I chatted with a relative. CIO

07/29/16 Friday 10:55 A.M. I chatted with a relative. CIO

07/29/16 Friday 10:25 A.M. I chatted with three relatives. CIO

07/29/16 Friday 9:20 A.M. I went back to bed until 6:30 A.M.. I watched episode 1 of "Lost Empires". I chatted with a friend. CIO

!!!!!! 07/29/16 Friday 3:20 A.M. On my Android Kit Kat tablet, Pokemon Go would not install from the Google store. However, I was able to install Pokemon Go with the Android Tablet Chrome web browser from this web site <http://www.pokemongo.com/> or <http://www.pokemon.com/us/> . Then one has to enable the tablet camera with this the tip on this page <http://techxat.com/fix-cant-detect-camera-orientation-pokemon-go/> by installing from the Store, the Sensor Box APK. Thus even low budget tablet users can play Pokemon Go. One needs a cheap Android tablet with at least 16 GB of storage though.

<http://www.bbc.com/news/technology-36763910> CIO

07/29/16 Friday 3:05 A.M. I chatted with a friend at 4 P.M.. I finally woke up at 2:30 P.M.. I picked up the mail. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

07/28/16 Thursday 1:30 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble Bee white chicken meat drained, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Lite Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I saw this truck <http://www.woodchuck.com/> downtown recently. I will now rest for a while. CIO

07/28/16 Thursday 12:30 P.M. I threw out the garbage. I went downtown, and I used the ATM machine at the Chase Bank at the top of Greenwich Avenue. I then sat out further downtown. I chatted with a relative on my wireless telephone. I walked lower Greenwich

Avenue and the train station area. I stopped by the Apple Computer store. I saw a town employee buying hardware there. I stopped by Winston Florist, and I discussed horticulture. I chatted with the plant person watering the plants in front of Richard's department store. I chatted with the Christian Science Reading Room about life in the North Country. I chatted with a relative on my wireless telephone. I used the bathroom at the Senior and the Arts Center. I returned home. CIO

07/28/16 Thursday 8:55 A.M. I ordered in black with coupon code "CLEAROUT" for \$24.99 with free shipping <http://bensbargains.com/bargain/high-sierra-aggro-daypack-25-at-high-sierra-150335/> . CIO

07/28/16 Thursday 8:35 A.M. I went back to bed until 8:15 A.M.. I will now make my bed. I will then shower and clean up. I will then go downtown for a walk.

07/28/16 Thursday 5:35 A.M. For breakfast I took three large eggs, and I broke them in a measuring cup, and I added a teaspoon of extra virgin olive oil, two teaspoons of grated parmesan and Romano cheese, a few pinches of Italian seasoning and celery salt, and two tablespoons of milk, and I mixed it all together. I then put it in the EggTastic microwave egg cooker filling it up to the inside line, and I microwaved it with lid on for two minutes. One uses pot holders to take the hot container out of the microwave oven, and I emptied its contents on a dinner plate and mashed it up a bit. I ate the scrambled eggs with a toasted English muffin with Smart Balance spread and 10 Banquet sausages and a 12 ounce glass of cold filtered water and punch and vitamins and supplements and a cup decaffeinated coffee with Equal sweetener and milk. CIO

07/28/16 Thursday 4:50 A.M. <https://www.youtube.com/watch?v=9e--j79oeX4>

<http://www.asseenontv.com/egg-tastic/detail.php?p=854897>

<https://www.amazon.com/As-Seen-TV-Egg-Tastic-Microwave/dp/B00YYYL2XW> . CIO

07/28/16 Thursday 4:20 A.M.

<http://www.greenwichtime.com/entertainment/article/Britain-s-Prince-William-and-Kate-to-visit-Canada-8459283.php> . CIO

07/28/16 Thursday 4:15 A.M. I went back to bed until 4 P.M..

07/28/16 Thursday 1:30 A.M. I put away the clean laundry. I will now go back to bed. CIO

07/28/16 Thursday 12:45 A.M. I ate the rest of the pineapple mixture with a glass of cold filtered water.

!!!!!! <https://us.impossible-project.com/pages/impossible-i-1-analog-instant-camera?gclid=COH5ofyrlc4CFZdZhgodFZoCPg> New Polaroid Camera Advertisement. CIO

07/28/16 Thursday 12:15 A.M. I have 50 minutes to go on two dry cycles. Earlier I moved my Volvo wagon to its usual place, and I also picked up the mail. CIO

07/27/16 Wednesday 11:55 P.M. I put clean linens on the bed. I started two loads of wash, and I have five minutes to go on them. I threw out the garbage and the old periodical literature. I watered the plants. CIO

07/27/16 Wednesday 9:45 P.M. I woke up at 9:30 P.M.. I will now eat a bowl of the pineapple mixture with a glass of cold filtered water. In the summer when all of the rich people go away in Greenwich, Connecticut, and the poorer transient people from down south show up, the economy gets a bit leaner. CIO

07/27/16 Wednesday 12:15 P.M. I chatted with a relative. CIO

07/27/16 Wednesday 12:05 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble Bee white chicken meat, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Ken's Lite Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now rest for a while. CIO

07/27/16 Wednesday 11:05 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 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 used the bathroom. I bought four 4 ounce Bumble Bee chicken for .88 each for \$3.52 total. I chatted with a relative and a friend on my wireless telephone. It gets really busy downtown at 9 A.M. with the rush of commuters, and then it slows down again. CIO

07/27/16 Wednesday 7:40 A.M. I will now make my bed. I will then shower and clean up. I will then go downtown to Green Witch Avenue for a slow walk at my usual pace. CIO

07/27/16 Wednesday 7:15 A.M. I bought <https://www.overstockdealz.com/ProductDetail?itemNo=IE826-RED-MH> refurbished Polaroid digital camera for \$9 with free shipping. CIO

07/27/16 Wednesday 6:40 A.M. I went back to bed until 6:30 A.M.. CIO

07/27/16 Wednesday 3:40 A.M. I woke up at 3:15 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/26/16 Tuesday 8:30 P.M. I could not find any video to watch. I will now shut down the primary work computer, and I will go to bed. CIO

07/26/16 Tuesday 7:50 P.M. IAVCEI 2017 CIO

07/26/16 Tuesday 7:40 P.M. I threw out the garbage. I chatted with neighbors. I did not get any mail. CIO

07/26/16 Tuesday 6:55 P.M. I ordered another http://www.ebay.com/itm/like/282064730152?lpid=82&chn=ps&ul_noapp=true for \$4.99 with free shipping and .32 tax for \$5.31 total. CIO

07/26/16 Tuesday 6:45 P.M. I woke up at 6:30 P.M.. I drank a 12 ounce glass of 50% punch and 50% Sprite. I made up a fresh batch of punch. CIO

07/26/16 Tuesday 12:25 P.M. I watched episode 6 of "Penny Dreadful". The order with tracking of "1Z0A5V360327850868" at www.ups.com on the order for http://www.ebay.com/itm/like/282064730152?lpid=82&chn=ps&ul_noapp=true for \$4.99 with free shipping and .32 tax for \$5.31 total arrived. I will now rest for a while. CIO

07/26/16 Tuesday 11:20 A.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble Bee crab meat, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Kraft Zesty Italian dressing, Ken's Lite Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite. CIO

07/26/16 Tuesday 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 won a free card which I lost on. I stopped by CVS, and I bought four 4 once Bumble Bee chicken for .88 each for \$3.52 total. After I finished my walk, I returned home, and I chatted with neighbors. I did not get any mail yesterday. CIO

07/26/16 Tuesday 7:10 A.M. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up, and I will go downtown to Greenwich Avenue for a walk. CIO

07/26/16 Tuesday 6:45 A.M. I went back to bed until 6:30 A.M.. CIO

07/26/16 Tuesday 2:50 A.M. <http://www.bbc.com/news/science-environment-36888541> CIO

07/26/16 Tuesday 2:45 A.M. I woke up, and I drank a 12 ounce glass of 50% punch and 50% Sprite. I finally woke up at 2:30 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/25/16 Monday 8:10 P.M. I watched episode 5 of "Penny Dreadful". I will now shut down the primary work computer, and I will go back to bed. CIO

07/25/16 Monday 6:50 P.M. CVS on Greenwich Avenue has this TracFone A206G for \$9.99 http://www.bestbuy.com/site/tracfone-alcatel-onetouch-206g-no-contract-cell-phone-black/6501078.p?id=1219662974407&skuId=6501078&ref=212&loc=1&ksid=d8099cd7-2bd7-4878-a5db-ba06bf301230&ksprof_id=3&ksaffcode=pg84601&ksdevice=c&gclid=CjwKEAju8da8BRDssvyH8uPEgnoSjABJmwYoYe7toCrQMROl6wllzQIkV1dtWanNmsRcEVqgTiPbxhoCk1fw_wcB. It might be able to use as a replacement Obama phone. CIO

07/25/16 Monday 6:40 P.M. Rockefeller Museum Israel
http://www.english.imjnet.org.il/page_1684?c0=15160&bsp=14162. CIO

07/25/16 Monday 6:30 P.M. NOAA weather radio went off a few times waking me up. I don't know how to turn it off without unplugging it. I finally woke up and chatted with a friend at 6 P.M.. I also chatted with a relative. CIO

07/25/16 Monday 12:05 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, one vine ripen tomato cut into 16 pieces, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Kraft Zesty Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite. I chatted with a relative. I will now rest for a while. CIO

07/25/16 Monday 10:35 A.M. I threw out the garbage. I sat out for a while downtown, until it started to rain. I went to CVS. I bought a 24 count CVS nighttime sinus and pain congestion for \$1.74 and two 12 ounce Nighttime cold and flu relief for \$3.87 for \$5.61 total. They were 75% off. Once the rain cleared, I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS again, and I bought two 1 quart 14 ounce V8 tomato juice for \$2.50 each for \$5 total. After I finished my walk, I used the bathroom at the Senior and the Arts Center. There were architects and DPW people outside the senior center with plans for some project. I then went to the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all three, two 8 ounce Cabot's seriously sharp Vermont cheddar cheese for \$2.50 each, bananas for .49 a pound for \$1.13, a sweet Vidalia onion for \$1.49 a pound for \$1.28, 2 pints of cherry tomatoes for \$2 each, and two cucumbers for .69 each for \$17.18 total. I then bought two 16 ounce Ken's Lite Northern Italian dressing for \$2 each, a 5

ounce Stop and Shop Italian croutons for \$1.19, and a head of cello iceberg lettuce for \$1.49 for \$6.68 total. I then returned home, and I put away my groceries. CIO

07/25/16 Monday 6:10 A.M. I used the pineapple device, and I peeled and cored the pineapple, and I cut the rings into quarter diameters, and I mixed them in a Rubbermaid container with lid, and I added Angostura bitters and punch to flavor it some more. CIO

07/25/16 Monday 5:55 A.M. I rested until 4 A.M.. I watched episode 4 of "Penny Dreadful". I chatted with a friend. I will now make my bed. I will then shower and clean up. There is supposed to be thunderstorms at 2 P.M. today. CIO

07/25/16 Monday 2:05 A.M. <http://bensbargains.com/bargain/high-sierra-aggro-daypack-25-at-high-sierra-150335/> CIO

07/25/16 Monday 12:50 A.M. I washed the breakfast dishes. Netflix went up \$2.02 to \$10.09 per month. CIO

07/25/16 Monday 12:50 A.M. I woke up at 12:30 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/24/16 Sunday 4:00 P.M. I watched episode 3 of "Penny Dreadful". I chatted with a relative. I drank some more of the punch and Sprite mixture. CIO

07/24/16 Sunday 2:45 P.M. I woke up at 2:30 P.M.. I drank a 12 ounce glass of 50% punch and 50% Sprite. CIO

07/24/16 Sunday 10:20 A.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, one vine ripen tomato cut into 16 pieces, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Kraft Zesty Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite.

The photograph order tracking on the photographs to myself is Package ID Results was in the mail I picked up. I will now rest for a while. CIO

07/24/16 Sunday 9:30 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I used the bathroom. They had not yet put out their yellow tags for sale items, so one does not know what is on sale this week. I chatted with a regular walker. I then returned home. I picked up the mail. CIO

!!!!!! 07/24/16 Sunday 5:55 A.M. On the Digital Two table, I got the Pokemon Go program camera working by following the tip on this page <http://techxat.com/fix-cant-detect-camera-orientation-pokemon-go/> by installing from the Store, the Sensor Box APK. Now the camera works just fine with it. CIO

End of Scott's Notes week of 07/24/16

07/24/16 Sunday 5:30 A.M. On the Digital Tablet, I set up a number of apps that I had installed. On the Pokemon Go program, it might not be working, since it does not show the camera image, but just the game image. I will now send out my weekly notes. I will then wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown for a walk before the heat of the day. CIO

07/24/16 Sunday 3:30 A.M. I went back to bed until 3 A.M.. I ate some almonds. New Arch street cafe <http://www.theperfectprovenance.com/> and <http://www.greenwichtime.com/news/article/The-Dish-Martha-Stewart-Gary-Dell-Abate-8404105.php> . CIO

07/23/16 Saturday 11:45 P.M. I woke up at 11:15 P.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 decaffeinated coffee with Equal sweetener and milk. CIO

07/23/16 Saturday 11:45 A.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

07/23/16 Saturday 11:25 A.M. <http://www.imore.com/how-to-sign-up-for-pokemon-go>
<http://www.imore.com/pokemon-go> CIO

07/23/16 Saturday 11:15 A.M. This case is available <https://www.amazon.com/Digital2-Inch-Platnium-Tablet-Case/dp/B00O6YZDIU> , but the case I am using now is just fine. CIO

07/23/16 Saturday 11:05 A.M. I loaded up a lot of apps on the 8 inch Digital table. Pokemon Go seems to work, but I can not figure out how to play it. There are a lot of Android apps that go on it particularly from Google. I chatted with a relative. I mailed the \$10 rebate envelope at the central Greenwich post office, when I went out this morning. CIO

07/23/16 Saturday 9:10 A.M. I took three large eggs, and I broke them in a measuring cup, and I added a teaspoon of extra virgin olive oil, two teaspoons of grated parmesan and Romano cheese, a few pinches of Italian seasoning and celery salt, and two tablespoons of

milk, and I mixed it all together. I then put it in the EggTastic microwave egg cooker filling it up to the inside line, and I microwaved it with lid on for two minutes. One uses pot holders to take the hot container out of the microwave oven, and I emptied its contents on a dinner plate and mashed it up a bit. I ate the scrambled eggs with a toasted English muffin with Smart Balance spread and a glass of cold filtered water. The EggTastic microwave egg cooker has to cool before washing it in warm water. CIO

07/23/16 Saturday 8:40 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. The pent house is for rent at the top of the new building at the bottom of Greenwich Avenue on the east side. It is Marshall Heaven realty offering it <http://www.greenwichchamber.com/list/member/m-h-heaven-real-estate-llc-5007620> . I chatted with a regular. I used the bathroom at CVS. I bought for 75% off two 16 lozenges CVS cough relief for 1.49 each box for \$2.98 total. I then bought a dozen Croton Farms large eggs expire August 29, 2016 for \$1.50. I then finished my walk. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$4 for \$3 profit. I then returned home to Chez Mike's. CIO

07/23/16 Saturday 5:20 A.M. I ate a 12 ounce Stouffer's chicken parmesan meal with grated parmesan and Romano cheese on it and a 12 ounce glass of cold filtered water. I cleaned the two air conditioner filters and the Ionic air purifier. I moved the Lasko box fan from the bedroom entrance into the hallway opposite the bedroom entrance to blow the cool air from the bedroom into the living room. I will now shower and clean up and go downtown for an early morning walk. CIO

07/23/16 Saturday 4:30 A.M. I have the \$10 mail in rebate ready to mail with a 49 cent forever stamp. CIO

07/23/16 Saturday 4:05 A.M. The refurbished Digital Tablet is still available for \$10 more than I paid for it for \$40 less \$4 off with promo code "AFMARJULY16" plus \$10 mail in rebate.

[http://www.newegg.com/Product/Product.aspx?Item=N82E16834650018&cm_re=Digital2 Platinum D2-861G- -34-650-018- -Product](http://www.newegg.com/Product/Product.aspx?Item=N82E16834650018&cm_re=Digital2%20Platinum_D2-861G--34-650-018--Product) . CIO

07/23/16 Saturday 3:45 A.M. On the eight inch Digital Tablet, I installed Netscape, Skype, Facebook, and it has a lot of other apps and games available and some on it. From the Google App store, it would not install the Pokemon Go app, but from the Chrome web browser at www.pokemon.com , it installed the Pokemon Go program, and it seems to work. It did give an error at first that GPS was not working, but I don't know how to play Pokemon Go, but it is installed from what I can tell. I have a case to carry it in, but to use the camera lens, one has to take it out of the case. CIO

07/23/16 Saturday 2:50 A.M. Free [https://www.microsoft.com/en-us/store/p/minecraft-story-mode-a-telltale-games-series/9nblggh69m35?tduid=\(c3032ed4a444482f0b9f8c5925d6a0ec\)\(256380\)\(2459594\)\(TnL5HPStwNw-WPIXbJqAIV4XkrzroFyYg\)\(\)](https://www.microsoft.com/en-us/store/p/minecraft-story-mode-a-telltale-games-series/9nblggh69m35?tduid=(c3032ed4a444482f0b9f8c5925d6a0ec)(256380)(2459594)(TnL5HPStwNw-WPIXbJqAIV4XkrzroFyYg)())

I threw out the garbage. I picked up the mail. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790730165358&language=en&cntry_code=us on the order for [http://flash.newegg.com/Product/N82E16834650018?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com+\(Internet+Brands\)-na-na-na&AID=12087162&PID=404255&SID=501201_desktop&utm_medium=affiliates&utm_source=afc-BensBargains.com+\(Internet+Brands\)](http://flash.newegg.com/Product/N82E16834650018?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com+(Internet+Brands)-na-na-na&AID=12087162&PID=404255&SID=501201_desktop&utm_medium=affiliates&utm_source=afc-BensBargains.com+(Internet+Brands)) for \$29.99 with free shipping arrived. There is also a \$10 mail in rebate.

It is supposed to go up to 95 degrees Fahrenheit today. CIO

07/23/16 Saturday 2:15 A.M. I went back to bed until 2 A.M.. CIO

07/22/16 Friday 9:50 P.M. I woke up at 9:30 P.M.. On Bloomberg, there is a program about Iceland and also their computer game <https://www.eveonline.com/>, but it costs money, so I won't be playing it. 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/22/16 Friday 11:55 A.M. I rested until now. I chatted with a relative. I drank a 12 ounce glass of 50% punch and 50% Sprite. CIO

07/22/16 Friday 10:50 A.M. <http://shop.highsierra.com/> CIO

07/22/16 Friday 10:25 A.M. Prince George's third birthday <http://www.bbc.com/news/uk-36864145> . CIO

07/22/16 Friday 10:25 A.M. I chatted with a friend. CIO

07/22/16 Friday 10:05 A.M. I rested until 10 A.M.. I chatted with a relative. CIO

07/22/16 Friday 8:20 A.M. I rested until 7 A.M.. I watched episode 2 of "Penny Dreadful". CIO

07/22/16 Friday 6:15 A.M. Tracking is "1Z0A5V360327850868" at www.ups.com on the order for http://www.ebay.com/itm/like/282064730152?lpid=82&chn=ps&ul_noapp=true for \$4.99 with free shipping and .32 tax for \$5.31 total. CIO

07/22/16 Friday 5:55 A.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, one vine ripen tomato cut into 16 pieces, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Swiss cheese, grated Parmesan and Romano cheese, ground

black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Wish Bone Italian dressing, Kraft Zesty Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite. CIO

07/22/16 Friday 5:15 A.M. I went back to bed until 5 A.M.. CIO

07/22/16 Friday 12:40 A.M. \$90 with free shipping <http://www.target.com/p/offset-patio-umbrella-11-with-mosquito-net-beige/-/A-50769619?>

<http://www.greenwichtime.com/news/science/article/Man-lassoes-bear-with-head-stuck-in-big-plastic-8401275.php>

CIO

07/22/16 Friday 12:15 A.M. I watched the Donald J. Trump acceptance speech <https://www.donaldjtrump.com/> . I threw out the garbage. I said hello to a neighbor. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=92748926998501543401126016 on the order for \$4.99 with free shipping <http://www.ebay.com/itm/Ultrafire-CREE-XM-L-T6-Zoomable-2000-Lumen-Tactical-LED-Flashlight-Torch-Lamp-/361531600068?hash=item542cf66cc4:g:mLEAAOSwh-1W5chf> arrived. I put three Duracell AAA alkaline batteries in it, and it works just fine. I put it by the other two small flashlights on the computer shelf on the oak dining table. I will now go through <http://scott-mike.com/bf.htm> . CIO

07/21/16 Thursday 9:35 P.M. I woke up at 9:15 P.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 decaffeinated coffee with Equal sweetener and milk. CIO

07/21/16 Thursday 10:35 A.M. I will now shut down the primary work computer. I will then go to bed. Bon Soir. CIO

07/21/16 Thursday 10:10 A.M. I took three large eggs, and I broke them in a measuring cup, and I added a teaspoon of extra virgin olive oil, two teaspoons of grated parmesan and Romano cheese, a few pinches of Italian seasoning, and two tablespoons of milk, and I mixed it all together. I then put it in the EggTastic microwave egg cooker filling it up to the inside line, and I microwaved it with lid on for 1 minute 45 seconds to two minutes. One uses pot holders to take the hot container out of the microwave oven, and I emptied its contents on a dinner plate and mashed it up a bit. I ate the scrambled eggs with a toasted English muffin with Smart Balance spread and a glass of cold filtered water. The EggTastic microwave egg cooker has to cool before washing it in cooler water. CIO

07/21/16 Thursday 9:30 A.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at

CVS. I bought two 1.25 quart Tide liquid detergent for \$2.94 each and .37 tax for \$6.25 total. After I finished my walk, I went by the Stop and Shop. I bought a head of iceberg cello lettuce for \$1.49, two cucumbers for .69 each and from the clearance section two 42 ounce Quaker one minute oatmeal for \$2.39 each for \$7.15 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.70 of self service V-Power premium gasoline for \$3.339 a gallon for 2.685 gallons at odometer reading of 113395 miles for 24.7 miles driven since Thursday July 14, 2016 for 9.2 miles per gallon in local traffic. When I put a small amount of gasoline in the tank to fill up the tank, it depends on how I park and the level of the Volvo on how much it takes. I then returned home, and I put away my purchases. CIO

07/21/16 Thursday 6:20 A.M. I rest for an hour. I chatted with a friend. I will now go downtown for a walk. CIO

07/21/16 Thursday 4:55 A.M. I watched episode 1 of "Penny Dreadful". CIO

07/21/16 Thursday 3:45 A.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, one vine ripen tomato cut into 16 pieces, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite. CIO

07/21/16 Thursday 2:50 A.M. Tracking on the photographs to my relatives in Maine is Package ID Results

Tracking on the photographs to myself is Package ID Results

http://www.nytimes.com/2016/07/20/technology/microsoft-earnings-are-up-cushioned-by-its-cloud-business.html?emc=edit_th_20160720&nl=todaysheadlines&nid=46729&r=0
CIO

07/21/16 Thursday 2:35 A.M. I put away the clean laundry. CIO

07/21/16 Thursday 1:30 A.M. I bought a spare Obama phone like I already have that uses the full size Tracfone sim card

http://www.ebay.com/itm/like/282064730152?lpid=82&chn=ps&ul_noapp=true for \$4.99 with free shipping and .32 tax for \$5.31 total. CIO

07/21/16 Thursday 1:30 A.M. I have 50 minutes to go on two dry cycles.

Lysol soap refill <https://www.youtube.com/watch?v=jybFMq0voNA> . CIO

07/21/16 Thursday 1:05 A.M. I put clean linens on the bed. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

07/20/16 Wednesday 11:55 P.M. I went back to bed until 10:30 P.M.. I setup the TracFone with wireless. I installed Netflix, Skype, Messenger, Facebook, and a cleanup utility. It seems to work just fine. Pokemon does not work on it. However, there are lots of other Google apps that do. CIO

07/20/16 Wednesday 8:50 P.M. I chatted with a relative at 11:30 A.M.. The order with tracking number of "1Z1565460303787292" at www.ups.com on the order for this cheap phone http://www.sears.com/tracfone-onetouch-pixi-glitz-pre-paid-phone/p-00355077000P?sid=IDx01192011x000001&gclid=CKOjkazt_s0CFQEmhgodyHYMTA&gclid=aw.ds for \$9.99 and \$5.99 shipping and a \$1.01 tax for \$16.99 total arrived. I finally woke up at 8:15 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 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

07/20/16 Wednesday 9:55 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

07/20/16 Wednesday 9:15 A.M. I went downtown. I chatted with a friend on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at the Senior and the Arts center. I stopped by CVS, and I picked up a prescription. They cut down another big tree. It was in front of Ralph Lauren. They are also doing road work west of Vineyard Vines. After my walk, I returned home. CIO

07/20/16 Wednesday 6:10 A.M. I watched "Steak Revolution". I put a new Nice blue automatic toilet cleaner jar in the toilet tank. I will now go downtown. CIO

07/20/16 Wednesday 3:45 A.M. When I was up in Kennebunkport, Maine this past June, I took 32 pictures. From www.snapfish.com with coupon code "FREEONE", I ordered one set for my self for \$3.81 and one set for the relatives in Maine for \$3.90. CIO

07/20/16 Wednesday 3:10 A.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, eight cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . CIO

07/20/16 Wednesday 2:20 A.M. There are 460 channels installed on the Roku wireless device in the bathroom, and I activated Netflix and Acorn TV. I have a power strip attached to the TV. The far right switch which stays on is for power to the Westinghouse LCD TV. The second from the right turns on the Roku device. The fourth from the right is for the extension cord that runs over the door with nothing attached to it at the moment. One of the HDMI switches on the remote control selects the Roku device. CIO

07/20/16 Wednesday 1:55 A.M. [https://en.wikipedia.org/wiki/Chesapeake Bay Bridge](https://en.wikipedia.org/wiki/Chesapeake_Bay_Bridge) CIO

07/20/16 Wednesday 1:40 A.M. \$7.99 with free shipping
[http://www.newegg.com/Product/Product.aspx?Item=N82E16812119283&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=501385_desktop](http://www.newegg.com/Product/Product.aspx?Item=N82E16812119283&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=501385_desktop)

\$100 with free shipping <http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-720p-hdtv-black/7617077.p?id=1219681452998&skuId=7617077> CIO

07/20/16 Wednesday 1:00 A.M. Tracking is
https://www.fedex.com/apps/fedextrack/?tracknumbers=61299998790730165358&language=en&cntry_code=us on the order for
[http://flash.newegg.com/Product/N82E16834650018?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com+\(Internet+Brands\)-na-na-na&AID=12087162&PID=404255&SID=501201_desktop&utm_medium=affiliates&utm_source=afc-BensBargains.com+\(Internet+Brands\)](http://flash.newegg.com/Product/N82E16834650018?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com+(Internet+Brands)-na-na-na&AID=12087162&PID=404255&SID=501201_desktop&utm_medium=affiliates&utm_source=afc-BensBargains.com+(Internet+Brands)) for \$29.99 with free shipping. There is also a \$10 mail in rebate.

Tracking number is "1Z1565460303787292" at www.ups.com on the order for this cheap phone http://www.sears.com/tracfone-onetouch-pixi-glitz-pre-paid-phone/p-00355077000P?sid=IDx01192011x000001&gclid=CKOjkazt_s0CFQEmhgodyHYMTA&gclid=aw.ds for \$9.99 and \$5.99 shipping and a \$1.01 tax for \$16.99 total.

Go Gamble in Connecticut https://www.groupon.com/deals/ga-bk-foxwoods-resort-casino-10?p=3&utm_source=groupon_getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160719&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=811c46cd-fe60-40c5-bb33-6d570eefdda5_0_20160719

http://www.aarp.org/health/conditions-treatments/info-2016/inflammation-anti-inflammatory-diet-photos.html?cmp=EMC-DSO-NLC-RSS---CTRL-071916-P1-1352953&ET_CID=1352953&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=#slide1

A lot of people in this area seem to get Potomac fever. When George H.W. Bush was away in Argentina, I drove down to Washington D.C. with a skier from Stowe, Vermont, and I toured around on a zero degree Fahrenheit day in February when not many people were out and about <http://scott-mike.com/mlsdc.jpg> . As you noticed I was not very warmly dressed on a zero degree Fahrenheit day, but I used to be used to colder temperatures. I also visited the new Canadian embassy that day. I think that is the last time, I was down in Washington D.C.. CIO

07/20/16 Wednesday 12:20 A.M. The kitchen LCD TV already had a Roku wireless device hooked up to it. I put one on the bathroom LCD TV, and I set it up, and it is now adding the channels to the Roku device. I will put a power strip on it, once it has finished adding the channels, so the Roku device is not powered on all of the time. I will keep the second Roku device as a spare. CIO

07/19/16 Tuesday 11:45 P.M. I sorted out the magazines in the magazine rack on the left side of the Ethan Allen recliner. I used my little folding wire cart to throw out the old magazines and other periodical literature in the recycle bin. I sat outside for a while contemplating the world as we best know it. The current flight pattern of incoming flights at Westchester Country airport is flying over my building, so possibly they changed the flight path to not fly over nearby Chappaqua, New York north of the airport. CIO

07/19/16 Tuesday 10:20 P.M. <http://www.greenwichtime.com/news/us/article/Emergency-workers-at-Tappan-Zee-crane-incident-8388744.php> . CIO

07/19/16 Tuesday 10:15 P.M. I went back to bed until 10 P.M.. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. CIO

07/19/16 Tuesday 7:20 P.M. I chatted with a relative at 12:30 P.M.. I chatted with another relative at 3:30 P.M.. I picked up the mail. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=9261299995007910606642&cntry_code=us on the order for two https://www.groupon.com/deals/gg-roku-streaming-stick-3512?deal_option=a08491e6-e248-11e5-bc5f-002590980a98&utm_source=Google&utm_medium=cpc&utm_campaign=US_DT_SEA_G_GL_TIM_TTT_PADS_CBP_CHP_NBR_g*gg-roku-streaming-stick-3512_c*94999549981_k*_m*_d*Goods-Product-Ads_keyword*_target*_adposition*1o1_prodtarget*67778450502_adtype*pla_merchantid*10018412_productid*45184734_productpartitionid*67778450502_campaignid*336710941_adgroupid*25119742261&mr:referralID=1c36d5a7-4a12-11e6-adc1-0050569451e5&gclid=CLbu8IqA9M0CFQFahgod3AkJgQ for \$20 each and \$2.54 tax for \$42.54 total arrived. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c tLabels1=9400109699939100322248 on the order for two for \$2.95 each in white http://www.ebay.com/itm/Micro-Light-LED-Keychain-Flashlight-SUPER-BRIGHT-/140534139923?hash=item20b87ccc13:m:mFspLT_xa0Fqr1rkXY3EzeQ for \$5.90 shipping with free shipping arrived. I went back to bed until 6:30 P.M.. The Nokia Windows 10 Go Phone updated it apps. 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/19/16 Tuesday 10:50 A.M. I ate a bowl of the pineapple mixture and 2 ounces of the CVS puffed onion rings. I have Windows 10 installed on the Nokia Windows 10 Go Phone, but it still has to update all of the apps. I will now shut down the primary work computer, and I will go to bed. CIO

07/19/16 Tuesday 10:10 A.M. <http://americanjewisharchives.org/publications/fajf/>

<http://www.conspiracyarchive.com/2013/12/01/are-the-rockefellers-of-jewish-descent/>

http://americanjewisharchives.org/publications/fajf/pdfs/stern_p088.pdf

http://www.henrymakow.com/jay_rockefeller_left.html

<http://www.prisonplanet.com/rothschilds-rockefellers-trillionaires-of-the-world.html> CIO

07/19/16 Tuesday 9:20 A.M. <http://www.bbc.com/news/uk-england-nottinghamshire-36826038> . CIO

07/19/16 Tuesday 9:10 A.M. I went downtown. I chatted with a friend on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I bought a 9 ounce Dawn dishwashing detergent for .99 and a .25 off machine coupon and .05 tax for .79 total. I used the bathroom at Starbucks. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I went by the Stop and Shop. I bought two 8 ounce Stop and Shop Swiss cheese for \$2.50 each, two 42 ounce Quaker one minute oatmeal for \$2.39 each, a 6 ounce can of Stop and Shop extra large pitted black olives for \$1.35, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.69, two 5 ounce Stop and Shop Italian croutons for \$1 each, a head of iceberg cello lettuce for \$1.49, four tomatoes on the vine for \$1.49 a pound for \$1.91, an English cucumber for \$1.99, bananas for .49 a pound for \$1.13, a sweet Vidalia onion for \$1.49 a pound for \$1.12, a red pepper for \$1.49 a pound for .85 for \$25.31 total. I then returned home, and I put away my groceries. I am installing the Windows 10 updates on my Nokia Windows Go Phone. CIO

07/19/16 Tuesday 4:50 A.M. I will now brave the elements and go downtown for an early morning walk, when it is cooler. CIO

07/19/16 Tuesday 4:30 A.M. I ate a 14.5 ounce Chef Boyardee beef ravioli with a glass of cold filtered water. CIO

07/19/16 Tuesday 4:10 A.M. They use to serve a good prime rib of roast beef
<http://www.greenwichtime.com/business/article/Days-are-numbered-for-New-Canaan-s-Roger-8383609.php> .

<http://www.waveny.org/> . CIO

07/19/16 Tuesday 2:45 A.M. I ordered this cheap phone http://www.sears.com/tracfone-onetouch-pixi-glitz-pre-paid-phone/p-00355077000P?sid=IDx01192011x000001&gclid=CKOjkazt_s0CFQEmhgodyHYMTA&gclsrc=aw.ds for \$9.99 and \$5.99 shipping and a \$1.01 tax for \$16.99 total. It might work with the Obama phone sim card. I don't know. It would work with wireless though. One can call SafeLink through TracFone at 1-800-867-7183 and select SafeLink and then select the option to change the telephone number. However, this http://www.gsmarena.com/alcatel_one_touch_pixi-5681.php says it uses a mini sim. I probably will just use it for wireless use. CIO

07/19/16 Tuesday 1:00 A.M. [A crash course in Pokemon Go video - CNET](#)

[VERTIGO – 2nd Summer School](#)

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

This might work as a replacement Obama phone http://www.ebay.com/itm/TracFone-Alcatel-onetouch-Pixi-Pulsar-4G-Android-Prepaid-Smartphone-/282086637785?trkparms=%26rpp_cid%3D578d1a7ee4b0628db90a6f05%26rpp_icid%3D578d6018e4b0732428a428a6 but they use micro sim cards

This is half price for an Obama phone http://www.walmart.com/ip/TracFone-LG-Sunrise-Android-Prepaid-Smartphone/44751495?action=product_interest&action_type=title&item_id=44751495&placement_id=irs-106-m2&strategy=PWVAV&visitor_id&category=&client_guid=d0e73960-e460-4eaa-ae51-04d4dce06e28&customer_id_enc&config_id=106&parent_item_id=44751496&parent_anchor_item_id=44751496&guid=51b31794-86e3-493d-941a-4b9a211038a6&bucket_id=irsbucketdefault&beacon_version=1.0.1&findingMethod=p13n but they use micro sim cards

This is the replacement Obama phone I used with a full size sim card
<http://www.walmart.com/ip/TracFone-LG-441G-Prepaid-Cell-Phone/44751496>

http://www.nytimes.com/video/nyregion/newyorktoday/100000004533847/the-week-pokmon-go-took-central-park.html?emc=edit_th_20160718&nl=todaysheadlines&nliid=46729

From what I can figured out, the local hot spot wifi networks downtown are at Pickwick Plaza court yard, the small park across the street from CVS, directly in front of the Senior and the Arts center, Starbucks, the Restoration Hardware store outdoor plaza, and the Greenwich Train Station lobby. CIO

07/18/16 Monday 11:40 P.M. <http://www.forbes.com/donald-trump/#195f1a5a790b> Net Worth

<http://bedford.dailyvoice.com/politics/presidential-run-puts-spotlight-on-trumps-bedford-estate/553288/> . They probably have Mountain Lions and Bears and Wolves up that way. CIO

07/18/16 Monday 10:20 P.M. I rested until 10 P.M.. I threw out the garbage. I sat outside for a while. The front door would not work, when I tried to get back in the building. I used the north side door. The front automatic door works from the inside. I did not check it again to see if it works from the outside. I picked up the mail. I will now make my bed. I will then shower and clean up. CIO

07/18/16 Monday 8:30 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . I chatted with two relatives. CIO

07/18/16 Monday 6:45 P.M. I bought [http://flash.newegg.com/Product/N82E16834650018?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com+\(Internet+Brands\)-na-na-na&AID=12087162&PID=404255&SID=501201_desktop&utm_medium=affiliates&utm_source=afc-BensBargains.com+\(Internet+Brands\)](http://flash.newegg.com/Product/N82E16834650018?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com+(Internet+Brands)-na-na-na&AID=12087162&PID=404255&SID=501201_desktop&utm_medium=affiliates&utm_source=afc-BensBargains.com+(Internet+Brands)) for \$29.99 with free shipping. There is also a \$10 mail in rebate. CIO

07/18/16 Monday 6:35 P.M. <http://www.greenwichtime.com/business/technology/article/IBM-beats-Street-2Q-forecasts-8385167.php> CIO

07/18/16 Monday 6:30 P.M. I went back to bed until 6 P.M.. CIO

07/18/16 Monday 12:45 P.M. I chatted with a relative. CIO

07/18/16 Monday 11:50 A.M. I woke up at 11:30 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/18/16 Monday 4:50 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

07/18/16 Monday 4:45 A.M. I have noticed recently that <http://harvestwinebar.com/greenwich/> has two tables for two on the sidewalk separate from the walk by a small metal fence. I noticed on two different times recently middle age men eating tasty looking steaks which cost \$28 <http://harvestwinebar.com/greenwich/greenwich-dinner/> . Some hungry person might grab a steak off their plates while they are not looking or even a large dog. CIO

07/18/16 Monday 4:30 A.M. <http://fairfieldcountylook.com/> CIO

07/18/16 Monday 4:15 A.M. I watched "My Friend Rockefeller". Not much is reported on the Rockefellers anymore. When I lived in Nantucket in the summer through 1983 occasionally, I was told one of the Rockefeller daughters ran a small dress shop on Straight wharf. Whether any of them remained on the island or not is none of my business. CIO

07/18/16 Monday 2:35 A.M. I woke up at 2 A.M.. I ate 3 ounces of CVS puffed onion rings. I also ate 10.5 ounces of Stouffer's fettuccini Alfredo with grated parmesan and Romano cheese and a glass of cold filtered water. CIO

07/18/16 Monday 12:10 A.M. I watched "Secrets, The Sphinx". I will now go to bed. CIO

07/17/16 Sunday 10:55 P.M. Volcano resort in Costa Rica
https://www.groupon.com/deals/ga-the-springs-resort-spa-4?p=2&utm_source=getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160717&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=c37242b8-6908-4ced-af3a-fdcff9c005e9_0_20160717

Want to Work in 18 Miles of Books? First, the Quiz - The New York Times

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=92748926998501543401126016> on the order for \$4.99 with free shipping <http://www.ebay.com/itm/Ultrafire-CREE-XM-L-T6-Zoomable-2000-Lumen-Tactical-LED-Flashlight-Torch-Lamp-/361531600068?hash=item542cf66cc4:g:mLEAAOSwh-1W5chf> . CIO

07/17/16 Sunday 10:00 P.M. I threw out the garbage. I put the 12 inch color Panasonic CRT television with its remote control out by the dumpster, and when I returned home, it was gone. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with two local walkers. I stopped by CVS, and I bought two 3.5 ounce Old Spice regular stick deodorant for \$2.50 each and .32 tax for \$5.32 total. I sat out some more after my walk. I then returned home, and I chatted with neighbors. I took a fourth of a head of iceberg lettuce, and I ripped it

up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, celery salt, Italian seasoning, Kraft Zesty Italian low fat and also regular dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . CIO

07/17/16 Sunday 6:55 P.M. I went through <http://scott-mike.com/bf.htm> . I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. I will then go downtown. CIO

07/17/16 Sunday 6:30 P.M. I rested some more until 6:15 P.M.. I chatted with two relatives. CIO

07/17/16 Sunday 3:45 P.M. I went back to bed until 3:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

07/17/16 Sunday 12:15 P.M. I woke up at noon. I chatted with a friend. CIO

End of Scott's Notes week of 07/17/16

07/17/16 Sunday 3:25 A.M. I watched episode 1 of "Inspector Morse". I will now send out my weekly notes. I will the shut down the primary work computer, and I will go to bed. CIO

07/17/16 Sunday 12:50 A.M. I watched "Spies Like Us". I ate 3.5 ounces of Pepperidge Farm parmesan goldfish crackers. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one third of a diced red pepper, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Kraft Zesty Italian low fat and also regular dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . CIO

07/16/16 Saturday 11:00 P.M. Tracking is https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9400109699939100322248. on the order for two for \$2.95 each in white <http://www.ebay.com/itm/Micro-Light-LED->

Keychain-Flashlight-SUPER-BRIGHT-

/140534139923?hash=item20b87ccc13:m:mFspLT xa0Fqr1rkXY3EzeQ for \$5.90 shipping with free shipping. CIO

07/16/16 Saturday 10:50 P.M. I threw out the garbage. I went downtown, but CVS sale items for this coming week were not on sale yet. I drove around a deserted downtown area without hardly anyone around. I then went by the Stop and Shop. I bought a 42 ounce Quaker old fashioned oatmeal for \$4.79, two 16 ounce Wish Bone Italian dressing for \$1.89 each, three 10 ounce Cafe Bustelo decaffeinated coffee for \$2.39 each, a 6 ounce Stop and Shop black pitted olives for \$1.35, a red pepper for \$1.49 a pound for .82, a cucumber for .69, and a Golden pineapple for \$2.99 for \$21.59 total. I then went home, and I put away my groceries. CIO

07/16/16 Saturday 9:05 P.M. I ate a 13 5/8th ounce Stouffer's steak fajita dinner 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 see the remains of the day. CIO

07/16/16 Saturday 8:35 P.M. <http://www.greenwichtime.com/news/us/article/The-Four-Seasons-home-of-the-original-power-8382363.php> CIO

07/16/16 Saturday 8:20 P.M. I rested until 8:10 P.M.. I chatted with a relative. CIO

07/16/16 Saturday 6:35 P.M. I chatted with a neighbor. I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

07/16/16 Saturday 6:10 P.M. I threw out the garbage. I picked up the mail. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=61299995672234150999&cntry_co de=us on the order for boat shoes in brown http://www.kohls.com/product/prd-2458804/sonoma-goods-for-life-mens-boat-shoes.jsp?ci_mcc=ci&utm_campaign=MENS%20DRESS/CAS%20SHOES&utm_medium=CSE&utm_source=shopping&CID=shopping17&sdc_id=1058861415301&gclid=CMj9w43r5M0CFUFzNwodzLAP4g&gclsrc=ds&dclid=CKvWxo3r5M0CFZZADAodmqgG5A in size 9.5 medium for \$23.99 with coupon code "ENJOY20OFF" and \$8.95 shipping and \$2.04 tax for \$34.18 total arrived. They fit just fine. I put them on the floor of the right living room closet. CIO

07/16/16 Saturday 5:50 P.M. I went back to bed until 5:30 P.M.. CIO

07/16/16 Saturday 3:45 P.M. I had telephone calls from a neighbor and two relatives and a Warren Buffett offering before, I finally woke up at 3:15 P.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 decaffeinated coffee with Equal sweetener and milk. CIO

07/16/16 Saturday 3:30 A.M. I watched "The Big Short". I ate a bag of microwave popcorn. I will now shut down the primary work computer. I will then go to bed. CIO

07/16/16 Saturday 12:25 A.M. I ate a 12 ounce Stouffer's spinach souffle with a glass of cold filtered water. I ordered for \$4.99 with free shipping
<http://www.ebay.com/itm/Ultrafire-CREE-XM-L-T6-Zoomable-2000-Lumen-Tactical-LED-Flashlight-Torch-Lamp-/361531600068?hash=item542cf66cc4:g:mLEAAOSwh-1W5chf> . CIO

07/15/16 Friday 11:35 P.M. I watched episodes 7 and 8 of "The Last Kingdom". I ate three ounces of Pepperidge Farm parmesan goldfish crackers. CIO

07/15/16 Friday 9:25 P.M. Tracking is
<https://www.fedex.com/apps/fedextrack/?tracknumbers=9261299995007910606642&cntrycode=us> on the order for two https://www.groupon.com/deals/gg-roku-streaming-stick-3512?deal_option=a08491e6-e248-11e5-bc5f-002590980a98&utm_source=Google&utm_medium=cpc&utm_campaign=US_DT_SEA_G_GL_TIM_TTT_PADS_CBP_CHP_NBR_g*gg-roku-streaming-stick-3512_c*94999549981_k*m*d*Goods-Product-Ads_keyword*target*adposition*1o1_prodtarget*67778450502_adtype*pla_merchantid*10018412_productid*45184734_productpartitionid*67778450502_campaignid*336710941_adgroupid*25119742261&mr:referralID=1c36d5a7-4a12-11e6-adc1-0050569451e5&gclid=CLbu8IqA9M0CFQFahgod3AkJgQ for \$20 each and \$2.54 tax for \$42.54 total. CIO

07/15/16 Friday 9:10 P.M. I watched episode 6 of "The Last Kingdom". CIO

07/15/16 Friday 7:45 P.M. I went back to bed until 7 P.M.. I threw out the garbage and the old broken tower fan with its remote control. I did not get any mail today. I chatted with a neighbor. I will now make my bed. I will then shower and clean up. I will not go downtown, since it is too hot at 86 degrees Fahrenheit. CIO

07/15/16 Friday 4:35 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Kraft Zesty Italian low fat and also regular dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . CIO

07/15/16 Friday 2:55 P.M. I rested some more until 2:45 P.M.. CIO

07/15/16 Friday 11:15 A.M. I went back to bed until 11 A.M.. I chatted with a relative and a friend. CIO

07/15/16 Friday 5:10 A.M. I woke up at 4:45 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/14/16 Thursday 11:10 P.M. I watched episode 5 of "The Last Kingdom". I ate 5 ounce ounces of CVS puffed onion rings. I will now shut down the primary work computer, and I will go to bed. CIO

07/14/16 Thursday 9:35 P.M. I threw out the garbage. I tried to install the 12 inch Panasonic CRT TV in a neighbor's apartment, but the neighbor's antenna was digital, and the Panasonic CRT needs an analog cable or antenna. I put the Panasonic TV and its remote control in the back seat of the Volvo wagon on the passenger side. I will probably put it out by the dumpster on a sunny day to be claimed. I went downtown. I sat out for a while downtown. It was very slow. I went by the Acme grocery store. I bought four Stouffer's 10 to 12 ounce meals for \$8.36 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service premium V-Power gasoline for \$3.339 a gallon for 2.694 gallons at odometer reading of 113371 miles for 34.2 miles driven since Friday July 8, 2016 for 12.7 miles per gallon in local traffic. I then returned home, and I put away the groceries. CIO

07/14/16 Thursday 7:50 P.M. I chatted with a relative. I will now go downtown and people watch. CIO

07/14/16 Thursday 6:55 P.M. In a little while, I will eat a 12 5/8ths Stouffer's French bread deluxe pizza that I seasoned with garlic powder, ground black pepper, celery salt, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I will eat it with a 12 ounce glass of Coca Cola. CIO

07/14/16 Thursday 6:40 P.M. I bought two https://www.groupon.com/deals/gg-roku-streaming-stick-3512?deal_option=a08491e6-e248-11e5-bc5f-002590980a98&utm_source=Google&utm_medium=cpc&utm_campaign=US_DT_SEA_G_GL_TIM_TTT_PADS_CBP_CHP_NBR_g*gg-roku-streaming-stick-3512_c*94999549981_k*_m*_d*Goods-Product-Ads_keyword*_target*_adposition*1o1_prodtarget*67778450502_adtype*pla_merchantid*10018412_productid*45184734_productpartitionid*67778450502_campaignid*336710941_adgroupid*25119742261&mr:referralID=1c36d5a7-4a12-11e6-adc1-0050569451e5&gclid=CLbu8IqA9M0CFQFahgod3AkJgQ for \$20 each and \$2.54 tax for \$42.54 total. I use them on the kitchen and bathroom LCD TVs. CIO

07/14/16 Thursday 6:20 P.M. On the new Westinghouse LED TV in the living room, the second HDMI is connected the bedroom cable box. However, for it to work, the HDMI splitter in the bedroom has to be turned on with the TV control panel. Thus one can watch two different cable channels at the same time in the living room. I threw out the garbage. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtclLabels1=9400110200864046394850> on

the order for three clear http://www.ebay.com/itm/1-3-5-pk-12-oz-Plastic-Squeeze-Bottle-Condiment-Dispenser-ketchup-Mustard-Sauce/331711223309?_trksid=p2047675.c100005.m1851&_trkparms=aid%3D222007%26alگو%3DSIC.MBE%26ao%3D1%26asc%3D37184%26meid%3D5906291e105f4d988896f97aea0bcd95%26pid%3D100005%26rk%3D5%26rkt%3D6%26sd%3D201258688504 for \$7.88 with free shipping arrived. I will use them for my olive oil, cooking oil, and white vinegar in the kitchen. CIO

07/14/16 Thursday 5:20 P.M. I had a problem finding the stands on the Westinghouse LED TV. I finally found it in the top packing material. I have it all setup with the Roku device on HDMI 3 and the Cable TV on TV. I have another HDMI cable connected to it, but I am not sure what it is for. I also hooked up a Logitech 2.1 speaker system. On the power strip, the 2nd, 3rd, and 4th back switches turn on the devices for the Westinghouse TV, Roku device, and the external speakers. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I put the Westinghouse TV box temporarily behind the Ethan Allen recliner. I put the Panasonic 12 inch TV from the bathroom on the floor at the bedroom entrance. I should probably get rid of it. I chatted with a friend. CIO

07/14/16 Thursday 3:05 P.M. The order with tracking number of "1ZW494600343132573" at www.ups.com on the order for <http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-720p-hdtv-black/7617077.p?id=1219681452998&skuId=7617077> for \$99.99 and \$6.35 tax for \$106.34 with free shipping arrived. I will now put the old Westinghouse LCD TV in the bathroom, and the new Westinghouse LED TV where the old one was underneath the stereo system. CIO

07/14/16 Thursday 2:20 P.M. I chatted with two relative. I rested until 2 P.M.. CIO

07/14/16 Thursday 11:55 A.M. I woke up at 11:30 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/14/16 Thursday 1:45 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

07/14/16 Thursday 1:10 A.M. I am just about ready to eat a 12 ounce Stouffer's chicken parmesan with grated parmesan and Romano cheese on it and a 12 ounce glass of cold filtered water. CIO

07/14/16 Thursday 12:55 A.M. I added a year to my www.forbes.com subscription with this page <http://slickdeals.net/f/8926147-forbes-magazine-4-99-per-year-24-issues> for \$4.99. CIO

07/14/16 Thursday 12:25 A.M. I watched episodes 3 and 4 of "The Last Kingdom". I ate one ounce of almonds. CIO

07/13/16 Wednesday 10:15 P.M. I went downtown. I chatted with a friend. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. They have setup small tents for the sidewalk sales beginning tomorrow. Madewell is still opened. It is Lucky Star Jeans that closed. I stopped by CVS, and I used the bathroom. I bought two more General Electric CFL 20 watt bulbs for \$8.13 total. I finished my walk. I left my parking place to make room for <http://joliegotique.com/> and <https://www.facebook.com/joliegotique/>. I returned home. I ate a bowl of the fresh pineapple mixture with a 8.5 ounce glass of Perrier with Angostura bitters. CIO

07/13/16 Wednesday 7:15 P.M. I will now go downtown to watch the hoards of evening strollers. CIO

07/13/16 Wednesday 7:05 P.M. I chatted with two relatives earlier. I put away the clean laundry. CIO

07/13/16 Wednesday 6:35 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one half of a peeled and sliced English cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Kraft Zesty Italian low fat and also regular dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com. CIO

07/13/16 Wednesday 5:45 P.M. I chatted with a neighbor. I have 50 minutes to go on two dry cycles. CIO

07/13/16 Wednesday 5:25 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old Brother laser toner cartridge. I watered the plants. In the recycle dumpster bin, I found a three foot by one foot glass and wood cabinet door that I will use to support the Westinghouse LED TV. CIO

07/13/16 Wednesday 4:25 P.M. I went through <http://scott-mike.com/bf.htm>. I washed the breakfast dishes. CIO

07/13/16 Wednesday 4:00 P.M. I went back to bed until 2:30 P.M.. I picked up the mail. The order with tracking of UPS: Tracking Information on the order for four <http://www.pipingrock.com/vitamin-b-complex/b-100-vitamin-b-complex-1421> for \$6.49 each and \$3.95 shipping for \$29.91 total arrived. The order with tracking of "1Z14963RYW98167948" at www.ups.com on the order for <http://www.ebay.com/itm/2PK-TN450-High-Yield-Toner-Cartridge-For-Brother-TN420-MFC-7360N-7860DW-7460DN-/261253885309?hash=item3cd3f1ed7d:g:vNkAAOSwnNBXYOx9> for \$16.99 with free shipping arrived. I installed a new toner cartridge in the Brother HL-2240 laser printer. It works just fine. CIO

07/13/16 Wednesday 12:10 P.M. They have not updated their web page yet <https://www.gov.uk/government/organisations/prime-ministers-office-10-downing-street> . I chatted with a relative. CIO

07/13/16 Wednesday 11:15 A.M. I woke up, and I ate five ounces of Blue Diamond smokehouse almonds. I finally woke up at 11 A.M.. I have been getting telephone calls from con artists claiming to be from the Internal Revenue Service. I just hang up on them. 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/13/16 Wednesday 1:25 A.M. I watched episode 2 of "The Last Kingdom". I will now shut down the primary work computer, and I will go to bed. CIO

07/12/16 Tuesday 11:50 P.M. I am about to eat a 11.5 ounce Stouffer's Swedish meatball dinner with a 12 ounce glass of Coke. CIO

07/12/16 Tuesday 11:35 P.M. <https://www.facebook.com/AgaKhanIV/> . CIO

07/12/16 Tuesday 11:20 P.M. I used the new pineapple tool, and I cored the Dole pineapple, and I broke the rings into quarter round pieces that I put in a mixing bowl. I added about a half dozen dashes of Angostura bitters and a quarter of a cup of lemon juice, and I mixed it all together, and I put it in the refrigerator in a Rubbermaid container with lid. I threw out the garbage and the pineapple remains. I chatted with a neighbor's relative while I sat outside for a while. CIO

07/12/16 Tuesday 10:20 P.M. I threw out the garbage. I went downtown, and I drove down by the waterfront on Steamboat Road, and then I went by CVS on Greenwich Avenue, and I used the bathroom. I bought two 100 count CVS 500 mg. Vitamin C for \$6.29 both, a 6 ounce CVS cough and cold nighttime medicine for \$3.12, and a 6 ounce CVS sore throat spray for \$1.69 for \$11.10 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 chatted with a local walker. I stopped by CVS again, and I used the bathroom. I bought a 11 ounce red, white, and blue, bag of M&Ms for \$3.79 less a \$2 off coupon from the CVS coupon machine for \$1.79 total. I sat out a while after I finished my walk. I then went by the Stop and Shop. I bought buy one get one of Thomas' English muffins for \$4.39 both, a 8 ounce Cabot's seriously sharp Vermont cheddar cheese for \$2.50, a 16 ounce bag of Stop and Shop frozen onion rings for \$2.50, a eight ounce Stop and Shop parmesan and Romano cheese for \$3.69, two 5 ounce Stop and Shop Italian croutons for \$1.29 each, two 16 ounce Kraft Zesty Italian dressing for \$4.58 both, a head of cello iceberg lettuce for \$1.49, bananas for .49 a pound for \$1.44 for \$23.17 total. I then went by the Acme grocery store. I bought two 10 ounce Stouffer's deluxe French bread pizzas for \$2.50 each, two English cucumbers for \$3, and a pint of cherry tomatoes for .99, and two sweet onions for \$1.49 a pound for .87 for \$9.84 total. I then returned home, and I picked up the mail, and I put away my groceries. CIO

07/12/16 Tuesday 5:35 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one third of a peeled and slice cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Kraft Zesty Italian low fat dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . I will make my bed. I will then shower and clean up. I will then go out to downtown Greenwich Avenue. I might as well enjoy it now, until the women hog it for sidewalk sales this Thursday. I guess I will get on a later schedule. CIO

07/12/16 Tuesday 4:50 P.M. I rested a bit. I chatted with a friend. CIO

07/12/16 Tuesday 3:25 P.M. \$140 <http://www.bestbuy.com/site/westinghouse-40-class-40-diag--led-1080p-hdtv-black/5452800.p?id=bb5452800&skuId=5452800&ref=199&loc=59JLB7sBj1c&acampID=1&siteID=59JLB7sBj1c-enJTWnkeQ4mAEaIFXaj9JQ>

\$100 <http://www.walmart.com/ip/ProScan-PLDED3280A-32-720p-60Hz-D-LED-HDTV/46368139?u1=VjRVQGZ3b0tNcTBBQWExOFRxa0FBQUNZ&oid=368707.1&wmlspartner=NKa3hZyYoHA&sourceid=39761916943865996618&affillinktype=10&veh=aff>

\$135

<http://www.walmart.com/ip/37832542?u1=&oid=183959.1&wmlspartner=isIkAyUyNbM&sourceid=00845339942439721910&affillinktype=10&veh=aff>

\$30 <http://www.ebay.com/itm/High-Sierra-Prime-Access-Business-Backpack/121969502289?rmvSB=true&rmvSB=true> CIO

07/12/16 Tuesday 2:45 P.M. I will now go through <http://scott-mike.com/bf.htm> . I will then wash the breakfast dishes.

Tracking number is "1ZW494600343132573" at www.ups.com on the order for <http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-720p-hdtv-black/7617077.p?id=1219681452998&skuId=7617077> for \$99.99 and \$6.35 tax for \$106.34 with free shipping. CIO

07/12/16 Tuesday 2:40 P.M. I rested some more until 2:30 P.M.. I chatted with a relative at noon. CIO

07/12/16 Tuesday 11:20 A.M. The new HDTVs have a wider stand support configuration than the old ones. I was thinking of buying this <http://www.homedepot.com/p/Rubbermaid-12-in-x-36-in-White-Decorative-Shelf-FG4E1900WHT/202753295> to put on the TV table. However, I have piece of 18 inch by 28 inch Plexiglas that should do the same job. That way, I don't have to drive through all of

the heavy traffic over in nearby Port Chester, New York which is a different political environment. CIO

07/12/16 Tuesday 9:25 A.M. I order two for \$2.95 each in white
http://www.ebay.com/itm/Micro-Light-LED-Keychain-Flashlight-SUPER-BRIGHT-/140534139923?hash=item20b87ccc13:m:mFspLT_xa0Fqr1rkXY3EzeQ for \$5.90 shipping with free shipping. CIO

07/12/16 Tuesday 9:00 A.M. I woke up and ate some almonds. I finally woke up at 8:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

07/11/16 Monday 11:10 P.M. I am not a computer gamer anyway. I ate 2.5 ounces of CVS puffed onion rings. I will put my old Westinghouse LCD TV with the black vertical line on the screen in the bathroom. I will now shut down the primary work computer, and I will go to bed directly.

<http://www.bbc.com/news/live/uk-politics-36570120> May set to become Prime Minister. CIO

07/11/16 Monday 10:45 P.M. The Pokeman PM app won't install on my Iview tablets with Android 4.2, so perhaps it is not a powerful enough device. The Google store rejects it. CIO

07/11/16 Monday 10:00 P.M. Pokeman PM needs IO5 operating system on an Apple Iphone. This is the cheapest Apple phone that will that the IO5 operating system
<http://www.ebay.com/itm/Apple-iPhone-4S-8GB-16GB-32GB-GSM-Factory-Unlocked-Smartphone-Black-White-Phone-/162032258519?var=&hash=item25b9e00dd7:m:mnib10dQR2XqcFWXLETUYLg> , but it would be probably better to get one with a bigger screen and more recent which would be more expensive. Alas Pokeman PM does not yet work on a Windows Phone. I have two Android 7 inch tablets that it would probably work just fine on though. CIO

07/11/16 Monday 9:15 P.M. I will now go to bed for the night or rest for a while. CIO

07/11/16 Monday 9:05 P.M. I chatted with a relative. I watched episode 1 of "The Last Kingdom". CIO

07/11/16 Monday 7:45 P.M. Tracking is
https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400110200864046394850 on the order for three clear <http://www.ebay.com/itm/1-3-5-pk-12-oz-Plastic-Squeeze-Bottle-Condiment-Dispenser-ketchup-Mustard-Sauce/331711223309?trksid=p2047675.c100005.m1851&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D37184%26meid%3D5906291e105f4d988896f97>

[aea0bcd95%26pid%3D100005%26rk%3D5%26rkt%3D6%26sd%3D201258688504](#) for \$7.88 with free shipping.

<http://www.aarp.org/work/social-security/info-2016/discover-little-known-social-security-benefits.html>

<https://www.facebook.com/His-Highness-the-Aga-Khan-7607457442/>

Tracking is [UPS: Tracking Information](#) on the order for four <http://www.pipingrock.com/vitamin-b-complex/b-100-vitamin-b-complex-1421> for \$6.49 each and \$3.95 shipping for \$29.91 total.

<https://www.google.com/search?q=AGA+KHan+Weight+in+Diamonds+image&biw=1680&bih=870&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjNraKFyezNAhVMXh4KHUfNCfQQsAQIGw>

<https://www.google.com/search?q=AGA+KHan+Weight+in+Diamonds+image&biw=1680&bih=870&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjNraKFyezNAhVMXh4KHUfNCfQQsAQIGw#imgsrc=NG5uonuSl1C3DM%3A>

CIO

07/11/16 Monday 7:20 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one third of a peeled and slice cucumber, ten pitted extra large black olives, eleven cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Kraft Zesty Italian low fat dressing, and extra virgin olive oil. I ate it with a 8.5 ounce glass of Perrier with a little bit of Angostura Bitters. I chatted with a relative. CIO

07/11/16 Monday 6:15 P.M. I ordered <http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-720p-hdtv-black/7617077.p?id=1219681452998&skuId=7617077> for \$99.99 and \$6.35 tax for \$106.34 with free shipping. CIO

07/11/16 Monday 5:50 P.M. I went to my 3 P.M. appointment early. I paid a \$1.50 to park for two hours. I was told about <https://www.fitbit.com/>. I then went downtown. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I bought an Aces High scratch card at Zen Stationary for a dollar, but I lost. I chatted with the Apple store. I chatted with a retired person from Scarsdale that ridden over a gasoline powered mountain bike. I bought an Aces High scratch card at the Greenwich Cigar store for a dollar, but I lost. I then returned home. I picked up the mail. CIO

07/11/16 Monday 1:20 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go out to my 3 P.M. appointment a bit early. CIO

!!!!!! 07/11/16 Monday 1:00 P.M. Very popular new app amongst the local teenagers
<http://www.pokemon.com/us/pokemon-video-games/pokemon-go/> . CIO

07/11/16 Monday 12:15 P.M. I woke up and ate some almonds. I chatted with a friend at 7 A.M.. I finally woke up at noon. It is midnight in Hong Kong. Night light key chain light
www.microlightguy.com . The Queen is in Scotland
https://www.tripadvisor.com/Attraction_Review-g190738-d212160-Reviews-Balmoral_Castle-Ballater_Aberdeenshire_Scotland.html#photos;geo=190738&detail=212160 and
<http://www.balmoralcastle.com/> . 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 decaffeinated coffee with Equal sweetener and milk. It is 74 degrees Fahrenheit here at the moment
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.V4PE9dZV-71> . I am worried we might have a colder winter coming up. I have a 3 P.M. appointment this afternoon.

<http://www.greenwichtime.com/business/article/In-wealthy-Greenwich-food-insecurity-stubbornly-8348343.php> CIO

07/11/16 Monday 12:45 A.M. I browsed some video. I will now shut down the primary work computer, and I will go to bed. I have a 3 P.M. appointment today. CIO

07/10/16 Sunday 11:55 P.M. [Altrec.com](http://www.altrec.com) - Outdoor Apparel, Shoes, Gear, and Advice for Every Outdoor Adventurer from Top Brands.

http://www.smithsonianmag.com/travel/japanese-town-aogashima-active-volcano-180959153/?utm_source=smithsonianopic&no-ist

http://www.smithsonianmag.com/history/heiress-gun-empire-built-mansion-forever-haunted-blood-money-built-it-180959712/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20160710-Weekender&spMailingID=25941133&spUserID=NzQwNDUzNTI4NzcS1&spJobID=841200903&spReportId=ODQxMjAwOTAzS0 CIO

07/10/16 Sunday 11:35 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one third of a peeled and slice cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a 8.5 ounce glass of Perrier with a little bit of Angostura Bitters. There were

www.eversource.com trucks on Greenwich Avenue this past evening doing repair work.
CIO

07/10/16 Sunday 10:50 P.M. I threw out the garbage. I went downtown to CVS. I bought two 4 ounce boxes of saltines for .64 each and a 7.4 ounce box Nature's Valley almond granola bars for \$2.49 for \$3.77 total. I then went further downtown. I chatted with a relative on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS again, and I chatted with a local politician, and I bought three five ounce bags of onion rings for .25 each for .75 total. I then bought another GE 20 watt CFL bulb for \$3.82 and .24 tax for \$4.06 total. I then bought a toe nail clipper for \$2.27 and .14 tax for \$2.41 total. I put the toe nail clipper between the front seats in the Volvo wagon in the cup holders to have available. I then finished my walk. L'Ocattine French cosmetics shop has closed on Greenwich Avenue. I used the bathroom at Starbucks. I chatted with a couple walking a dog. It was very slow out. I overheard the teenage youth running around playing a game called <http://www.pokemon.com/us/> on their cell phones. They seem to be really into it. I then returned home to Chez Michel's. The Greenwich Sidewalk Sales start this Thursday July 14, 2016 Bastille Day through this coming Sunday July 17, 2016. I guess it will be pretty busy downtown in the daytime. CIO

07/10/16 Sunday 6:55 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a glass of cold filtered water. On week days there is the hotdog food truck at the Board of Education parking lot. On the south side of the Greenwich Library, there was a barbecue truck that has been replaced by a Hot Buttered Lobster food truck. Sometimes the barbecue truck is on east Elm Street just east of Greenwich Avenue. Sometimes the barbecue truck is also on Steamboat by the commuter parking lot. There is also another food truck at the Greenwich Town Hall parking lot. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

07/10/16 Sunday 6:20 P.M. I chatted with a relative. I put the memory card in the automobile camera, and I installed the automobile camera in the Volvo wagon connected to the 12 volt plug. It turns on and records when the car starts. I left the instruction in the storage compartment between the front seats. CIO

07/10/16 Sunday 5:05 P.M. I rested until 4:45 P.M.. I ate two ounces of French's fried onions. I drank a cup of decaffeinated coffee with Equal sweetener and milk. I washed the breakfast dishes. CIO

07/10/16 Sunday 12:30 P.M. <http://slickdeals.net/f/8904247-allen-edmonds-factory-seconds-flash-sale?src=sticky> . Allen Edmonds now has a store on Greenwich Avenue just south of CVS. CIO

07/10/16 Sunday 12:20 P.M. I woke up, and I ate some Blue Diamond smokehouse almonds and 4 ounces of French's fried onions. I finally woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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 07/09/16

07/09/16 Saturday 11:55 P.M. I ate a 8 7/8th ounce Stouffer's chicken breast and mashed potato dinner with Smart Balance spread on the mashed potatoes and eight cherry tomatoes and a glass of cold filtered water. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

07/09/16 Saturday 11:40 P.M. Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=61299995672234150999&cntry_co_de=us on the order for boat shoes in brown http://www.kohls.com/product/prd-2458804/sonoma-goods-for-life-mens-boat-shoes.jsp?ci_mcc=ci&utm_campaign=MENS%20DRESS/CAS%20SHOES&utm_medium=CSE&utm_source=shopping&CID=shopping17&sdc_id=1058861415301&gclid=CMj9w43r5M0CFUFzNwodzLAP4g&gclsrc=ds&dclid=CKvWxo3r5M0CFZZADAodmqgG5A in size 9.5 medium for \$23.99 with coupon code "ENJOY20OFF" and \$8.95 shipping and \$2.04 tax for \$34.18 total. CIO

07/09/16 Saturday 11:25 P.M. I watched "Life", and I ate a bag of microwave popcorn. CIO

07/09/16 Saturday 9:10 P.M. I threw out the garbage. I went by the Acme grocery store. I bought two 9 ounce Stouffer's home style chicken meals for \$1.99 each, a 6 ounce can of onion rings for \$2.99, a pint of grape tomatoes for .99 and .30 can return for \$7.66 total. I then went by CVS, and I bought two 6 ounce packages of Pepperidge Farm parmesan goldfish crackers for \$1.24 each for \$2.48 total. I did not walk or sit downtown, since it started to rain. I returned home. CIO

07/09/16 Saturday 7:25 P.M. I ordered a set of three clear http://www.ebay.com/itm/1-3-5-pk-12-oz-Plastic-Squeeze-Bottle-Condiment-Dispenser-ketchup-Mustard-Sauce/331711223309?_trksid=p2047675.c100005.m1851&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D37184%26meid%3D5906291e105f4d988896f97aea0bcd95%26pid%3D100005%26rk%3D5%26rkt%3D6%26sd%3D201258688504 for \$7.88 with free shipping. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

07/09/16 Saturday 6:45 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one third of a peeled and slice cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery

salt, Italian seasoning, Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a 8.5 ounce glass of Perrier with a little bit of Angostura Bitters. CIO

07/09/16 Saturday 5:55 P.M. I threw out the garbage. I sat outside for a while. I picked up the mail. CIO

07/09/16 Saturday 5:30 P.M. I went back to bed until 3 P.M., and I chatted with a friend. I went back to bed until 5 P.M., and I chatted with a relative. CIO

07/09/16 Saturday 12:50 P.M. I ordered four <http://www.pipingrock.com/vitamin-b-complex/b-100-vitamin-b-complex-1421> for \$6.49 each and \$3.95 shipping for \$29.91 total. CIO

07/09/16 Saturday 12:50 P.M. I woke up at 12:30 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 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

07/08/16 Friday 11:00 P.M. I watched part of a few internet videos. I ate some Blue Diamond Smokehouse almonds. I will now shut down the primary work computer, and I will go to bed. CIO

07/08/16 Friday 9:40 P.M. www.perrier.com for \$15 for 24 bottles
<https://www.amazon.com/Perrier-Sparkling-Natural-Mineral-16-9-ounce/dp/B003QQ4BP0?tag=slicinc-20&ascsubtag=76600c3e457511e686efc6f6042854b80INT> . CIO

07/08/16 Friday 9:30 P.M. I put Hellmann's mayonnaise and Gold's Horseradish and ground black pepper and a slice of white American cheese on the roast beef sandwich, and I ate it with two kosher dill pickle slices and a glass of cold filtered water. CIO

07/08/16 Friday 9:10 P.M. I went downtown to the Stop and Shop. I got a refund of \$4.58 on the overcharge on the Zesty Italian salad dressing earlier today. I bought a roast beef sandwich for \$3.99 and bananas for .49 a pound for .99 for \$4.98 total. I then sat outside downtown for a while. I chatted with a friend on my wireless. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.08 of self service V-Power premium gasoline for \$3.339 a gallon for 2.421 gallons at odometer reading of 113336 miles for 32.4 miles driven since Friday October 1, 2016 for 13.383 miles per gallon in mostly local traffic. I then returned home. CIO

07/08/16 Friday 7:35 P.M. I ate two ounces of Pepperidge Farm parmesan goldfish crackers. I watched episode 6, the final episode of "Alexander's Lost World". I will now go downtown. CIO

07/08/16 Friday 6:20 P.M. I ordered boat shoes in brown

http://www.kohls.com/product/prd-2458804/sonoma-goods-for-life-mens-boat-shoes.jsp?ci_mcc=ci&utm_campaign=MENS%20DRESS/CAS%20SHOES&utm_medium=CSE&utm_source=shopping&CID=shopping17&sdc_id=1058861415301&gclid=CMj9w43r5M0CFUFzNwodzLAP4g&gclid=CKvWxo3r5M0CFZZADAodmqgG5A in size 9.5 medium for \$23.99 with coupon code "ENJOY20OFF" and \$8.95 shipping and \$2.04 tax for \$34.18 total. CIO

07/08/16 Friday 5:35 P.M. I rested until 5 P.M.. I threw out the garbage. 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=9400110200883121718022 for the order of for \$11.50 <http://www.ebay.com/itm/SanDisk-32GB-Ultra-Micro-SD-HC-Class-10-Memory-Card-for-Samsung-Galaxy-Tab-3-S4-/251374188919?hash=item3a8711b977:g:eqIAAOSwhAZWBdwh> arrived. I chatted with a relative. CIO

07/08/16 Friday 2:10 P.M. I took a fourth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one third of a peeled and slice cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a glass of cold filtered water. CIO

!!!!!! 07/08/16 Friday 1:30 P.M.

https://en.wikipedia.org/wiki/List_of_motor_vehicle_deaths_in_U.S._by_year . CIO

07/08/16 Friday 1:25 P.M. I went out to my 10:30 A.M. appointment. I then went downtown. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. 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 then went by the Stop and Shop. I bought a 59 ounce Tropicana orange juice with calcium for \$3, two 8 ounce Cabot's serious sharp Vermont cheddar cheese for \$2.50 each, a 64 ounce Welch's grape juice for \$3.99, a 64 ounce Ocean Spray cranraspberry juice for \$2.99, two 6 ounce extra large black pitted olives for \$1.50 each, two 5 ounce Stop and Shop Italian seasoned croutons for \$1.29 each, two 16 ounce Kraft Zesty Italian low fat dressing for \$3.79 each, a Vidalia onion for \$1.49 a pound for .83, a head of iceberg cello lettuce for \$1.49, a cucumber for .69, buy one get one free pints of Sun Sweet cherry tomatoes for \$3.99 both for \$35.14 total. I then returned home, and I carried up and put away my groceries. CIO

07/08/16 Friday 9:05 A.M. The bad news is that I am 258.6 pounds. CIO

07/08/16 Friday 8:50 A.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go out to my 10:30 A.M. appointment early. CIO

07/08/16 Friday 7:40 A.M. I woke up at 7:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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. I have a 10:30 A.M. appointment today. CIO

07/08/16 Friday 1:40 A.M. I woke up at 12:30 A.M.. I ate four ounces of Pepperidge Farm parmesan goldfish crackers. I watched episode 5 of "Alexander's Lost World" on Acorn TV. I will now try to go back to bed. CIO

07/07/16 Thursday 11:20 P.M. I woke up at 10:30 P.M., and I watched episode 4 of "Alexander's Lost World". I will now go back to bed. CIO

07/07/16 Thursday 7:05 P.M. I watched episode 3 of "Alexander's Lost World". I will now try to go to bed for the night. I have an early appointment tomorrow at 10:30 A.M.. CIO

07/07/16 Thursday 6:05 P.M. I chatted with a relative. I took a sixth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one third of a peeled and slice cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, celery salt, Italian seasoning, blue cheese dressing, Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a glass of cold filtered water. CIO

07/07/16 Thursday 5:25 P.M. <https://gsaauctions.gov/gsaauctions/gsaauctions/> CIO

07/07/16 Thursday 5:20 P.M. <http://www.greenwichtime.com/news/article/This-West-Virginia-naval-base-could-be-yours-8345475.php> . CIO

07/07/16 Thursday 5:15 P.M. [Free Microsoft Office | Word, Excel & PowerPoint](#)

[KLM Explore London!](#)

[mtreaz](#)

[Natural Rx Supplements](#)

[PCI Wellness Clinic - PCIWellness.com | Health & Wellness](#)

[PCI Wellness](#)

[Chandler AZ Gun Shop - AZ Guns](#)

[Chandler Web Design and Development - iDZYNS | Home](#) CIO

07/07/16 Thursday 4:55 P.M. I chatted with a friend that likes this expensive item
<http://www.nuwaveoven.com/> . CIO

07/07/16 Thursday 4:15 P.M. I watched episode 2 of "Alexander's Lost World" on Acorn TV. CIO

!!!!!! 07/07/16 Thursday 3:20 P.M. Windows 10 Professional License Key \$20
<http://opiumpulses.com/store/1259/windows-10-professional> CIO

07/07/16 Thursday 3:10 P.M. I threw out the garbage. I moved the Volvo wagon to its usual place. I chatted with a neighbor. I sat outside for a while. I chatted with a relative on my wireless phone. It started to rain at 3 P.M.. I picked up the mail. CIO

07/07/16 Thursday 2:10 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will not be going downtown, because we are supposed to have heavy thundershowers this afternoon after 3 P.M.
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.V36Z1vZV-71> . CIO

07/07/16 Thursday 1:45 P.M. I went back to bed until 1 P.M.. I made up a batch of fresh punch. CIO

07/07/16 Thursday 10:55 A.M. I woke up at 10:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

07/07/16 Thursday 12:15 A.M. I watched episode 1 of "Alexander's Lost World" on Acorn TV. I will now shut down the primary work computer, and I will go to bed. CIO

07/06/16 Wednesday 11:10 P.M. I took a sixth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate. I added one fourth of a peeled and slice cucumber, ten pitted extra large black olives, nine cherry tomatoes, a 2.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 20 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, blue cheese dressing, Greek Vinaigrette dressing, and ground black pepper. I ate it with a glass of cold filtered water. CIO

07/06/16 Wednesday 10:30 P.M. I went downtown to the Stop and Shop. I bought eight mini croissants for \$2.49, a 8 ounce Cracker Barrel Vermont extra sharp white cheddar cheese for \$3, two 5 ounce Stop and Shop seasoned Italian croutons for \$1.29 each, two Kraft Greek vinaigrette 16 ounce dressing for \$2.29 each, two 6 ounce cans of Stop and Shop extra large pitted olives for \$1.50 each, a sweet onion for \$1.49 a pound for \$1.15, buy one pint get one free of Sun Sweet cherry tomatoes for \$3.99 both, a head of cello iceberg

lettuce for \$1.49, a cucumber for .69 for \$21.39 total. I then drove down Greenwich Avenue to the bottom of Steamboat Road and back. It looked pretty slow out. CIO

07/06/16 Wednesday 9:20 P.M. I chatted with a friend. I put away the clean laundry. I will now go downtown.

\$38.99 with free shipping convection oven

http://flash.newegg.com/Product/N82E16896095009?icid=WP_35_07062016 . CIO

07/06/16 Wednesday 8:40 P.M. I ate two ounces of Pepperidge Farm parmesan crackers. CIO

07/06/16 Wednesday 8:05 P.M. I have 50 minutes to go on one dry cycle. CIO

07/06/16 Wednesday 6:55 P.M. I have 55 minutes to go on a dry cycle and 22 minutes to go on a wash cycle. CIO

07/06/16 Wednesday 6:40 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started one load of wash, and I have ten minutes to go on it. I will start a second load after that. I threw out the garbage and old periodical literature. I watered the plants. CIO

07/06/16 Wednesday 5:20 P.M. I rested some more until 5 P.M.. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and a glass of cold filtered water. CIO

07/06/16 Wednesday 3:10 P.M. I chatted with a relative. The order tracking of Track your package or shipment with FedEx Tracking on the order for \$19.99

<http://www.buydig.com/shop/product/ARMDASHCAM/ArmorAll-Universal-HD-Dashboard-Camera-ADC2-1003->

[BLK?omid=200&ref=cj&utm_source=CJ&utm_medium=Affiliate&utm_content=552179](http://www.buydig.com/shop/product/ARMDASHCAM/ArmorAll-Universal-HD-Dashboard-Camera-ADC2-1003-BLK?omid=200&ref=cj&utm_source=CJ&utm_medium=Affiliate&utm_content=552179) arrived. I can not use it, until I get the memory card for it. CIO

07/06/16 Wednesday 2:40 P.M. <https://www.royal.uk/queen-holds-investiture-and-hosts-garden-party-palace-holyroodhouse> CIO

07/06/16 Wednesday 12:55 P.M. <http://www.golf.com/special-features/18-best-courses-scotland> . CIO

07/06/16 Wednesday 11:45 A.M. <http://blog.ctnews.com/serra/2016/07/06/the-british-are-coming-to-fairfield/> . CIO

07/06/16 Wednesday 11:35 A.M. I woke up and ate some Pepperidge Farm parmesan goldfish crackers. I finally woke up at 11 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

07/05/16 Tuesday 11:45 P.M. Tracking is Track your package or shipment with FedEx Tracking on the order for \$19.99
http://www.buydig.com/shop/product/ARMDASHCAM/ArmorAll-Universal-HD-Dashboard-Camera-ADC2-1003-BLK?omid=200&ref=cj&utm_source=CJ&utm_medium=Affiliate&utm_content=552179.

I watched episodes 19 and 20 of "Marco Polo". That is the end of this season's episodes. I ate three ounces of Pepperidge Farm parmesan goldfish crackers. I will now shut down the primary work computer, and I will go to bed. CIO

07/05/16 Tuesday 9:30 P.M. I ate a 8 7/8th ounce Stouffer's beef pot roast and a 9 5/8ths Stouffer's Salisbury steak and macaroni and cheese dinner with a glass of cold filtered water. CIO

07/05/16 Tuesday 8:50 P.M. iFly KLM Magazine - July 2016 CIO

07/05/16 Tuesday 8:40 P.M. I chatted with a relative. At www.eversource.com my June 2016 electricity bill when I was gone for nine days was \$256.83 for 1368 kwh for 42.75 kwh per day over 32 days with an average temperature of 70.9 degrees Fahrenheit. For June 2015, when I was gone about 15 days, it was \$209.96 for 1046 kwh for 30.76 kwh per day for 34 days with an average temperature of 70.6 degrees Fahrenheit. CIO

07/05/16 Tuesday 8:15 P.M. Tracking is "1Z14963RYW98167948" at www.ups.com on the order for <http://www.ebay.com/itm/2PK-TN450-High-Yield-Toner-Cartridge-For-Brother-TN420-MFC-7360N-7860DW-7460DN-/261253885309?hash=item3cd3f1ed7d:g:vNkAAOSwnNBXYOx9> for \$16.99 with free shipping. I drank a 12 ounce can of Coke. CIO

07/05/16 Tuesday 7:35 P.M. I picked up the mail. I chatted with an associate. 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 center, and I paid my rent to the Greenwich Housing Authority. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought the daily \$3.20 special at the Subway sandwich on lower Greenwich Avenue. It was black forest ham on an Italian roll with Swiss cheese the extra veggies and mayo on a six inch roll. I ate at a picnic table on the Greenwich Common. I stopped by the Chase Bank just north of Saks Fifth Avenue, and I got parking change. The Madewell store has closed. Saks Fifth Avenue is planning more store space on East Elm Street and across the street from the Greenwich Avenue store. I went by CVS. I bought a 16 ounce Blue Diamond soy and wabasi almonds for \$5.99, three 6.6 ounce Pepperidge Farm parmesan goldfish crackers for \$1.24 each for \$9.71 total. I then bought an Egg Tastic microwave egg cooker for \$9.99 and three 20 Watt GE CFL bulbs for \$3.82 each less a \$5 CVS coupon and \$1.06 tax for \$17.50 total. I chatted with a relative and a friend on my wireless telephone. I then returned home. CIO

07/05/16 Tuesday 3:10 P.M. I rested some more until 2:30 P.M.. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up.

This not me <http://listings.findthecompany.com/l/28745290/Michael-Scott-Realty-Corp-in-Nantucket-MA> . CIO

07/05/16 Tuesday 11:00 A.M. I woke up during the night, and I ate some almonds. I chatted with a friend at 7 A.M.. I finally 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.

<http://www.greenwichtime.com/entertainment/article/Exhibition-of-Queen-s-outfits-at-Buckingham-Palace-8339969.php> CIO

07/05/16 Tuesday 12:25 A.M. I watched episode 18 of "Marco Polo". I drank a 12 ounce glass 50% punch and 50% ginger ale. I will now shut down the primary work computer, and I will go to bed. CIO

07/04/16 Monday 11:25 P.M. My Christmas Acer Laptop that I got from Microsoft Store for \$215 is now a little bit more expensive

http://www.newegg.com/Product/Product.aspx?Item=9SIA6R43S71828&nm_mc=KNC-GoogleMKP-PC&cm_mmc=KNC-GoogleMKP-PC_-pla_-Ultrabooks_-9SIA6R43S71828&gclid=CNXykdmT280CFYsmhgodTpIJrw&gclid=aw.ds , but it is still \$215 here <https://www.amazon.com/Acer-Aspire-R3-131T-P344-11-6-inch-Notebook/dp/B012IBOCR0> . I have hardly used it, but I have it all configured. CIO

07/04/16 Monday 10:55 P.M. Microsoft Word Online
<https://office.live.com/start/Word.aspx?s=1&auth=1&nf=1> . CIO

07/04/16 Monday 10:45 P.M. I ate a bag of microwave popcorn and a 12 ounce glass of 50% punch and 50% ginger ale. In the old days at the Greenwich Country Club, when a lot of doctors belonged, they used to serve a drink at the ninth hole stand called a "Transfusion", and it was 50% Welch's grape juice and 50% Canada Dry Ginger Ale on ice for a relief and quick energy to climb the steep tenth hole back up to club house level. Also the grill at the swimming pool and in the club house served the best hamburgers. Possibly they used a better cut of beef or maybe it was the gas grills. CIO

07/04/16 Monday 9:45 P.M. U.S. Capitol web cam
<http://www.senate.gov/general/capcam.htm> . CIO

07/04/16 Monday 9:35 P.M. I watched episode 17 of "Marco Polo". I watched the last half hour of "The Capitol Fourth" with the fireworks display. CIO

07/04/16 Monday 8:00 P.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and a glass of cold filtered water. CIO

07/04/16 Monday 7:35 P.M. The tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400110200883121718022> for the order of for \$11.50 <http://www.ebay.com/itm/SanDisk-32GB-Ultra-Micro-SD-HC-Class-10-Memory-Card-for-Samsung-Galaxy-Tab-3-S4-/251374188919?hash=item3a8711b977:g:eqIAAOSwhAZWBdwH> CIO

07/04/16 Monday 7:15 P.M. I went downtown to the sparsely populated area of downtown Greenwich Avenue. Not too many people were around. 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. Even the Apple store was empty. I stopped by CVS, and I used the bathroom. I bought a 22.8 ounce Folgers decaffeinated coffee for \$6.99 and a 16 ounce bag of Blue Diamond smokehouse almonds for \$5.99 for \$12.98 total. There was not anything to report happening on my walk, on an extremely slow holiday late afternoon. I then went to the Stop and Shop. I bought a 59 ounce Simply Orange orange juice for \$2.50, two Marie Callender 13 ounce chicken dinners for \$2.50 each, a five quart box of Stop and Shop powdered milk for \$7.29, two 12 ounce generic honeys for \$2.50 each and a Dole Pineapple for \$2.99 for \$22.78 total. I then returned home. I chatted with neighbors. I put away my groceries. CIO

07/04/16 Monday 3:35 P.M. I ate a roast beef and cheese sandwich on 15 grain bread with horseradish and mayonnaise and Montreal spicy steak seasoning and two kosher dill spears and a glass of cold filtered water. I will now make my bed. I will then shower and clean up. I will go downtown to see if there are any tourists around. CIO

07/04/16 Monday 3:10 P.M. Carnival Freedom in Cayo Hueso
<http://keywestharborwebcam.com/> . CIO

07/04/16 Monday 3:00 P.M. I chatted with a relative. I slept until 2:50 P.M.. I could do something unexpected like drive over to Tod's Point to see all of the darkly tanned holiday sun worshippers. CIO

07/04/16 Monday 1:45 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

07/04/16 Monday 1:25 P.M. I chatted with a relative. I rested until 1:15 P.M.. I chatted with a relative. CIO

07/04/16 Monday 11:40 A.M. I woke up, and I ate a Philly steak and cheese hot pocket. I finally woke up at 11 A.M., and 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

07/03/16 Sunday 11:10 P.M. I ate a bag of microwave popcorn. I watched episode 15 of "Marco Polo". I will now try to go to bed for the night, or until I wake up later. CIO

07/03/16 Sunday 8:30 P.M. I rested until 8:15 P.M.. I will eat a 12 ounce Stouffer's turkey tetrazinni meal with grated parmesan and Romano cheese and a 12 ounce glass of 50% punch and 50% ginger ale. CIO

07/03/16 Sunday 6:45 P.M. I watched episode 15 of "Marco Polo". I ate some almonds. CIO

07/03/16 Sunday 5:20 P.M. I chatted with a friend. CIO

07/03/16 Sunday 4:50 P.M. Search this page for "Acrilan" to see what it is all about <http://www.mindfully.org/Industry/Reign-Of-Chemistry-5jan53.htm> . CIO

07/03/16 Sunday 4:45 P.M. I watched episode 14 of "Marco Polo". CIO

07/03/16 Sunday 3:40 P.M. I ate a roast beef and cheese sandwich on 15 grain bread with horseradish and mayonnaise and a glass of cold filtered water. I rested a bit more. CIO

07/03/16 Sunday 2:05 P.M. In one of the Maine magazines that I read, there was article about John D. Rockefeller and Mount Desert Island https://en.wikipedia.org/wiki/Mount_Desert_Island . Apparently he set up a fund of \$200,000 a year to maintain the 46 miles of roads and paths on the island he developed. Cars are not allowed on them. Thousands of people camp out there every night in the summer. I have not been that far north in Maine. I have only been as far north as the entrance of Bowdon College. I chatted with a friend. CIO

07/03/16 Sunday 1:35 P.M. I will now wash the breakfast dishes. CIO

07/03/16 Sunday 12:55 P.M. I chatted with a relative and went back to sleep after breakfast. I woke up at 12:30 P.M.. When I was up in Maine, I read a Maine home design magazine that had an advertiser that installed "Bear Proof" glass to keep bears out. Yesterday, when I was out walking, I stopped by the Apple store, and I mentioned that fact. CIO

07/03/16 Sunday 9:15 A.M. I woke up, and I ate some almonds and a Philly cheese hot pocket. I went back to bed until 8 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 decaffeinated coffee with Equal sweetener and milk. I also ate two mini croissants. CIO

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

07/02/16 Saturday 9:55 P.M. I will now send out my weekly notes. I will then go to bed.
CIO

07/02/16 Saturday 9:30 P.M. Small Dutch beach hotel
<https://www.booking.com/hotel/nl/landgoed-huize-glory.en.html?aid=301642;label=nbt-unique> . CIO

07/02/16 Saturday 8:50 P.M. I watched episode 12 and 13 of "Marco Polo". I used to read a lot more literature when I was younger, before I became involved with personal computers. Alas, because I am of northern European extraction, my view point is not shared by the multitudes of southern Europeans in this area. However, I am pretty far up north, so more than likely there are one or two other northern European types around up in the north woods that might share my viewpoint of life. Alas, at the advanced age of 66, I enjoy a peaceful life, and I do not pursue a reckless youthful life of adventure. I guess a lot of the locals in this hemisphere are programmed on what they see in their electronic visual media versus what one learns in the written media. From my viewpoint, both have their own usefulness in their own time and place. Those people visiting our area might not have the same exposure that we have from our media, or perhaps even more. I guess the west coast media people when they are not farming might have run out of content and funds, since not enough people were paying to watch it. CIO

07/02/16 Saturday 6:50 P.M. Chubby or fat boy pants
http://www.walmart.com/ip/Wrangler-Big-Men-s-Advanced-Comfort-Pleated-Pant/24076992?adid=150000000000040613870&veh=eml&sent_time=1467465050317&campaign_id=sgt-070216-BAT-ALO-FUL-STR-MonthlyAdJulyOne_0-5-0-optcl&e_id=aec4cd6bc3e27a9288bc9a354a751d3c

http://www.walmart.com/ip/Wrangler-Big-Men-s-Cargo-Pants/37612167?adid=150000000000040613870&veh=eml&sent_time=1467465050317&campaign_id=sgt-070216-BAT-ALO-FUL-STR-MonthlyAdJulyOne_0-5-0-optcl&e_id=aec4cd6bc3e27a9288bc9a354a751d3c

http://www.walmart.com/ip/Wrangler-Big-Mens-No-Iron-Flat-Front-Casual-Pant/38368968?adid=150000000000040613870&veh=eml&sent_time=1467465050317&campaign_id=sgt-070216-BAT-ALO-FUL-STR-MonthlyAdJulyOne_0-5-0-optcl&e_id=aec4cd6bc3e27a9288bc9a354a751d3c CIO

07/02/16 Saturday 6:40 P.M. I ate a 9 ounce Stouffer's fish filet and macaroni and cheese dinner with a glass of cold filtered water. I also ate some almonds before dinner. CIO

07/02/16 Saturday 6:10 P.M. https://en.wikipedia.org/wiki/House_of_Saxe-Coburg_and_Gotha

<https://www.google.com/search?q=House+of+Saxe-Coburg+and+Gotha+images&biw=1680&bih=910&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwiEnfeX5NXNAhUp4oMKHaV-B18QsAQIGw> . CIO

07/02/16 Saturday 5:35 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I picked up a prescription. I bought four 150 CVS All Day Pain Relief tablets for \$6.49 each for \$26.96 total. I then bought buy one get one 50% off of Glade 6 ounce Hawaiian Breeze scent refills for \$6.79 and \$3.39 less a \$7 off bonus bucks from the previous purchase for .20 tax for \$3.38 total. I then went further downtown. I chatted with a relative about carpenter wasps in the deck in Maine. 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. Somebody from New York City told me that cigarettes now cost \$15.50 a package there. I bought the daily special six inch Buffalo Chicken special at Subway sandwich on lower Greenwich Avenue with Provolone cheese and all of the trimmings for \$3.20. The new building on the east side lower Greenwich Avenue now has its sidewalk put in. I chatted with a local politician. I ate the sandwich at the stone Chess table in the new Greenwich Common, and then I drank water from the water fountains. Some group was giving away free lemon aid and Pepsi. I used the bathroom at Starbucks. I chatted with the Men's Department at Ralph Lauren. L'Ocataine has closed their store. I went back by CVS. I bought two 12 ounce bags of Dunkin Donuts decaffeinated ground coffee for \$5.99 each for \$11.98 total. I chatted with a local walker. I finished my walk. I chatted with three motorcyclists on Harley Davidsons. As I left town, a lot of Greenwich police were responding to a local incident. I then went by the Stop and Shop. I bought a package of 8 mini croissants for \$2.49, buy one get one free of 6 packs of Stop and Shop English muffins for \$1.50 both, eight Stop and Shop large eggs expire August 8, 2016 for \$1.39, Stop and Shop deli sliced roast beef for \$4.99 a pound for \$4.90, two 13 ounce Marie Callender chicken dinners for \$2.50 each, bananas for .49 a pound for \$1.53, a 8 ounce Gold's Horseradish for \$1.99 for \$18.80 total. I then returned home. I picked up the mail. The order for \$3.15 <http://www.ebay.com/itm/New-Stainless-Steel-Fruit-Pineapple-Corer-Slicer-Cutter-Peeler-Easy-Kitchen-Tool-/361507098017?rmvSB=true&cu=&rmvSB=true> arrived from Asia. I chatted with a relative. I noticed while at Starbucks on Greenwich Avenue on their map of the world, where coffee is produced, I don't think they showed the Philippines or the Caribbean Islands that also produce coffee. CIO

07/02/16 Saturday 11:15 A.M. \$220 "<http://www.bestbuy.com/site/frigidaire-8000-btu-smart-window-air-conditioner-white/6359028.p?>"

I made my bed. I will now shower and clean up and go downtown to Green Witchy Avenue. CIO

07/02/16 Saturday 9:40 A.M. I woke up at 9 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 decaffeinated coffee with Equal sweetener and milk. CIO

07/02/16 Saturday 12:30 A.M. I watched episode 11 or "Marco Polo". I will now go back to bed. CIO

07/01/16 Friday 11:15 P.M. I bought for \$11.50 <http://www.ebay.com/itm/SanDisk-32GB-Ultra-Micro-SD-HC-Class-10-Memory-Card-for-Samsung-Galaxy-Tab-3-S4-/251374188919?hash=item3a8711b977:g:eqIAAOSwhAZWBdwH> for the dash cam. CIO

07/01/16 Friday 11:00 P.M. I woke up at 9:30 A.M., and I ate some almonds. I bought for \$19.99 http://www.buydig.com/shop/product/ARMDASHCAM/ArmorAll-Universal-HD-Dashboard-Camera-ADC2-1003-BLK?omid=200&ref=cj&utm_source=CJ&utm_medium=Affiliate&utm_content=552179 CIO

07/01/16 Friday 6:20 P.M. I chatted with a relative. I ate 11.5 ounce Stouffer's Swedish meatballs dinner with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. CIO

!!!!!! 07/01/16 Friday 5:40 P.M. Tornado watch in this area
<http://www.greenwichtime.com/weather/article/Severe-T-storms-possible-later-today-8335928.php> . CIO

07/01/16 Friday 5:35 P.M. Tracking is [UPS: Tracking Information](http://www.ebay.com/itm/2PK-TN450-High-Yield-Toner-Cartridge-For-Brother-TN420-MFC-7360N-7860DW-7460DN-/261253885309?hash=item3cd3f1ed7d:g:vNkAAOSwnNBXYOx9) on the order for <http://www.ebay.com/itm/2PK-TN450-High-Yield-Toner-Cartridge-For-Brother-TN420-MFC-7360N-7860DW-7460DN-/261253885309?hash=item3cd3f1ed7d:g:vNkAAOSwnNBXYOx9> for \$16.99 with free shipping. There is a thunderstorm coming our way. CIO

07/01/16 Friday 5:05 P.M. For the Brother HL 2240 laser printer, I ordered <http://www.ebay.com/itm/2PK-TN450-High-Yield-Toner-Cartridge-For-Brother-TN420-MFC-7360N-7860DW-7460DN-/261253885309?hash=item3cd3f1ed7d:g:vNkAAOSwnNBXYOx9> for \$16.99 with free shipping. 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 \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 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. CIO

07/01/16 Friday 3:40 P.M. Yesterday, I rested until 2:30 P.M.. I then went with a relative by the Kennebunkport post office. I then went with the same relative to an appointment. We then stopped by Hannaford's'. We then drove along the entire length of the Kennebunk beach, and returned to my relatives' house. For dinner, I ate rotisserie leg and thigh of chicken and some white meat, two ears of corn on the cob with butter, potato and egg salad, and a 12 ounce glass of cranberry seltzer with ice. I went to bed at 6:30 P.M., and I woke up at 6 A.M. this morning. I brought in the New York Times. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of orange juice with vitamins and supplements, a cup of decaffeinated coffee with Splenda sweetener and milk. I showered, and I cleaned up. I stripped the bed. I made a ham and cheese sandwich with mayonnaise on pita bread to take with me. I

finished packing. I said "Good Bye" to my relatives and left at 7 A.M.. I drove out of Kennebunkport to Wells, and I got on the Maine turnpike south. I paid a \$3 Maine turnpike toll and a \$2 New Hampshire turnpike toll. I used the bathroom at the Massachusetts welcome area. I got on I-495 West. I used the bathroom at the Lowell rest area. I got on I-290 West to the Massachusetts turnpike. I used the bathroom at the Charlton rest area. I chatted with a relative on my wireless telephone. I bought \$16.04 of self service premium gasoline for \$2.799 a gallon for 5.731 gallons at odometer reading of 113173 miles for 145.6 miles driven since the previous fill up for 25.406 miles per gallon in highway traffic. I paid a 50 cent toll. I got on I-84 West. I used the bathroom at the Connecticut welcome center. I got on I-91 South. I got on the Wilbur Cross Parkway I-15 West leading to the Merritt Parkway. I used the bathroom at the Orange rest area. I used the bathroom at the New Canaan rest area. I got back to downtown Greenwich at 12:25 P.M. arriving for a stop at the Chase Bank at Deerfield Place. I chatted with a relative on my wireless telephone. I then stopped at the Putnam Shell at 401 West Putnam Avenue, and I bought \$14.51 of self service V-Power premium gasoline for \$3.339 a gallon for 4.346 gallons at odometer reading of 113364 miles for 131 miles driving since the previous fill up for 30.143 miles per gallon in highway traffic. I then picked up my mail at the Valley Road Post Office. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400110200828072974288 on the order for two <http://slickdeals.net/f/8869499-sandisk-16gb-usb-flash-drive-2x-for-4-99-on-ebay> for \$4.98 with free shipping arrived. I then returned home, and I unpacked my car. I turned on the air conditioners and fans and hot water and toilet. I ate my sandwich with a glass of cold filtered water. I unpacked my luggage. I set up the Dell Latitude E6410 laptop back at its usual place on the night stand at the kitchen entrance. I sorted out the mail. I had a telephone call from an associate that I have to return. CIO

08/31/16 Wednesday 5:55 P.M. I ate a 8.9 ounce Healthy Choice chicken Marcella dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

08/31/16 Wednesday 5:35 P.M. I rested briefly. I chatted with a relative and a friend. CIO

08/31/16 Wednesday 4:30 P.M. I rested until 2 P.M.. I watched episode 11, 12, 13 of "A Place to Call Home". CIO

08/31/16 Wednesday 11:55 A.M. I ate a third of a pound of deli roast beef on a Kaiser roll with Hellmann's mayonnaise and horseradish and two slices of white American cheese with 8 ounces of potato salad and two kosher dill slices and a 12 ounce Schweppes diet Ginger Ale. CIO

08/31/16 Wednesday 11:30 A.M. <https://medicalalert.com/> called me up, but I can not afford \$38 a month for their service. I chatted with a relative.

<http://www.greenwichtime.com/local/article/More-bears-spotted-in-Fairfield-County-as-9193750.php> CIO

08/31/16 Wednesday 10:25 A.M. I washed the breakfast dishes. I watched episode 10 of "A Place to Call Home". CIO

08/31/16 Wednesday 9:20 A.M. I went back to bed until 9 A.M.. I chatted with a relative. I will be in Kennebunkport with family from Sunday September 4 to Tuesday September 27. CIO

08/31/16 Wednesday 5:05 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 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

08/30/16 Tuesday 5:50 P.M. I watched episode 9 of "A Place to Call Home". I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

08/30/16 Tuesday 4:50 P.M. <http://www.onblastblog.com/>

<http://view.klm-mail.com/?qs=766e771b7ad2776669f759f2b47e8a2ec66da7b20fa08be89ded0360eb44916b7caa75707dec78f26dca871c58046c4f2fd8e59f115b5e8b137e7f189ac056a1fe619227f62fe045>

CIO

08/30/16 Tuesday 4:40 P.M. I ate a third of a pound of deli roast beef on a Kaiser roll with Hellmann's mayonnaise and horseradish and two slices of white American cheese with 8

ounces of potato salad and two kosher dill slices and a 12 ounce Schweppes diet Ginger Ale. CIO

08/30/16 Tuesday 4:15 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. The big box from Japan in front of the Senior and the Arts center has been unpacked. It is a large piece of foot diameter rope solidified with polyurethane into an interesting sculpture. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I gave \$2 to a local charity. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I told the Apple store that Apple owed \$14.1 billion to the European Union for unpaid taxes. I used the bathroom at the senior and the arts center. I stopped by CVS, and I bought two six ounce cans of Lindsay large California pitted olives for \$1.50 each for \$3 total. I finished my walk. I then went to the Stop and Shop. I bought two Kaiser rolls for .69 each, deli sliced roast beef for \$9.99 a pound for \$7.59, a pint of potato salad for \$2.20, five 9 ounce Stouffer's lean cuisine meals for \$2 each, two Fresh Gourmet 5 ounce Italian croutons for \$1 each for \$23.17 total. I then returned home. I picked up the mail. I put away my groceries. CIO

08/30/16 Tuesday 11:55 A.M. I will now make my bed. I will shower and clean up. I will then go downtown at Lunch Hour to watch the hungry business community feast downtown. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=845390182015820&type=0> on the order for [http://www.newegg.com/Product/Product.aspx?Item=N82E16833156466&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=506608_desktop](http://www.newegg.com/Product/Product.aspx?Item=N82E16833156466&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=506608_desktop) for \$4.99 with free shipping arrived. I chatted with the FedEx delivery person, and I gave him a 12 ounce diet Ginger Ale. CIO

08/30/16 Tuesday 11:35 A.M. I ate a 9.9 ounce Healthy Choice chicken basil meal with grated parmesan and Romano cheese on it with a glass of cold filtered water. CIO

08/30/16 Tuesday 11:15 A.M. I watched episode 8 of "A Place to Call Home". CIO

08/30/16 Tuesday 10:05 A.M. https://www.walmart.com/ip/Primo-Ceramic-Crock-Water-Cooler-with-Stand/14904250?u1=996961594_landing&oid=223073.1&wmlspartner=59JLB7sBj1c&sourceid=28977247453330061314&affillinktype=10&veh=aff CIO

08/30/16 Tuesday 10:05 A.M. I went back to bed until 9 A.M..

[From Deep Earth to Surface processes and sustainability - Sciencesconf.org](#)

www.mantleplumes.org

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=845390182015820&type=0> on the order for

[http://www.newegg.com/Product/Product.aspx?Item=N82E16833156466&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=506608](http://www.newegg.com/Product/Product.aspx?Item=N82E16833156466&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=506608) desktop for \$4.99 with free shipping.

http://www.smithsonianmag.com/smart-news/heres-what-it-takes-make-massive-pearl-180960228/?utm_source=smithsonianopic&no-ist CIO

08/30/16 Tuesday 5:55 A.M. I chatted with a relative at 5 P.M.. I finally woke up at 5:30 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 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.

http://www.nytimes.com/2016/08/30/technology/apple-is-said-to-owe-back-taxes-to-irish-government.html?_r=0 CIO

08/29/16 Monday 2:55 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, nine pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with oil, one sixth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, four artichoke heart quarters, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Schweppes diet ginger ale. CIO

08/29/16 Monday 2:15 P.M. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I drove down Greenwich Avenue and down by the waterfront on Steamboat Road. I then drove over to Old Greenwich along the waterfront. I got my hair cut short at <http://www.thehaircutplace.co/> for \$28 and \$5 tip for \$33 total. I then toured the Rummage room thrift shop. I then bought a poppy seed bagel at the bagel shop for \$1.45. I then toured CVS. I then went to the Feinsod True Value hardware store, and I bought a white Rubbermaid dish basin for \$9.99 and .64 tax for \$10.63 total. I then drove out to the southwest picnic area parking area at Tod's Point. I chatted with a relative and a friend. I ate the bagel. I then went by Staples, and I toured the store, and I used their bathroom. I then drove back to downtown Greenwich, and I sat out for a while. I ran into a neighbor. I gave the neighbor a ride. I stopped by the Stop and Shop, and I bought bananas for .49 a pound for .79. I then returned back to my apartment building. My neighbor has a hard time finding his key chain, and when we started back, he found them in his inside sports jacket pocket, so we turned around at CVS, and returned to my apartment building. I picked up the mail. CIO

08/29/16 Monday 9:05 A.M. I washed the breakfast dishes. I will now make my bed. I will shower and clean up. I will then go downtown. CIO

08/29/16 Monday 8:25 A.M. <http://www.greenwichtime.com/news/world/article/Lightning-strike-kills-more-than-300-reindeer-in-9190057.php> CIO

08/29/16 Monday 8:25 A.M. I rested some more until 8 A.M.. CIO

08/29/16 Monday 4:15 A.M. I chatted with a friend twice. I finally woke up at 4 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/28/16 Sunday 11:35 A.M. I watched episode 7 of "A Place to Call Home". I chatted with a relative. I ate a 19 ounce Stouffer's lasagna with grated parmesan and Romano cheese and a 12 ounce diet Schweppes Ginger Ale. CIO

08/28/16 Sunday 9:25 A.M. I rested some more until 9 A.M.. I chatted with a friend. CIO

08/28/16 Sunday 5:15 A.M. There is suppose to be tropical storm activity in the Gulf area of Florida next weekend <http://www.nhc.noaa.gov/> . CIO

08/28/16 Sunday 4:45 A.M. \$28 [American Tourister 2-Piece Luggage Set for \\$28 + pickup at Walmart - 56446-1041](#) CIO

08/28/16 Sunday 4:20 A.M. I woke up at 4 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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. Today is a lost Dutch friend's birthday. CIO

End of Scott's Notes week of 08/27/16

08/27/16 Saturday 9:05 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

08/27/16 Saturday 8:50 P.M.

https://www.aquarionwater.com/files/pdfs/Greenwich_2015.pdf

<http://www.greenwichtime.com/technology/businessinsider/article/The-incredible-history-of-Volvo-s-transformation-9188509.php> CIO

08/27/16 Saturday 8:25 P.M. I ate a bowl of the pineapple mixture. CIO

08/27/16 Saturday 8:15 P.M. Apple Pay

<http://www.pcmag.com/article2/0,2817,2397421,00.asp> . CIO

08/27/16 Saturday 8:05 P.M. I went downtown. I went by the Chase Bank ATM at Deerfield Place. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I toured the Apple store. I stopped by Winston Florists. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, but I lost. The large crate from Japan is still sitting in front of the Senior and the Arts center. I stopped by CVS, and I bought a 8.75 ounce can of Gold Emblem Deluxe mixed nuts for \$3.99. I chatted with someone from Naples, Italy. I chatted with a friend on my wireless telephone while I sat out for a while longer. I returned home, and I chatted with a relative. CIO

08/27/16 Saturday 3:45 P.M. I watched episode 6 of "A Place to Call Home". I picked up the mail. I will now make my bed. I will then shower and clean up. I will then go downtown for a while. I probably will sit out and not walk around. CIO

08/27/16 Saturday 2:40 P.M.

http://flash.newegg.com/Product/9SIA3JM2U45675?icid=WP_31_08272016 \$13 drinking water pump for 5 gallon container. CIO

08/27/16 Saturday 2:40 P.M. I threw out the garbage. CIO

08/27/16 Saturday 2:25 P.M. I ate a 9.5 ounce Healthy Choice barbecue steak and red potatoes dinner with a glass of cold filtered water. CIO

08/27/16 Saturday 1:55 P.M. I rested for a while. I chatted with a relative.

!!!!!! If one were really poor and could not afford an expensive microwave rice cooker and flavorings, one could take a large plastic 26 ounce Folgers coffee container, and wash it out and poke about a quarter inch diameter hole in the top to let out the steam, and put in a cup of regular Carolina rice and two cups of water and microwave it with top on for 13 minutes and let it stand for seven minutes, and one would probably have a large batch of white rice. CIO

08/27/16 Saturday 11:45 A.M. I watched episode 5 of "A Place to Call Home". I put a new CVS alkaline 9 volt battery in the Panasonic 4 line telephone by the living room televisions. CIO

08/27/16 Saturday 10:45 A.M. I watched episode 4 of "A Place to Call Home". I ate a bag of microwave popcorn. The electricity went off for about fifteen minutes. I reset the clocks, once the electricity came back on. CIO

08/27/16 Saturday 8:40 A.M. I rested some more until 8:30 A.M.. I chatted with a friend. CIO

08/27/16 Saturday 5:45 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, eleven cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with oil, one sixth of a peeled and diced sweet onion, 25 garlic and cheese and Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, four artichoke heart quarters, and four tablespoons of guacamole, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Northern Italian lite dressing and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Schweppes diet ginger ale with Angostura bitters. CIO

08/27/16 Saturday 4:55 A.M. I watched episode 3 of "A Place to Call Home". CIO

08/27/16 Saturday 4:00 A.M. <https://www.walmart.com/ip/Brinno-PHV133012-PeepHole-Viewer-with-SD-Card-Slot/30464410?u1=D0D0D0D2&oid=223073.1&wmlspartner=aB8BeTfRgb8&sourceid=14416211293080211132&affillinktype=10&veh=aff> for \$40

<https://www.wilkesandriley.com/collections/polo-shirts>

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

CIO

08/27/16 Saturday 3:30 A.M. I ordered [http://www.newegg.com/Product/Product.aspx?Item=N82E16833156466&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=506608](http://www.newegg.com/Product/Product.aspx?Item=N82E16833156466&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=506608) desktop for \$4.99 with free shipping. CIO

08/27/16 Saturday 3:10 A.M. <http://starsgossip.com/20-richest-golfers/20/>. CIO

08/27/16 Saturday 3:05 A.M. I went back to bed until 3 A.M.. CIO

08/27/16 Saturday 12:35 A.M. <http://www.greenwichtime.com/news/us/article/Biden-announces-new-funding-for-Amtrak-Northeast-9185904.php> CIO

08/27/16 Saturday 12:30 A.M. I woke up at 9 A.M., and I ate the rest of the reheated rice mixture. I watched episode 2 of "A Place to Call Home". I slept some more until 8 P.M.. I chatted with a relative, and I picked up the mail. A neighbor told me that there was a fire alarm warning that I did not hear. I can not hear the fire alarm bell in my bedroom, when I am asleep. I finally woke up at midnight. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/26/16 Friday 4:30 A.M. I reheated and ate half of the remaining rice mixture with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. It is supposed to be up to 90 degrees Fahrenheit today with a 20% chance of thunderstorms http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.V7_9TxFV-72 . CIO

08/26/16 Friday 4:15 A.M. I watched episode 1 of "A Place to Call Home." CIO

08/26/16 Friday 3:00 A.M. I ate some of the pineapple mixture. CIO

08/26/16 Friday 2:55 A.M. Besides part of three summers at Le Lanquedoc, I also worked part of two summers at the http://hotels-massachusetts-en.getmyhotel.com/nantucket/gordon_folger_1825324en.html . I also worked doing house painting for part of one summer on the second oldest house out on Cliff Road. Other restaurant work was at the Henry's Sandwich shop, Henry's Bakery, Captain Toby's Chowder House, the Club Car, India House, the Sail Loft, the Rose and Crown, and the Nantucket bakery. One spring, I also opened Sea Scallops. I also did some carpentry work in the spring of 1979. My adventures out on Nantucket when I stayed an extended period of time was from July 1975 to December 1983. I first visited Nantucket around the summer of 1969, where I stayed with friends from Greenwich on Orange Street and later that summer by the Jettes Beach with friends of my sister's. When I worked out in Nantucket, I stayed at the five dollar a night boarding house "Flossie's" at 31 India Street and while at Le Lanquedoc the last season, I stayed at 3 Hussey Street in basement bunk room. CIO

08/26/16 Friday 2:35 A.M. http://languedocbistro.com/pdf/languedoc_dinner.pdf at <http://languedocinn.com/> out at www.nantucket.net . The main Inn has air conditioning. CIO

08/26/16 Friday 2:25 A.M. A kilogram of rice in India is .716 U.S. Dollars which works out to less than \$2 for five pounds http://www.numbeo.com/food-prices/country_result.jsp?country=India and <https://www.google.com/#q=48+rupies> . CIO

08/26/16 Friday 2:15 A.M. I ate one third of the rice mixture with a glass of cold filtered water. I refrigerated the other two thirds in a Rubbermaid container with lid. CIO

08/26/16 Friday 1:30 A.M. <http://www.nanglerarebooks.co.uk/book.php?author=Villiers%20David&bookname=Advice%20to%20my%20Godchildren&bookID=11100> . I am making up a batch of my microwave rice to remind me what it is like in the winter. However, I can no longer find chicken bouillon cubes cheaply at CVS. CIO

08/26/16 Friday 12:50 A.M. Well I liked A&W Root Beer Floats at the many A&W root beer stands in Illinois. CIO

08/26/16 Friday 12:50 A.M. I processed the Dole pineapple into chunks with the pineapple tool here <http://www.ebay.com/itm/New-Stainless-Steel-Fruit-Pineapple-Corer-Slicer-Cutter-Peeler-Easy-Kitchen-Tool-/361507098017?rmvSB=true&cu=&rmvSB=true> . I put the pineapple chunks in a Rubbermaid container, and I mixed Angostura bitters, lemon juice and punch with them, and I put the lid on to chill in the refrigerator. I threw out the pineapple remains. The Scott family has a long history with pineapples. My father Louis Dale Scott used to eat pineapple milk shakes at the many Dairy Queens in Illinois. CIO

!!!!!! 08/25/16 Thursday 11:55 P.M. If one has a microwave rice cooker, one might look at <http://scott-mike.com/mlsrice.htm> . CIO

08/25/16 Thursday 11:55 P.M. One Star Over, a Planet That Might Be Another Earth - The New York Times

https://foundation.aarp.org/site/Donation2?df_id=14569&mfc_pref=T&14569.donation=form1&cmp=EMC-DSO-GOI-OTHR-LOUISIANA--CTRL-082416-DONATE2-1413132&ET_CID=1413132&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report

<https://www.youtube.com/watch?v=6TG4v-H1V9Y>

WOVOdat :: The World Organization of Volcano Observatories (WOVO): Database of Volcanic Unrest (WOVOdat), by IAVCEI

<https://www.ssa.gov/myaccount/>

The reason my accounts might have been \$5 off in my favor, is Acorn TV did not bill me \$4.99 in June, but I might have entered it in the accounts. CIO

08/25/16 Thursday 11:15 P.M. I figured out the error. I had not entered the \$24.99 charge for my Samsonite back pack, thus I was \$5.25 off in my favor, and allowing for the quarter that I found and the penny that I did not count, I was a basically \$5 off in my favor. CIO

08/25/16 Thursday 10:45 P.M. I found a quarter and a penny this month, so it is like I lost a \$20 bill, but I don't normally carry large bills. CIO

08/25/16 Thursday 10:40 P.M. When I balanced my Microsoft Money Account, I was \$19.74 off not in my favor. CIO

08/25/16 Thursday 10:20 P.M. I picked up the mail. The order with tracking of <http://webtrack.dhlglobalmail.com/?trackingnumber=9374869903501115199604+> on the order for http://flash.newegg.com/Product/9SIA4GA39Z1532?icid=WP_32_08182016 Microwave rice cooker for \$8.49 with free shipping arrived. I threw out the garbage. I went downtown. I stopped by CVS, and I picked up a prescription. I bought a package of

4 CVS nine volt batteries for \$12.99 less \$3 off with a CVS store coupon and .63 tax for \$10.62 total. I went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by the Apple computer store. I stopped by the Greenwich Cigar store, and I bought a Ace's High scratch card for a dollar, and I won \$2. They told me in India, rice costs \$30 for five pounds which is six times higher than in America. Lots of people were dining on lower Greenwich Avenue. I chatted with a local walker. The big wooden box from Japan is still in front of the Greenwich Arts Center. It might get wet tonight or tomorrow, if it rains. I stopped by CVS again, and I returned one of their carts from in front of Saks Fifth Avenue. I bought eight 5 ounce Bumble Bee chicken for .88 each for \$7.04 total. I chatted with two relatives. I used the bathroom at Starbucks. I went by the Stop and Shop. I bought four Healthy Choice about 10 ounce meals for \$2.50 each, a damaged 5 quart box of Stop and Shop powdered milk for \$3.64, a pint of cherry tomatoes for \$2.50, a sweet Vidalia onion for \$1.49 a pound for .94 for \$17.08 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9.55 of self service V-Power premium gasoline for \$3.339 a gallon for 2.859 gallons at odometer reading of 113530 miles for 29.2 miles driven since Sunday April 14, 2016 for 10.214 miles per gallon in local traffic. I then returned home, and I put away my groceries. CIO

08/25/16 Thursday 5:20 P.M. I will now make my bed. I will shower and clean up, and I will go downtown. CIO

08/25/16 Thursday 4:25 P.M. I rested until 4 P.M.. I ate a 9.5 ounce Healthy Choice beef teriyaki meal with a glass of cold filtered water. CIO

08/25/16 Thursday 9:15 A.M. I chatted with a relative. CIO

08/25/16 Thursday 9:00 A.M. www.ibm.com stock seems to be a bit higher
<http://www.ibm.com/ibm/us/en/> . CIO

08/25/16 Thursday 9:00 A.M. People eating road kill
<http://www.greenwichtime.com/news/us/article/Alaska-roadkill-thieves-target-dead-moose-meant-9182535.php> . CIO

08/25/16 Thursday 8:55 A.M. I chatted with a relative. The local stock exchange does not open until 9:30 A.M.. The Apple computer store does not open until 10 A.M., so I guess computer people start a later work day, but they do stay open until 7 P.M., when as the local stock exchange, I think closes at P.M.. All of the these people have different schedules, so depending on one's timing, one sees different people downtown. The executive crowd tends to start lunch around 1 P.M., so they become more visible then. I chatted with a relative. CIO

08/25/16 Thursday 8:00 A.M. I ate a 9.9 ounce Healthy Choice chicken Marcella dinner with grated parmesan and Romano cheese on it with a glass of cold filtered water. CIO

08/25/16 Thursday 7:25 A.M. I went back to bed until 7:15 A.M.. I will now wash the breakfast dishes. CIO

08/25/16 Thursday 4:55 A.M. I went back to bed until 4:30 A.M..

<http://www.greenwichtime.com/entertainment/arts-theater/article/Danila-Tkachenko-captures-epic-photos-of-8646625.php#photo-10679559> CIO

08/25/16 Thursday 2:40 A.M. The internet is working again. 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 decaffeinated coffee with Equal sweetener and milk.

<http://www.greenwichtime.com/technology/businessinsider/article/Yes-that-s-Linus-Torvalds-happily-chatting-with-9183245.php> CIO

08/25/16 Thursday 2:10 A.M. I chatted with a relative at 8 P.M.. I woke up and ate six chocolate chip cookies. I finally woke up at 1:45 A.M.. The internet is not working, they are doing maintenance on it. CIO

08/24/16 Wednesday 3:50 P.M. <http://www.royal-house.nl/> . The building custodian fixed my bathroom sink drain by replacing it with a new PVC pipe. There was no need to replace the sink or faucets. I also cleaned the bathroom sink. I will now shut down the primary work computer, and I will go to bed. CIO

08/24/16 Wednesday 3:20 P.M. [Italy earthquake: Death toll rises to at least 120](#) CIO

08/24/16 Wednesday 3:10 P.M. Thanksgiving morning at 7 A.M. in 1976, it was 20 degrees Fahrenheit in Fort Lauderdale <http://www.ftlauderdalewebcam.com/> , so it does get cold down in Florida. CIO

08/24/16 Wednesday 2:50 P.M. <http://www.greenwichtime.com/news/slideshow/PHOTOS-Greenwich-Polo-Club-Draw-Party-for-the-133972.php>

<http://greenwichpoloclub.com/> . CIO

08/24/16 Wednesday 2:45 P.M. I chatted with a friend who was going to the sale at the Bass Pro Shop in Bridgeport, Connecticut. I put a new CVS 9 volt battery in the Panasonic 4 line telephone by the primary work computer. CIO

08/24/16 Wednesday 2:30 P.M. I ate a 9.5 ounce Healthy Choice beef teriyaki meal with a glass of cold filtered water. The building custodian is working on the bathroom sink repair. I watched episode 8 of "Lost Empires". CIO

08/24/16 Wednesday 12:35 P.M. The building custodian checked out the sink, and he is going to replace the sink to besides repairing the drain pipe. He went to get his tools and supplies. CIO

08/24/16 Wednesday 12:20 P.M. I rested a bit. I watched episode 6 of "Lost Empires". CIO

08/24/16 Wednesday 9:45 A.M. I sat outside for a while. I will now rest for a while. CIO

08/24/16 Wednesday 9:15 A.M. I chatted with a relative. CIO

08/24/16 Wednesday 9:05 A.M. I watched episode 8 and 9 of "Unsealed Conspiracy Files". I called in the work order to the Greenwich Housing Authority. I also left a note outside the custodian's office. CIO

08/24/16 Wednesday 7:40 A.M. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. They worked all night putting a new coat of white paint on the Apple store front. There is a big box from Japan at the Arts center. After I finished my walk, I drove over to CVS at opening. I bought ten 3.75 ounce Bumble Bee sardines for \$1 each and buy one get one for a dollar of 60 count 1000 mg CVS MSM for \$8.49 and a dollar for \$19.49 total. I then returned home, and I put away my purchases. CIO

08/24/16 Wednesday 4:50 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 5 ounce tin of Bumble Bee tuna, drained, rinsed and flaked, one sixth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, four artichoke heart quarters, and three tablespoons of guacamole, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Northern Italian lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Schweppes diet ginger ale with Angostura bitters. I will now go downtown for a walk. CIO

08/24/16 Wednesday 3:40 A.M. I put away the clean laundry. When I was putting away the Rubbermaid Laundry basket underneath the bathroom sink, the bathroom sink drain pipe broke from being corroded through. I have to call the Greenwich Housing Authority at 8:30 A.M. in the morning to leave a work order to get it fixed right away. I guess I can shave and brush my teeth in the kitchen sink until then. I have already done that today. CIO

08/24/16 Wednesday 3:10 A.M. <http://view.klm-mail.com/?qs=3e40704f0d7b98da3db62e11cc0c7f70bbcc02d6073a64c36da5f8d45d5010984f69e8e1fd5faf061a5ba641f141bc236938e3d16dd790ae74abec4c92c68816f3927f44b088219b>

http://www.aarp.org/health/healthy-living/info-2016/how-to-improve-memory-photo.html?cmp=EMC-DSO-NLC-RSS-BRN--CTRL-082316-P1-1410853&ET_CID=1410853&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=#slide1

<http://links.sicirculation.mkt6348.com/servlet/MailView?ms=MjYzMDc3NDgS1&r=NzQwNzA3MDI0MjcS1&j=ODYzOTE3Mzc3S0&mt=1&rt=0> . CIO

08/24/16 Wednesday 2:20 A.M. I have 55 minutes to go on two dry cycles. CIO

08/24/16 Wednesday 1:55 A.M. I went back to bed until 1 A.M.. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

08/23/16 Tuesday 10:50 P.M. <http://www.greenwichtime.com/local/article/Black-bear-sightings-rare-in-Fairfield-County-9179546.php> . CIO

08/23/16 Tuesday 10:45 P.M. I woke up at 9:30 P.M.. I threw out the garbage. I went out to the Stop and Shop, and I bought a 59 ounce Tropicana orange juice with calcium for \$3, bananas for .49 a pound for \$1.14, and a cucumber for .69 less 65 cents can return for \$4.18 total. I then drove around the center of town, and not much was happening. I returned home, and 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 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

08/23/16 Tuesday 7:25 A.M. I watched episode 5 of "Lost Empires". CIO

08/23/16 Tuesday 6:20 A.M. <http://www.bbc.com/news/world-europe-37155060>

<http://www.bbc.com/news/world-us-canada-37162373>

It is 54 degrees Fahrenheit outside right now. CIO

08/23/16 Tuesday 6:10 A.M. <https://www.bostonglobe.com/metro/2016/08/22/tornado-warning-issued-for-parts-middlesex-county/34Ryiyh5vVlpkn2pzWvSI/story.html> CIO

08/23/16 Tuesday 5:30 A.M. I ate a 9 ounce Stouffer's fish filet and macaroni and cheese dinner with a glass of cold filtered water. CIO

08/23/16 Tuesday 5:10 A.M. [Zotero | Groups > Hawaii Bibliography](#)

http://support.thirteen.org/site/MessageViewer/?em_id=64652.0&dlv_id=84556 Bush documentary last night. CIO

08/23/16 Tuesday 4:55 A.M. I rested some more. I put \$25 more on my AT&T GoPhone for \$27.08 charge. I now have \$473.46 on it, good until November 21 2016. CIO

08/23/16 Tuesday 3:25 A.M. I ate a 16 ounce Marie Callender beef pot pie with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

08/23/16 Tuesday 2:50 A.M. I rested some more. Tracking is <http://webtrack.dhlglobalmail.com/?trackingnumber=9374869903501115199604+> on the order for http://flash.newegg.com/Product/9SIA4GA39Z1532?icid=WP_32_08182016 Microwave rice cooker for \$8.49 with free shipping. CIO

08/23/16 Tuesday 1:25 A.M. <https://www.dealsplus.com/blog/mcdonalds-healthy-menu/>

I will now wash the breakfast dishes. CIO

08/23/16 Tuesday 12:55 A.M. I went back to bed until 12:30 A.M.. I threw out the garbage. I did not get any mail. It is 60 degrees Fahrenheit outside right now. CIO

08/22/16 Monday 9:40 P.M. I chatted with a relative at 5:30 P.M.. I finally woke up at 9:30 P.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 decaffeinated coffee with Equal sweetener and milk.

<http://www.nhc.noaa.gov/> CIO

08/22/16 Monday 7:45 A.M. I chatted with a friend. I will now shut down the primary work computer, and I will go to bed. CIO

08/22/16 Monday 7:30 A.M. <http://hr.harvard.edu/jobs> . CIO

08/22/16 Monday 6:50 A.M. I ordered http://flash.newegg.com/Product/9SIA4GA39Z1532?icid=WP_32_08182016 Microwave rice cooker for \$8.49 with free shipping. CIO

08/22/16 Monday 6:25 A.M. <http://www.vanityfair.com/style/2013/02/aga-khan-spiritual-leader-multi-billionaire>

https://en.wikipedia.org/wiki/Aga_Khan_IV CIO

08/22/16 Monday 6:10 A.M. I rested an hour. I watched episode 4 of "Lost Empires". CIO

08/22/16 Monday 4:05 A.M. It is colder there <http://www.timeanddate.com/weather/uk/aberdeen> . CIO

08/22/16 Monday 3:50 A.M. https://www.tripadvisor.com/Attraction_Review-g190738-d212160-Reviews-Balmoral_Castle-Ballater_Aberdeenshire_Scotland.html#photos;geo=190738&detail=212160 . CIO

08/22/16 Monday 3:45 A.M. http://www.thedrive.com/news/3208/uc-irvine-accidentally-invents-a-battery-that-lasts-forever?utm_source=zergnet.com&utm_medium=referral&utm_campaign=zergnet_1142869 . CIO

08/22/16 Monday 3:30 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one sixth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, five artichoke heart quarters, and four tablespoons of guacamole, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Northern Italian lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Schweppes diet ginger ale with Angostura bitters. CIO

08/22/16 Monday 2:35 A.M. <http://www.forbes.com/sites/ceciliarodriguez/2016/08/20/at-1-1-billion-the-most-expensive-house-in-the-world-in-france-goes-to-market/#1a1e53868f65>

<http://www.dailymail.co.uk/news/article-3748647/The-world-s-expensive-villa-French-chateau-owned-King-Leopold-II-goes-sale-eye-watering-1BILLION.html> CIO

08/22/16 Monday 2:25 A.M. I finished the backup. I watched episode 3 of "Lost Empires". I have upgraded and backed up these Windows 10 systems.

Scott37, Dell Optiplex 740 tower

Scott38, Dell Optiplex 760 mini desktop

Scott33, Asus Netbook

Scott35, Lenovo ThinkCentre

Scott14 Dell Latitude E6400 laptop

Scott43, Dell Latitude E6410 laptop

Scott43, Acer Aspire R11 laptop

Scott39 HP Compaq 8100 Tower

CIO

08/22/16 Monday 1:15 A.M. I finished updating and configuring the Dell Optiplex 760 mini desktop. I am now doing a Complete PC backup to the Samsung 5 TB external USB hard drive, and then I will do an Aomei backup to the same drive. I have put the Windows 10 Anniversary Upgrade on eight of my computers and backed it up, and I have one or two more to go I think. CIO

08/22/16 Monday 12:15 A.M. http://www.smithsonianmag.com/smart-news/second-oldest-great-lakes-shipwreck-found-180960178/?utm_source=smithsonianopic&no-ist . Well, if one is bored of Atlantic Ocean resorts, one could visit the hayseeds in the Midwest at <https://www.mackinacisland.org> . CIO

08/22/16 Monday 12:05 A.M. I threw out the garbage. CIO

08/21/16 Sunday 11:20 P.M. I will now make my bed, and I will shower and clean up. CIO

08/21/16 Sunday 10:35 P.M. I watched the closing ceremonies of the Rio Olympics. I washed the breakfast dishes. I am just about done with the backup on the Asus netbook. I am installing the Windows 10 Anniversary Update on the Dell Optiplex 740 mini desktop. CIO

08/21/16 Sunday 9:10 P.M. I worked on the final configuration of the Asus Netbook from 2:30 to 3:30 P.M.. I finally woke up at 9 P.M.. I will now back up the Asus Netbook. 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 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

08/21/16 Sunday 12:40 P.M.
<http://www.greenwichtime.com/technology/businessinsider/article/This-500-000-armored-Mercedes-Maybach-limo-is-a-9175861.php>

I chatted with a relative. CIO

08/21/16 Sunday 12:25 P.M. I rested until noon. The Asus netbook is almost upgraded with Windows 10 Anniversary Upgrade. CIO

End of Scott's Notes week of 08/21/16

08/21/16 Sunday 7:30 A.M. [Becoming Disabled - The New York Times](http://www.nytimes.com/2016/08/21/world/asia/pramukh-swami-maharaj-whose-hindu-sect-became-largest-in-us-dies-at-94.html?emc=edit_th_20160821&nl=todaysheadlines&nid=46729)

http://www.nytimes.com/2016/08/21/world/asia/pramukh-swami-maharaj-whose-hindu-sect-became-largest-in-us-dies-at-94.html?emc=edit_th_20160821&nl=todaysheadlines&nid=46729

I will now send out my weekly notes. CIO

08/21/16 Sunday 7:10 A.M. I watched "Winston Churchill, Walking with Destiny". I finished the backups of the Dell Latitude E6400 laptop. I am still installing the updates on the Asus Netbook. I ate some almonds. CIO

08/21/16 Sunday 4:25 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 5 ounce tin of Bumble Bee chicken drained, rinsed, and flaked, one sixth of a peeled and diced sweet onion, 25 garlic and cheese and Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, four artichoke heart quarters, and four tablespoons of guacamole, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Northern Italian lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters. CIO

08/21/16 Sunday 3:25 A.M. 99 cent burger

<http://www.omahasteaks.com/servlet/OnlineShopping?AID=2120&Dsp=265&SRC=AC2719&ITMSUF=BKX&SiteID=RvEiSnI7NyY-qN8THrDHvTySm6NCXiVsPg> CIO

08/21/16 Sunday 3:10 A.M. Good web cam \$50

<http://www.newegg.com/Product/Product.aspx?Item=9SIAA0S4FR5422&ignorebbr=1> but you need a Samsung Smart TV. CIO

08/21/16 Sunday 2:15 A.M. I am installing the Windows 10 updates on the Asus Netbook and also the Windows 10 Anniversary Upgrade on the Dell Latitude E6400 laptop. I threw out the garbage, and I picked up the mail. www.time.com magazine has an article about the internet and hate. I read an article that the Google Store app "Duo" is more popular than Pokemon. CIO

08/21/16 Sunday 12:40 A.M. I chatted with a relative at 8:30 P.M.. I finally woke up at 12:30 A.M.. When I walked the entire length of Greenwich Avenue and the train station area, the first part of the walk is from the Senior and the Arts center down the east side of Greenwich Avenue to Railroad Avenue where I cross west on the north side of the street to the front of the railroad station, and if opened I tour the lobby of the train station and then back east on the south side of Railroad Avenue and up Greenwich Avenue on the west side of the street crossing back to the senior and the arts center. That takes 22 minutes. Then from the senior and the arts center to the top of Greenwich Avenue on the east side of the street it takes 18 minutes walking up hill. Then crossing Greenwich Avenue to the west side of the street and back down hill to the Senior and the Arts center takes 14 minutes. Thus the entire circuit takes 54 minutes. However, I frequently sit out at various places, and stop by various stores, and sometimes go to the bathroom at various locations, so it can easily take twice as long or more. CIO

08/20/16 Saturday 8:05 P.M. I woke up at 7:30 P.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted

English muffin with 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

08/20/16 Saturday 8:40 A.M. I ate a 9.9 ounce Healthy Choice basil chicken dinner with grated parmesan and Romano cheese on it along with a 12 ounce diet Ginger Ale. I will now shut down the primary work computer, and I will go to bed. CIO

08/20/16 Saturday 8:20 A.M. <http://www.greenwichtime.com/news/article/Allegheny-Portage-site-recalls-1834-railroad-9173692.php> CIO

08/20/16 Saturday 8:10 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. There was no one around. After my walk, I used the bathroom at Starbucks. At Zen Stationary, I bought an Ace's High scratch card for a dollar, but I lost. I went to the Stop and Shop. I bought two six packs of Stop and Shop English muffins for \$1.50 each, a 10 ounce Cracker Barrel Vermont cheddar cheese for \$3.69, three 10 ounce Healthy Choice meals for \$2.50 each, two 5 ounce Stop and Shop cheese and garlic croutons for \$1.19 each, a pint of cherry tomatoes for \$2.50, two 6 ounce baby spinach for \$2 each and two cucumbers for .69 each for \$24.45 total. I then returned home, and I put away my groceries. CIO

08/20/16 Saturday 4:30 A.M. <http://www.greenwichtime.com/news/article/Hemingway-home-gets-back-antlers-taken-by-Hunter-9172392.php#photo-10793068>

I will now go downtown for a walk. At 7 A.M., I will go to the Stop and Shop for some groceries. CIO

08/20/16 Sunday 3:55 A.M. I reheated nine ounces of Perdue white breast meat chicken short strips, which I ate with a baked potato with Smart Balance spread and extra virgin olive oil, and steamed baby carrots and baby peas with Smart Balance spread, garlic powder, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, and a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters and a cup of chamomile tea with Equal sweetener. I finished the backups. CIO

08/20/16 Saturday 3:00 A.M. http://www.nytimes.com/2016/08/16/world/europe/gerald-grosvenor-british-duke-and-billionaire-dies-at-64.html?emc=edit_th_20160819&nl=todaysheadlines&nid=46729&r=0 CIO

08/20/16 Saturday 2:30 A.M. I am now doing a Complete PC backup and an Aomei backup to the Samsung 5 TB external USB hard drive. CIO

08/20/16 Saturday 1:45 A.M. I rested until 12:30 P.M.. I threw out the garbage, and I picked up the mail. I watched episode 2 of "Lost Empires". I ate some almonds. I will make my bed. I will shower and clean up. I am afraid to go out late at night, since the wolves might eat me. CIO

08/19/16 Friday 11:30 P.M. I am installing the Windows 10 Anniversary update on the Lenovo ThinkCentre in front of the mahogany bureau in the living room. CIO

08/19/16 Friday 11:05 P.M.

https://www.edx.org/school/harvardx?source=aw&awc=6798_1471661236_593c8840a60511f3dc2783c9a1c62988&utm_source=aw&utm_medium=affiliate_partner&utm_content=text-link&utm_term=78888 Skimlinks

\$110 http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P4_83-101-243--08192016&Index=4

I will now wash the breakfast dishes. CIO

08/19/16 Friday 10:30 P.M. Nearby inexpensive restaurant <https://locu.com/places/davy-byrnes-restaurant-port-chester-us/#menu> . CIO

08/19/16 Friday 10:25 P.M. I went back to bed until 10:15 P.M.. CIO

08/19/16 Friday 8:15 P.M. I went back to bed until 7 P.M.. I printed out two copies of this <http://www.mhri.mn/images/files/whomovedmycheese.pdf> for a neighbor. 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 decaffeinated coffee with Equal sweetener and milk. CIO

08/19/16 Friday 5:40 P.M. I chatted with a friend at 3 P.M.. I finally woke up at 5 P.M.. I chatted with a relative. CIO

08/19/16 Friday 4:55 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/19/16 Friday 4:50 A.M. [Global Volcanism Program | Smithsonian / USGS Weekly Volcanic Activity Report](#) CIO

08/19/16 Friday 4:30 A.M. I watched "Aliens on the Moon, the Truth Exposed". I finished the first set of backups. CIO

08/19/16 Friday 2:35 A.M. I am doing the backups to the Samsung 5 TB external USB hard drive. CIO

08/19/16 Friday 2:15 A.M. I am just about done with the Windows 10 Anniversary Update of the Acer Aspire R11 laptop tablet computer. I then have to make a Complete PC backup and an Aomei backup of it to an external USB hard drive. CIO

08/19/16 Friday 1:55 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry

tomatoes, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, four artichoke heart quarters, and four tablespoons of guacamole, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Kraft low fat Zesty Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters. CIO

08/19/16 Friday 1:00 A.M. <http://www.greenwichtime.com/local/article/Old-Greenwich-s-Rummage-Room-reopens-next-week-9152772.php>

https://www.google.com/maps/place/71+Vinci+Drive,+Greenwich,+CT/@41.0133343,-73.6528572,3a,75y,180h,90t/data=!3m7!1e1!3m5!1sS_6JsVsZOI_-ei9wcQKjWg!2e0!6s%2F%2Fgeo1.ggpht.com%2Fcbk%3Fpanoid%3DS_6JsVsZOI_-ei9wcQKjWg%26output%3Dthumbnail%26cb_client%3Dmaps_sv.tactile.gps%26thumb%3D2%26w%3D203%26h%3D100%26yaw%3D159.43562%26pitch%3D0!7i13312!8i6656!4m2!3m1!1s0x0:0x1655b4d40ddf16f1!6m1!1e1 my Volvo wagon does not show up in this Google Street view, but in another one it does. CIO

08/19/16 Friday 12:50 A.M. As I recall in the second grade school play at Walter Jackson school in Decatur, Alabama, I played a panda with two other classmates Billy Ellis and Al Kneebrick. I had to remember two pages of dialog that I memorized the night before the play. Thus I started my long acting career. CIO

08/19/16 Friday 12:35 A.M. <http://www.torontozoo.com/PandaCam/> . CIO

08/18/16 Thursday 11:55 P.M. I am updating Windows 10 on the Acer Aspire R11 laptop tablet computer. I have not used it much since I got it at Christmas time, but it is a practical small laptop for traveling on the road, which I can not afford to do. There is no point sitting in the Greenwich train station pretending I am a traveler in this area. CIO

08/18/16 Thursday 10:40 P.M. I rested some more until 10:15 A.M.. I threw out the garbage. I picked up the mail. Yesterday, I put a new 6 ounce Glade scent refill in the living room Glade scent machine. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I probably will not be going downtown, since I don't need anything.

<https://www.bostonglobe.com/metro/2016/08/05/great-whites-feast-dead-whale-off-cape-cod/QZHfV3h6gwq1bFFOcithyK/story.html> CIO

08/18/16 Thursday 8:55 P.M. \$99
http://flash.newegg.com/Product/9SIA2PF4955648?icid=WP_23_08162016

\$119.99 http://flash.newegg.com/Product/9SIA5YV3DC3447?icid=WP_29_08152016

Fiona <http://www.nhc.noaa.gov/> . CIO

08/18/16 Thursday 8:25 P.M. I rested some more until 8:15 P.M.. I got a telephone call saying Optimum would be out until 11 P.M., but it is still working. CIO

08/18/16 Thursday 6:35 P.M. I woke up while sleeping, and I ate some almonds and the rest of the pineapple mixture. I also ate two eggs cooked in the Eggstastic cooker one a toasted English muffin with Smart Balance spread and a glass of cold filtered water. I woke up at 6 P.M.. I chatted with three relatives. I have a relative working for www.redhat.com . 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 decaffeinated coffee with Equal sweetener and milk. CIO

08/18/16 Thursday 2:45 A.M. I put one of the Rosewill power strips with the two other power strips on the oak dining table to have more room to plug in devices. I will now shut down the primary work computer, and I will go to bed. CIO

08/18/16 Thursday 2:00 A.M. I watched "Treblinka, Hitler's Killing Machine" and "Mystery Files, Leonardo Da Vinci". I installed the keyboard cover on the Digital 2 tablet. Although the keyboard works in most programs, for some reason it does not work in Microsoft Word. CIO

08/17/16 Wednesday 11:50 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 5 ounce tin of solid white albacore tuna fish drained, rinsed, and flaked, one fourth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, four artichoke heart quarters, and four tablespoons of guacamole, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Kraft low fat Zesty Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters. CIO

08/17/16 Wednesday 11:05 P.M. I chatted with a relative. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I picked up a prescription. I bought buy one get one 50% off of Blade 7 ounce shaving gel for \$2.99 and \$1.49 and .28 tax for \$4.76 total. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. Lower Greenwich Avenue was busy with lots of people dining out. I stopped by CVS again, and I used the bathroom. I bought buy one get one 50% off of CVS 1 ounce Athletes Foot cream for \$12.29 and \$6.14 for \$18.43 total. I won a free coupon for a free \$3.99 Red Cross kit for free. I left it in the back of the Volvo wagon. After I finished my walk, I sat out for a while. I then went by the Stop and Shop. I bought two 14 ounce Cento artichoke hearts for \$3.99 each, a Dole Golden pineapple for \$2.99, bananas for .49 a pound for .74 and a pint of guacamole for \$5.24 for \$16.95 total. I then returned home to Chez Mike's, and I put away my purchases. CIO

08/17/16 Wednesday 7:15 P.M. I went back to bed until 7 P.M.. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will go downtown to Greenwich Avenue for a walk. CIO

08/17/16 Wednesday 4:25 P.M. I woke up at 4 P.M.. I picked up the mail. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=61299998266833015697> on the order for two <http://www.newegg.com/Product/Product.aspx?item=N82E16812119283> for \$7.99 each for \$15.98 with free shipping arrived. The order with tracking of http://chinapost-track.com/track-china-post?track_number=LK964854531CN on the order for the eight inch Digital 2 D2-861G Android tablet keyboard case here from China for \$9.55 and \$1.55 shipping <http://www.ebay.com/itm/For-Android-Windows-7-8-Tablet-PU-Leather-Case-Cover-W-Micro-USB-Keyboards-/401046288329> for \$11.10 total arrived. 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 decaffeinated coffee with Equal sweetener and milk. CIO

08/17/16 Wednesday 4:45 A.M. I ate some almonds. I will now shut down the primary work computer, and I will go to bed. CIO

08/17/16 Wednesday 4:15 A.M.
<http://www.greenwichtime.com/news/world/article/Surprise-Giant-panda-produces-twins-at-Vienna-Zoo-9144945.php>

<http://video.foxnews.com/v/5084887628001/tiger-stops-leopard-from-attacking-zookeeper-/?#sp=show-clips> CIO

08/17/16 Wednesday 4:05 A.M. I watched episode 1 of "World War II, the Last Heroes". I then watched "Mystery Files, Hitler". CIO

08/17/16 Wednesday 2:40 A.M. I ate a 9.5 ounce Healthy Choice chicken primavera with grated parmesan and Romano cheese on it with a 12 ounce glass of Canada Dry diet ginger ale. CIO

08/17/16 Wednesday 2:20 A.M. I put away the clean laundry. CIO

08/17/16 Wednesday 1:45 A.M. <http://arrowdirect.com/search?q=apple>

<http://www.bbc.com/scotland> . CIO

08/17/16 Wednesday 1:20 A.M. http://travel.aarp.org/articles-tips/articles/info-2016/traveler-tips.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-081616-TS1-1399893&ET_CID=1399893&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHHeasCar6lS/I=

<https://host194.agsdc.net/Aprimo/OutboundMessage.aspx?O=1b96c13152730c3c341e0c91a1ad9e48&T=8be45211f056cdd1&D=b9ca57b2fbe8cb42458807853387983f6a0f6be5ccdab113&M=b333208886639fd5&MSGID=d80e7570fd0891cbf24762475a4a766344f87c94532a4234&R=e3daf1a01a434dbd50d60eb5f76ef18d>

CIO

08/17/16 Wednesday 1:10 A.M. I have 50 minutes to go on two dry cycles. HP DC7900 INTEL Core 2 Duo 3000 MHz 160Gig 4096mb DVD ROM Windows 7 Professional 32 Bit Desktop Computer \$89 refurbished 32 bit free shipping . 32 bit won't install Windows 10.
CIO

08/17/16 Wednesday 12:45 A.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

08/16/16 Tuesday 11:55 P.M. Where I get my gator clip suspenders
<http://www.americanworkwear.com/suspenders/search> . CIO

08/16/16 Tuesday 11:35 P.M. Flash light from U.S.A. for \$5
<http://www.ebay.com/itm/Ultrafire-CREE-XM-L-T6-Zoomable-2000-Lumen-Tactical-LED-Flashlight-Torch-Lamp-/361531600068?hash=item542cf66cc4:g:mLEAAOSwh-1W5chf>

USB Hub <http://www.ebay.com/itm/New-7-Port-High-Speed-USB-2-0-HUB-with-AC-Power-Adapter-for-PC-Laptop-Durable-/371532885404?hash=item568115ed9c:g:GogAAOSw-zxWmGeL> for \$5.49. I rested for an hour. CIO

08/16/16 Tuesday 9:45 P.M. I ate 16 ounces of baked Stop and Shop onion rings. CIO

08/16/16 Tuesday 8:45 P.M. Flashlights from China
<http://www.ebay.com/sch/topsaleslily/m.html?item=262545401402&rmvSB=&rt=nc&trksid=p2047675.l2562>

<http://www.ebay.com/itm/Hanes-Men-s-Ultimate-Cotton-Heavyweight-Pullover-Hoodie/401021589980?hash=item5d5ebfd9dc&trkparms=5373%3A0%7C5374%3AFeaturered>

<http://www.ebay.com/itm/20-Ft-4-Gauge-Heavy-Duty-Power-Booster-Cable-Emergency-Car-Battery-Jumper/390817023427?hash=item5afe8285c3&trkparms=5373%3A0%7C5374%3AFeaturered%7C5079%3A5000021855>

I will now wash the breakfast dishes. I chatted with a relative again. CIO

08/16/16 Tuesday 8:05 P.M. I threw out the garbage. I sat outside for a while. I did not get any mail. I will not go out tonight, because there are supposed to be thunderstorms. CIO

08/16/16 Tuesday 7:45 P.M. I rested some more until 7:30 P.M.. I chatted with a relative. CIO

08/16/16 Tuesday 4:50 P.M. <https://www.atomicbeam.com/> . Two for \$30. CIO

08/16/16 Tuesday 4:40 P.M. I woke up at 4:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/16/16 Tuesday 10:05 A.M. https://www.goseek.com/searches/Niagara-Falls,CA-g6087892/2016-08-28/2016-08-31/2guests/hotels/195127/?utm_source=DealNews&utm_medium=referral&utm_campaign=dealnews_hoteldeals&utm_term=&rate_type=coupon . CIO

08/16/16 Tuesday 1:30 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/16/16 Tuesday 1:25 A.M. I watched episode 5 of "World War II, the Last Heroes". CIO

08/16/16 Tuesday 12:25 A.M.
https://blogs.windows.com/windowsexperience/2016/08/02/new-video-series-this-week-on-windows-highlights-windows-10-anniversary-update/?OCID=WIP_r_17_Body_Anniversaryupdate

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=61299998266833015697> on the order for two

<http://www.newegg.com/Product/Product.aspx?item=N82E16812119283> for \$7.99 each for \$15.98 with free shipping.

<http://www.vacationsbyrail.com>

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

08/15/16 Monday 11:55 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 5 ounce tin of solid white albacore tuna fish drained, rinsed, and flaked, one fourth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's

seasoned salt, Italian seasoning, Kraft low fat Zesty Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters. CIO

08/15/16 Monday 11:15 P.M. I threw out the garbage. I went by the Stop and Shop. I bought a 64 ounce container of Ocean Spray cranraspberry juice for \$2.79 and a 64 ounce container of Welch's grape juice with calcium for \$3.99 and bananas for .49 a pound for .97 for \$7.75 total. I 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 CVS, and I bought another laser pointer for \$3.05 for 75% off. I walked upper Greenwich Avenue first before lower Greenwich Avenue. I then returned home. New Country Audi on West Putnam Avenue has been rebuilding two of their showrooms. Also Wendy's is now remodeling their facility. I picked up the mail. CIO

08/15/16 Monday 8:25 P.M. I woke up briefly at 9 A.M. this morning, and I put a new 9 volt alkaline battery in the bedroom smoke detector. It was chirping. CIO

08/15/16 Monday 7:55 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, and I will go downtown to Greenwich Avenue possibly for a walk. CIO

08/15/16 Monday 7:25 P.M. I went back to bed until 6:30 P.M.. I chatted with a friend. I washed the breakfast dishes. CIO

08/15/16 Monday 3:30 P.M. I woke up at 3:15 P.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 decaffeinated coffee with Equal sweetener and milk.

<http://www.greenwichtime.com/local/article/Almanac-predicts-colder-snowier-winter-than-last-9143071.php> CIO

08/15/16 Monday 1:55 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/15/16 Monday 1:50 A.M. I ordered two <http://www.newegg.com/Product/Product.aspx?item=N82E16812119283> for \$7.99 each for \$15.98 with free shipping. CIO

08/15/16 Monday 1:30 A.M. I watched episode 4 of "World War II, the Last Heroes". CIO

08/15/16 Monday 12:10 A.M. I reheated nine ounces of Perdue white breast meat chicken short strips, which I ate with a baked potato with Smart Balance spread, and steamed baby carrots and cut asparagus with Smart Balance spread, garlic powder, Italian seasoning,

grated parmesan and Romano cheese and extra virgin olive oil, and a 12 ounce glass of Canada Dry diet ginger ale. CIO

08/14/16 Sunday 11:05 P.M. I chatted with a relative. I washed the breakfast dishes. I made my bed. I showered, and I cleaned up. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. They are in the process of remodeling the store, but still staying open. I bought two 12 twelve ounce cans of Diet Fresca and one 12 twelve ounce cans of Diet Coke for \$10 and \$1.81 can deposit for \$11.81 total. I then drove down by the waterfront on Steamboat Road and back through town. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power premium gasoline for \$3.339 a gallon for 2.695 gallons at odometer reading of 113501 miles for 36.2 miles driven since Friday August 5, 2016 for 13.433 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 soda, and then I returned the folding cart back to the rear of the Volvo wagon. I made up a fresh batch of punch. CIO

08/14/16 Sunday 8:35 P.M. I chatted with a relative. I watched episode 3 of "World War II, the Last Heroes". CIO

End of Scott's Notes week of 08/14/16

08/14/16 Sunday 6:50 P.M. I rested some more until 6:30 P.M..

http://www.smithsonianmag.com/science-nature/what-happened-seconds-hours-weeks-after-dino-killing-asteroid-hit-earth-180960032/?utm_source=smithsonianopic&no-ist

I will now send out my weekly notes. CIO

08/14/16 Sunday 3:55 P.M. I chatted with a relative at 10 A.M.. I finally woke up at 3:45 P.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 decaffeinated coffee with Equal sweetener and milk. CIO

08/14/16 Sunday 5:35 A.M. I watched episode 2 of "World War II, the Last Heroes". I drank a 12 ounce glass of punch and diet Ginger Ale. CIO

08/14/16 Sunday 4:00 A.M. Happy Birthday to a relative. At 9 P.M., I was listening to the Donald Trump speech from Fairfield, Connecticut off the internet, when the electricity went off. I got out my emergency lanterns. I put three alkaline D batteries in one of them to get it to work. I threw my garbage down the garbage chute. I chatted with neighbors. The emergency generator lights were working in the hallways and the community room. I picked up the mail. I went out at 10:30 P.M.. The lights across in the street in the large apartment complex were also off. I was told my Eversource at 2 A.M. 1600 homes in

Greenwich were without electricity. I stopped by the Stop and Shop, and I bought a large turkey and cheese sub sandwich for \$5.99. I then ate it downtown. I drank some water from the Greenwich Common water fountain. I then walked lower Greenwich Avenue and the train station area. I then returned back to my apartment building and the electricity was still off in the neighborhood. I went back downtown until midnight. I returned home. I chatted with neighbors. I rested some more. I called up Eversource at 2 A.M.. I drank 24 ounces of Punch and diet Ginger Ale. The electricity finally came back on around 3:30 A.M.. I have to reset the clocks. CIO

08/13/16 Saturday 7:10 P.M. I rested some more until 7 P.M.. Donald Trump live in Connecticut at 7:30 P.M. <http://www.greenwichtime.com/apple-business/article/LIVE-Donald-Trump-at-Sacred-Heart-University-in-9141163.php> . CIO

08/13/16 Saturday 5:35 P.M. I rested some more until 5 P.M.. I chatted with a friend and a relative. CIO

08/13/16 Saturday 2:35 P.M. I chatted with a friend. CIO

08/13/16 Saturday 2:20 P.M. I woke up at 2 P.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 decaffeinated coffee with Equal sweetener and milk. CIO

08/13/16 Saturday 2:50 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/13/16 Saturday 2:30 A.M. I took three large eggs, and I broke them in a measuring cup, and I added a teaspoon of extra virgin olive oil, two teaspoons of grated parmesan and Romano cheese, a few pinches of Italian seasoning and celery salt, and two tablespoons of milk, and I mixed it all together. I then put it in the EggTastic microwave egg cooker filling it up to the inside line, and I microwaved it with lid on for one minute and 45 seconds. One uses pot holders to take the hot container out of the microwave oven, and I emptied its contents on a dinner plate and mashed it up a bit. I ate the scrambled eggs with a toasted English muffin with Smart Balance spread and a glass of cold filtered water. CIO

08/13/16 Saturday 2:10 A.M. <http://www.grosvenorestate.com/>

<http://www.grosvenorestate.com/duke-of-westminster.aspx> CIO

08/13/16 Saturday 1:40 A.M. I watched episode 6 of "Demob". I also watched, "How to win the U.S. Presidency". CIO

08/12/16 Friday 11:40 P.M. There is a Connecticut preparedness app "CtPrepares" from the Google Store and the Apple store.

<https://www.donaldjtrump.com/schedule/register/fairfield-ct/> See Trump this Saturday. I will now eat a bowl of the pineapple mixture. CIO

08/12/16 Friday 10:50 P.M. I woke up at 10:30 P.M., and I ate some almonds. CIO

08/12/16 Friday 9:20 P.M. I chatted with a relative. A friend bought a Lenovo laptop at Best Buy for \$100 off for \$800. I will now rest briefly. CIO

08/12/16 Friday 8:45 P.M. I threw out the garbage. I went downtown to CVS. I bought buy one get one 50% off of Bayer 200 tablets 81 mg. low dosage aspirin for \$11.99 and \$5.99, and 100 capsule BeanAid for \$14.49 and \$7.24 and a 3 in 1 laser pointer for 75% off for \$2.87 and .18 tax for \$42.76 total. I then went further downtown. I walked lower Greenwich Avenue and the train station area. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I toured the Apple computer store to cool off. I sat out for a while. When a dark sky began to appear, I went to the Stop and Shop. I bought a 45 ounce Smart Balance spread for \$6.99, a 10 ounce Cracker Barrel Vermont extra sharp cheddar cheese for \$2.50, three 8 to 12 ounce Stouffer's meals for \$2 each, a 16 ounce Wish Bone vinaigrette dressing for \$2, a 6 ounce can of Stop and Shop large black pitted olives for \$1.67, a 12 ounce generic honey for \$2.50, a 6 ounce baby spinach for \$2.50, two cucumbers for .69 each, a Vidalia onion for \$1.49 a pound for \$1.55 and .35 can return for \$29.24 total. I then returned home. I did not get any mail. I put away my groceries. I chatted with a relative. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one fourth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, Wish Bone Italian dressing, Kraft low fat Zesty Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters. CIO

08/12/16 Friday 5:20 P.M. I went back to bed until 5 P.M.. I will now wash the breakfast dishes. I will make my bed I will shower and clean up. I will go downtown. CIO

08/12/16 Friday 2:45 P.M. I chatted with a relative and friend at 10 A.M.. I finally woke up at 2:30 P.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/12/16 Friday 2:00 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/12/16 Friday 1:20 A.M. I watched episode 5 of "Demob". I ate some almonds. CIO

08/12/16 Friday 12:20 A.M. I rested until midnight. I ate a bowl of the pineapple mixture. CIO

08/11/16 Thursday 10:35 P.M. Duke of Westminster Gerald Cavendish died of heart attack CIO

08/11/16 Thursday 10:15 P.M. I finished the backups. I watched episode 1 of "World War II, the Last Heroes". CIO

08/11/16 Thursday 9:05 P.M. <http://view.klm-mail.com/?qs=5e1fbae497eef78ab82b898a3b9214a438f4996944088f3f8b2c62cfacd3c3c6dfb43042173f773e4e717e495a81a0a13861682bb04dde91a2be3b7ad4149364535e4ade9d365938>

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

08/11/16 Thursday 8:55 P.M. I watched episode 7 of "Unsealed Conspiracy Files". I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one fourth of a peeled and diced sweet onion, 25 garlic and cheese croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry diet ginger ale with Angostura bitters. CIO

08/11/16 Thursday 7:45 P.M. I chatted with a relative. I am doing the backup to the Samsung 5 TB external USB hard drive. There is a severe thunderstorm going on with lots of rain. I threw out the garbage down the garbage chute. I picked up the mail. The Boston Pops out on the beach on Nantucket this Saturday might get rained out <http://nantucket.net/>. CIO

08/11/16 Thursday 6:50 P.M. I watched episodes 5 of 6 of "Unsealed Conspiracy Files". I ate some almonds. I rested for 45 minutes. The Dell Latitude E6410 laptop is updated with the Windows 10 anniversary addition upgrade. I now have to back it up to an external hard drive. CIO

08/11/16 Thursday 4:40 P.M. I chatted with a relative and a friend. It is hot outside. It is 93 degrees Fahrenheit in Greenwich and 94 degrees Fahrenheit in Kennebunkport. CIO

08/11/16 Thursday 3:45 P.M. I went back to bed until 3:30 P.M.. I had two no person telephone calls. I am updating the Dell Latitude E6410 laptop with the Windows 10 anniversary update. CIO

08/11/16 Thursday 1:05 P.M. I woke up, and I ate a 2 ounce Sandwich Brothers angus cheeseburger with a glass of cold filtered water. I finally woke up at 12:45 P.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 decaffeinated coffee with Equal sweetener and milk. CIO

08/10/16 Wednesday 10:35 P.M. I ate some almonds. I will now shut down the primary work computer, and I will go to bed. CIO

08/10/16 Wednesday 10:20 P.M. I watched episode 4 of "Demob". CIO

08/10/16 Wednesday 9:20 P.M. http://www.aarp.org/health/drugs-supplements/info-2016/generic-drugs-copd-thyroid.html?cmp=EMC-DSO-NLC-RSS---CTRL-081016-P1-1389321&ET_CID=1389321&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I= CIO

08/10/16 Wednesday 8:45 P.M. I chatted with a new neighbor. I put away the clean laundry. I chatted with a relative. CIO

08/10/16 Wednesday 7:55 P.M. I am now doing a Complete PC backup of the HP I5 computer to the Toshiba 2 TB SATA drive in the Rosewill USB SATA external drive holder. I will then do an Aomei backup to the same device. CIO

08/10/16 Wednesday 7:45 P.M. On the HP I5, I am doing an Aomei backup to the third internal hard drive. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 5 ounce tin of Bumble Bee chicken drained and rinsed and flaked , one fourth of a peeled and diced sweet onion, 25 Fresh Gourmet Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite with Angostura bitters. CIO

08/10/16 Wednesday 7:20 P.M. On the HP I5 desktop computer, I am doing a complete PC backup of the Windows 10 anniversary upgrade to the third internal hard drive. CIO

08/10/16 Wednesday 7:10 P.M. I have 50 minutes to go on two dry cycles. I have Windows 10 Anniversary Update installed on the HP I5. Now I have to back it up. CIO

08/10/16 Wednesday 6:50 P.M. I started two loads of wash, and I have five 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

08/10/16 Wednesday 5:55 P.M. I rested on and off a while. I chatted with two relatives and a friend. On the Dell Optiplex 740, I did a Complete PC backup of the Windows 10 Anniversary upgrade to the Toshiba 2 TB SATA drive in the Rosewill USB SATA drive holder. I then did an Aomei backup to it and one to the second internal drive. I put clean

linens on my bed. I am installing the Windows 10 Anniversary upgrade on the HP computer I5 computer. I will now shower and clean up.

refurbished Ipad 4 \$194 <http://www.jemjem.com/clearance-refurbished-ipad-4-verizon-white-16gb-md525ll-a.html> CIO

08/10/16 Wednesday 2:45 P.M. I woke up at 1 P.M.. I chatted with a relative. On the Dell Optiplex 740, I did a Complete PC backup to the second internal hard drive of the Windows 10 anniversary upgrade. 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 decaffeinated coffee with Equal sweetener and milk. CIO

08/10/16 Wednesday 3:35 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/10/16 Wednesday 3:25 A.M. Earlier I ate some of the pineapple mixture with a glass of cold filtered water. One can buy their pineapple tool here <http://www.ebay.com/itm/New-Stainless-Steel-Fruit-Pineapple-Corer-Slicer-Cutter-Peeler-Easy-Kitchen-Tool-/361507098017?rmvSB=true&cu=&rmvSB=true> .

<http://video.foxnews.com/v/5077003692001/dolphin-snatches-tourists-ipad-at-seaworld-orlando/?#sp=show-clips> CIO

08/10/16 Wednesday 3:05 A.M. On the Digital 2 tablet, I have the camera working once again with Pokemon Go. I still don't know how to play Pokemon. CIO

08/10/16 Wednesday 2:45 A.M. On the Digital 2 tablet, I installed this https://apkpure.com/sensor-box-plugin/com.imoblife.senorbox_plugin . On had to turn off temporarily the security to let downloads from unknown sites do it. CIO

08/10/16 Wednesday 1:45 A.M. http://www.nytimes.com/2016/08/09/world/asia/japan-emperor-akihito-retirement.html?emc=edit_th_20160809&nl=todaysheadlines&nid=46729&r=1

<https://blogs.windows.com/buildingapps/2016/08/02/windows-10-anniversary-update-sdk-14393/?MC=Windows&MC=.NET&MC=MobileDev&MC=Vstudio>

CIO

08/10/16 Wednesday 1:20 A.M. After the last note, I chatted with a relative. On the primary Dell work computer, I started installing the latest Windows 10 Anniversary update. I threw out the garbage. I picked up the mail. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=4200683092748901015478100018363036> on the order for \$4.99 with free shipping <http://www.newegg.com/Product/Product.aspx?Item=0S8-00W9-00001&ignorebbr=1>

arrived. I watched episode 3 of "Conspiracy Theories". I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. At Zen stationary, I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS. I bought two 26 ounce Prego tomato sauce for \$1.50 each for \$3 total. I chatted with a friend on my wireless telephone. After my walk, I returned home. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, nine pitted extra large black olives, eleven cherry tomatoes, a 5 ounce tin of solid white albacore tuna fish drained and rinsed and flakes, one fourth of a peeled and diced sweet onion, 25 Fresh Gourmet Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Sprite with Angostura bitters. I watched episode 4 of "Conspiracy Theories". I installed some apps on the Digital 2 tablet. I installed an update for Pokemon Go program, and now the camera does not work again, and from the Store, the Sensor Box APK is not available to enable the camera. About midnight Windows 10 anniversary update was installed. I then ran the Norton Utilities, and updates Norton Internet Security. Windows 10 update seems to work just fine. CIO

08/09/16 Tuesday 4:45 P.M. I rested until 4:30 P.M.. I ate three ounces of parmesan goldfish crackers. I will now make my bed. I will then shower and clean up. CIO

08/09/16 Tuesday 3:20 P.M. I used the pineapple tool, and I cored and peeled the pineapple, and I mixed the pineapple chunks with Angostura bitters and punch, and I put them in a Rubbermaid container with lid in the refrigerator. CIO

08/09/16 Tuesday 3:00 P.M. I will now wash the breakfast dishes. CIO

08/09/16 Tuesday 2:55 P.M. The cheapest six year old Apple laptop that I could find <http://www.ebay.com/itm/Apple-MacBook-A1342-13-3-Laptop-MC516LL-A-4GB-250GB-Wi-Fi-Charger-/142060164895?hash=item211372171f:g:XA0AAOSwImpXpNEf#shpCntId> for \$200 or \$175 <http://www.ebay.com/itm/Apple-MacBook-Unibody-13-3-2-26GHZ-4GB-RAM-250GB-HD-2009-A1342-MC207LL-A-/191927327295?hash=item2cafc29a3f:g:FC0AAOSw-FZXj4He> or \$185 <http://www.ebay.com/itm/Apple-MacBook-13-2-26GHZ-4GB-Ram-250GB-HDD-A1342-El-Capitain-COMplete-W-ADAPTER-/122023526886?hash=item1c692b41e6:g:5AkAAOSwzJ5XYFd5> . CIO

08/09/16 Tuesday 2:15 P.M. Used Apple stuff <http://stores.ebay.com/TekReplay?trksid=p2047675.l2563> . CIO

08/09/16 Tuesday 1:55 P.M. I chatted with a relative.

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

Golf & Country Club - GreenwichCC

Welcome - Round Hill Club

Public Home. | The Stanwich Club

Burning Tree Country Club - Home

Home - Milbrook Club

Welcome - Innis Arden Golf Club

Tamarack Country Club Home Page

Public Home - Fairview Country Club

Griffith E. Harris Golf Course - Town of Greenwich, Connecticut

I heard on Fox Business News that Monaco Financial was selling old civil war coins from the S.S. Republic ship wreck. I wonder if that is the same ship wreck as the H.M.S. Republic off Nantucket. CIO

08/09/16 Tuesday 1:05 P.M. On my fastest computer which is the HP I5 computer to the right of the primary Dell computer, I updated Norton Internet Security on it. CIO

08/09/16 Tuesday 12:25 P.M. I woke up, and I ate two 2 ounce Sandwich Brothers angus cheeseburgers. I finally woke up at noon. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/08/16 Monday 10:40 P.M. I ate a bag of microwave popcorn. I watched episode 3 of "Demob". I will now shut down the primary work computer, and I will go to bed. CIO

08/08/16 Monday 9:15 P.M. I watched episode 2 of "Demob". CIO

08/08/16 Monday 8:10 P.M. Apple Third Generation Table \$175 with free shipping
<http://www.ebay.com/itm/Apple-iPad-3-3rd-32GB-Wi-Fi-Retina-Display-9-7-Black-MC706LL-A-Warranty-/121598752756?hash=item1c4fd9b7f4:g:f0IAAOSwyQtVspmK> .
 CIO

08/08/16 Monday 8:05 P.M. Tracking is
<http://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=4200683092748901015478100018363036> on the order for \$4.99 with free shipping
<http://www.newegg.com/Product/Product.aspx?Item=0S8-00W9-00001&ignorebbr=1> .
 CIO

08/08/16 Monday 7:50 P.M. I chatted with a relative. I ate a large bowl of steamed asparagus, Brussels sprouts, and baby carrots with Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil on the vegetables seasoned with Lowry's seasoned salt, ground black pepper, garlic powder, and Italian seasoning, with a 12 ounce glass of Sprite with Angostura bitters. CIO

08/08/16 Monday 6:50 P.M. I threw out the garbage. I went downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Apple computer store, and I gave them a pep talk. I stopped by CVS. I bought two 16 ounce Blue Diamond smokehouse almonds for \$5.99 each, and a 16 ounce Blue Diamond wabasi and soy almonds for \$5.99, and four 5 ounce cans of Bumble Bee solid white albacore tuna fish for .99 each for \$21.93 total. On the way down Greenwich Avenue, I toured the entire ground floor of Ralph Lauren, but there were no sales associates in the store. I then went by the Stop and Shop. I bought two 8 ounce Cabot's Hunters Seriously Sharp Vermont cheddar cheese for \$2 each, a 6 ounce can of large Stop and Shop black pitted olives for \$1.25, two 16 ounce Kraft Zesty Italian low fat dressing for \$2 each, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, two 6 ounce baby spinach leaves for \$2 each, three 5 ounce Fresh Gourmet Italian croutons for \$1 each, a vidalia sweet onion for \$1.49 a pound for \$1.43, a cucumber for .69, a pint of cherry tomatoes for \$2.50, and bananas for .49 a pound for .98 for \$24.84 total. I returned home. I did not get any mail. I put away my groceries. CIO

08/08/16 Monday 2:30 P.M. I went back to bed until 1:30 P.M.. I went through <http://scott-mike.com/bf.htm> . I cleaned up the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

08/08/16 Monday 10:55 A.M. After the last note, I ate 2 ounces of Pepperidge Farm parmesan goldfish crackers, and then I went to bed. I 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 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

08/07/16 Sunday 10:05 P.M. \$110 with free shipping
http://flash.newegg.com/Product/9SIA8XK49U0342?nm_mc=KNC-GoogleAdwordsNF-PC&cm_mmc=KNC-GoogleAdwordsNF-PC- -pla- -Tablets- -9SIA8XK49U0342&gclid=CP6PtqDbsM4CFdBahgodR3QHZA&gclsrc=aw.ds Apple 2nd generation wifi tablet. CIO

08/07/16 Sunday 9:40 P.M. <http://www.forbes.com/donald-trump/#195f1a5a790b> Donald Trump Net Worth

<http://bedford.dailyvoice.com/politics/presidential-run-puts-spotlight-on-trumps-bedford-estate/553288/> . CIO

08/07/16 Sunday 9:25 P.M. I watched episodes 1 and 2 of "Unsealed Conspiracy Files" and episode 1 of "Demob". CIO

08/07/16 Sunday 6:50 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, Wish Bone Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of www.coke.com . CIO

08/07/16 Sunday 6:05 P.M. I watched a documentary. I chatted with a relative. CIO

08/07/16 Sunday 4:10 P.M. I chatted with a friend. <http://www.bbc.com/news/uk-england-beds-bucks-herts-36997711> . CIO

08/07/16 Sunday 3:50 P.M. <http://greenwichfreepress.com/news/government/pz-to-morgan-jenkins-we-like-the-open-view-corridors-rat-colony-would-need-relocation-63643/> CIO

08/07/16 Sunday 3:15 P.M. I chatted with a friend. I rested until 3 P.M.. CIO

08/07/16 Sunday 11:55 A.M. I woke up, and I ate 8 ounces of Dannon vanilla yogurt, and I also ate a 2 ounce Sandwich Brothers Angus cheeseburger. I finally woke up at 11:30 A.M.. I chatted with a relative. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

End of Scott's Notes week of 08/06/16

08/06/16 Saturday 9:50 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. Bon Soir. CIO

08/06/16 Saturday 9:30 P.M. I watched "The Little Prince". CIO

08/06/16 Saturday 7:45 P.M. I rested until 7 P.M.. I chatted with a relative. CIO

08/06/16 Saturday 6:35 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a peeled and sliced avocado, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated

Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now rest for a while. CIO

08/06/16 Saturday 5:45 P.M. I threw out the garbage. I went downtown, and I sat out until 4 P.M.. I then went by the Greenwich Library, and I chatted with two reference librarians and a regular patron. I then went by the Acme grocery store. I bought a two liter can of Botticelli extra virgin olive oil for \$14.99, two Eating Right 8.5 ounce chicken dinners for \$2.50 each, and a Hass avocado for \$2 and .35 can return for \$21.64 total. I then returned home, and I picked up the mail. I put away my groceries. The freezer is full, so I don't have anymore room for frozen food. I chatted with a relative. CIO

08/06/16 Saturday 2:40 P.M. I threw out the garbage. I will now go downtown to the Oasis of Greenwich Avenue. CIO

08/06/16 Saturday 1:55 P.M. I ordered for \$4.99 with free shipping
<http://www.newegg.com/Product/Product.aspx?Item=0S8-00W9-00001&ignorebb=1>

I will now make my bed. I will then shower and clean up.

Tracking is http://chinapost-track.com/track-china-post?track_number=LK964854531CN on the order for the eight inch Digital 2 D2-861G Android tablet keyboard case here from China for \$9.55 and \$1.55 shipping <http://www.ebay.com/itm/For-Android-Windows-7-8-Tablet-PU-Leather-Case-Cover-W-Micro-USB-Keybaord-/401046288329> for \$11.10 total. CIO

08/06/16 Saturday 12:50 P.M. I went back to bed until 12:15 P.M.. I quit smoking cigarettes and started using the nicotine patches on July 20, 2015 a year. CIO

08/06/16 Saturday 9:45 A.M. I woke up, and I ate two Sandwich Brothers 2 ounce Angus cheeseburgers. I finally 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 Smart Balance Spread, vitamins and supplements with a glass of 25% punch and 75% cold filtered water and, I drank a cup of decaffeinated coffee with Equal sweetener and milk. CIO

08/05/16 Friday 8:40 P.M. I rested an hour. I watched episodes 1 and 2 of "World War II, 1941 and the Man of Steel". I will now shut down the primary work computer, and I will go to bed. I ate three ounces of Pepperidge Farm parmesan goldfish crackers. CIO

08/05/16 Friday 6:05 P.M. I chatted with a relative. CIO

08/05/16 Friday 5:45 P.M. I bought the eight inch Digital 2 D2-861G Android tablet keyboard case here from China for \$9.55 and \$1.55 shipping <http://www.ebay.com/itm/For-Android-Windows-7-8-Tablet-PU-Leather-Case-Cover-W-Micro-USB-Keybaord-/401046288329> for \$11.10 total. The Digital 2 tablet is still available here

[http://www.newegg.com/Product/Product.aspx?Item=N82E16834650018&cm_re=Digital2Platinum_D2-861G- -34-650-018- -Product](http://www.newegg.com/Product/Product.aspx?Item=N82E16834650018&cm_re=Digital2Platinum_D2-861G--34-650-018--Product) . CIO

08/05/16 Friday 5:15 P.M. I put the microSC card with a SD adapter in the Polaroid digital camera, and I set it up. I put the other microSD card in the Digital eight inch tablet. The inexpensive discounted keyboard I got is made to fit a nine of ten inch table, but the eight inch Digital table does fit into it without securing it with the clips. I will now rest for a while. CIO

08/05/16 Friday 4:35 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 4 ounce tin of Bumble Bee chicken drained and rinsed and flaked, one fourth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I chatted with a friend before my appointment. CIO

08/05/16 Friday 3:30 P.M. I went out to my 1:30 P.M. appointment. I then sat out downtown briefly. I then went by the Stop and Shop. I bought four 12 ounce Healthy Choice meals for \$2.50 each, two six ounce cans of Stop and Shop extra large black pitted olives for \$1.25 each, two 9 ounce cooked Perdue white meat chicken strips for \$3 each, two cucumbers for .69 each, and a Del Monte Golden pineapple for \$2.99 for \$22.87 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power gasoline for \$3.339 a gallon for 2.696 gallons at odometer reading of 113464 miles for 33.8 miles driven since Saturday July 30, 2016 for 12.538 miles per gallon in local traffic. I then returned home. They are fixing the building front door again. I picked up the mail. The order with tracking of [USPS.com® - USPS Tracking®](https://www.usps.com/track/track-confirmation-action?qtctLabels1=9400110200830246957393) on the order for <https://www.blinq.com/detail/electronics/computer-accessories/cases-bags/digital2-ack900a-9-tablet-keyboard-case-purple/163291?condition=used-very-good&adpos=1o1&creative=109273120567&device=c&matchtype=&network=g&gclid=CJT86fblo84CFQsehgodZjQPjA> for \$6.39 with free shipping and the order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400110200830246957393> on the order for two for \$11.50 each <http://www.ebay.com/itm/SanDisk-32GB-Ultra-Micro-SD-HC-Class-10-Memory-Card-for-Samsung-Galaxy-Tab-3-S4-/251374188919?hash=item3a8711b977:g:egIAAOSwhAZWBdwH> for \$23 total with free shipping arrived. I put away my groceries. I chatted with a relative. CIO

08/05/16 Friday 11:25 A.M. <http://www.forbes.com/sites/gordonkelly/2016/08/03/apple-iphone7-leak-video/#330c3d533b3c> CIO

08/05/16 Friday 10:45 A.M. I have a 1:30 P.M. appointment today. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

08/05/16 Friday 10:30 A.M. <https://jetsmarter.com/> . <https://www.netjets.com/> is at nearby Westchester Country airport. CIO

08/05/16 Friday 9:45 A.M. I woke up, and I ate a couple of ounces of Pepperidge Farm parmesan goldfish crackers. 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 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

08/04/16 Thursday 8:10 P.M. I tried to find some content on Netflix to no avail. I chatted with two relatives. I will now shut down the primary work computer, and I will go to bed. I will eat 10 ounces of Dannon vanilla yogurt. CIO

08/04/16 Thursday 6:20 P.M. I also chatted one of the Tesla showroom workmen today, and I also stopped by the AT&T store.

Panasonic refurbished Toughbook \$140

http://flash.newegg.com/Product/9SIAAJ24AW5563?icid=WP_10_08042016

<http://www.greenwichtime.com/local/article/Stamford-island-home-holds-rich-history-9107954.php#photo-10704016>

This looks like my air conditioner in the living room small window opening that I have http://www.ebay.com/itm/Frigidaire-8000-BTU-Smart-Window-Air-Conditioner-White-/322200912015?customid=7bb64a085a8e11e6ae1882b003bfdcdb0INT&pub=5574652453&campid=5335869999&afepn=5335869999&icep_id=117&ipn=icep&afepn=5335869999&rmvSB=true CIO

08/04/16 Thursday 5:40 P.M. My www.eversource.com electricity bill for July 2016 is \$317.57 for 1963 kWh for 67.69 kWh per day over 29 days with an average temperature of 77.2 degrees Fahrenheit. For July 2015, it was \$289.15 for 1786 kWh for 63.79 kWh per day over 28 days with an average temperature of 76.7 degrees Fahrenheit. CIO

08/04/16 Thursday 5:15 P.M. I woke up at 5 P.M.. Something must be wrong with my Cablevision System. Yesterday on Fox Business News, they said that Exxon Mobil had lost \$100 billion in stock value since the first of the year. However, here <http://www.marketwatch.com/investing/stock/xom> there is no indication of it. CIO

08/04/16 Thursday 3:45 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one fourth of a peeled and diced sweet onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Ken's Light Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of Canada Dry Ginger Ale. I will now rest for a while. CIO

08/04/16 Thursday 3:00 P.M. After my appointment, I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Apple store. I chatted with a couple of about finance. I chatted with a local security officer. I chatted with Marmot. I toured CVS. On the way down Greenwich Avenue, I used the bathroom at CVS. After my walk, I drove over to the Greenwich Hospital Thrift Shop. I bought three miniature white silk lamp shades for \$4 each for \$12 total. The have a matching Clarence House type sofa and love seat. The sofa is \$800. I then returned home. I chatted with a neighbor. I picked up the mail. CIO

08/04/16 Thursday 9:50 A.M. I will now go out early to my 11:15 A.M. appointment. CIO

08/04/16 Thursday 9:05 A.M. I washed the breakfast dishes. I chatted with a friend. I will now make my bed. I will then shower and clean up. CIO

08/04/16 Thursday 7:55 A.M. I chatted with a friend. I woke up at 7:30 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/03/16 Wednesday 8:40 P.M. I ate 12 ounces of Dannon Vanilla yogurt. I will now shut down the primary work computer, and I will go to bed. CIO

08/03/16 Wednesday 8:30 P.M. I chatted with a relative. CIO

08/03/16 Wednesday 8:15 P.M. I put away the clean laundry. I have a 11:15 A.M. appointment tomorrow and a 1:30 P.M. appointment on Friday. CIO

08/03/16 Wednesday 7:30 P.M. I chatted with a relative. CIO

08/03/16 Wednesday 7:20 P.M. [What's new in the Windows 10 Anniversary Update | The Download Blog - CNET Download.com](#)

[Windows 10 free upgrade is still available using Windows 7 and 8 product keys | ZDNet](#)

[13 Deals - Coleman® CPX® 6 Multi-Purpose LED Lantern With Neoprene Carrying Case - One for \\$20 or Two for \\$35! SHIPS FREE!](#)

Tracking is [USPS.com® - USPS Tracking®](#) on the order for <https://www.bling.com/detail/electronics/computer-accessories/cases-bags/digital2-ack900a-9-tablet-keyboard-case-purple/163291?condition=used-very-good&adpos=1o1&creative=109273120567&device=c&matchtype=&network=g&gclid=CJT86fblo84CFQsehgodZjQPjA> for \$6.39 with free shipping. CIO

08/03/16 Wednesday 6:55 P.M. I have 50 minutes to go on two dry cycles. CIO

08/03/16 Wednesday 6:30 P.M. I rested until 6 P.M.. I put clean linens on the bed. I started two loads of wash, and I have five minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

08/03/16 Wednesday 4:55 P.M. I picked up the mail. I drove a neighbor a half mile east and back for an errand. I then went to the Chase Bank at Deerfield Place. I then went to the Wells Fargo Bank, and I paid my rent to the Greenwich Housing Authority. I then went to the Stop and Shop. I bought a 59 ounce Simply Orange orange mango juice for \$3, a 5 quart box of Stop and Shop powdered milk for \$7.29, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$2.99, a 64 ounce Ocean Spray cranberry juice for \$2.79, a 64 ounce Welch's grape juice with calcium for \$3.99, two 12 ounce generic honeys for \$2.50 each, bananas for .49 a pound for .93 for \$25.99 total. I then returned home, and I put away my groceries. CIO

08/03/16 Wednesday 3:00 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, a 3.75 ounce tin of Bumble Bee sardines with the oil, one fourth of a peeled and diced sweet onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Kraft Greek Vinaigrette dressing, Ken's Light Northern Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

08/03/16 Wednesday 2:20 P.M. I chatted with a relative. I sat outside for a while. CIO

08/03/16 Wednesday 12:40 P.M. I threw out the garbage. I sat outside for a while. The new sliding front inner door is still malfunctioning after they fixed it two days ago. CIO

08/03/16 Wednesday 12:55 P.M. I am charging up the Polaroid Digital camera. I will now make my bed. I will then shower and clean up. CIO

08/03/16 Wednesday 12:05 P.M. The order with tracking number of "1Z0A5V360327947951" at www.ups.com on the order for http://www.ebay.com/itm/like/282064730152?lpid=82&chn=ps&ul_noapp=true for \$4.99 with free shipping and .32 tax for \$5.31 total arrived. CIO

08/03/16 Wednesday 11:55 A.M. I rested some more until 11:50 A.M.. I washed the breakfast dishes. CIO

08/03/16 Wednesday 9:15 A.M. I woke up at 9 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

08/02/16 Tuesday 9:05 P.M. I watched episodes 3 and 4 of "They Mystery Files". I will now shut down the primary work computer, and I will go to bed. CIO

08/02/16 Tuesday 8:05 P.M.

<https://agu.confex.com/agu/fm16/preliminaryview.cgi/Session14114>

[http://view.klm-](http://view.klm-mail.com/?qs=6cc861bfed643302f1a754f6c0caeea771d1dac07c08a45a3b226a6c204022d43069f8b48a2bb6eed149a4c265684feb92faa62fef36899c6a6c48863c2cdabc054420f55ac3afaa)

[mail.com/?qs=6cc861bfed643302f1a754f6c0caeea771d1dac07c08a45a3b226a6c204022d43069f8b48a2bb6eed149a4c265684feb92faa62fef36899c6a6c48863c2cdabc054420f55ac3afaa](http://view.klm-mail.com/?qs=6cc861bfed643302f1a754f6c0caeea771d1dac07c08a45a3b226a6c204022d43069f8b48a2bb6eed149a4c265684feb92faa62fef36899c6a6c48863c2cdabc054420f55ac3afaa)

CIO

08/02/16 Tuesday 7:50 P.M. Another Michael Scott

"[https://en.wikipedia.org/wiki/Michael Scott \(author\)](https://en.wikipedia.org/wiki/Michael_Scott_(author))" and

<http://www.michaelscottweb.com/> . I ate the last three pieces of fried chicken that I reheated with the remaining deli potato salad and a 12 ounce glass of diet Fresca. I threw out the garbage, and I sat outside briefly. I chatted with a relative. CIO

08/02/16 Tuesday 6:55 P.M. For the Digital 2 tablet, I bought

<https://www.bling.com/detail/electronics/computer-accessories/cases-bags/digital2-ack900a-9-tablet-keyboard-case-purple/163291?condition=used-very-good&adpos=1o1&creative=109273120567&device=c&matchtype=&network=g&gclid=CJT86fblo84CFQsehgodZjQPjA> for \$6.39 with free shipping. CIO

08/02/16 Tuesday 5:45 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 chatted with the Apple store. I toured CVS. They are going to start rebuilding the CVS store on Greenwich Avenue in September 2016. The store will remain open during construction. I returned home, and I chatted with a neighbor. CIO

08/02/16 Tuesday 2:40 P.M. The Acme grocery store in the front of their store has 12 packs of 16.9 ounce plastic bottles of www.perrier.com for \$20.

\$85 refurbished cheap laptop

[http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage SS- -P4 34-265-921- -08022016&Index=4](http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P4_34-265-921--08022016&Index=4)

I will now make my bed. I will then shower and clean up. I will then go downtown for a walk. CIO

08/02/16 Tuesday 2:15 P.M. I threw out the garbage. The order with tracking number of "1Z8759FW0390146340" at www.ups.com on the order for in black with coupon code "CLEAROUT" for \$24.99 with free shipping <http://bensbargains.com/bargain/high-sierra-aggro-daypack-25-at-high-sierra-150335/> arrived. I sat outside briefly. CIO

08/02/16 Tuesday 1:40 P.M. I went back to bed until 12:30 P.M.. I ate a large bowl of steamed asparagus, Brussels sprouts, and baby carrots with Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil on the vegetables with a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

08/02/16 Tuesday 8:05 A.M. I woke up during the night, and I ate four chocolate chip cookies. I finally 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 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

08/01/16 Monday 9:00 P.M. I watched episodes 1 and 2 of "Mystery Files". I will now shut down the primary work computer, and I will go to bed. CIO

08/01/16 Monday 8:00 P.M. I ate five of the pieces of fried chicken with potato salad and a 12 ounce glass of diet Fresca. I chatted with a relative. I threw out the garbage. CIO

08/01/16 Monday 7:20 P.M. I went downtown, and I sat outside for a while. I started to get overcast, so I did not walk, and I drove up to CVS. I bought a 64 ounce concentrated Total bleach for \$2.57, and seven 3.75 ounce Bumble Bee sardines for \$1 each and .16 tax for \$9.73 total. I then drove down by the waterfront, and I drove around Grass Island. They have more swans on the waterfront than I have seen in the past. I guess the Mexicans are not eating them anymore. I then went by the Acme grocery store, and I bought an eight piece bag of fried chicken for \$4.99 with a free liter of www.coke.com . a six pack of Sandwich Brother angus cheeseburgers for \$5, asparagus for \$1.48 a pound for \$1.45 and .32 tax for \$11.81 total. I then returned home, and I picked up the mail. I got a post card from <http://www.houlihanlawrence.com/communities/greenwich/> with a condo for \$399,000. CIO

08/01/16 Monday 4:50 P.M. I sat outside for a while. I will now go downtown. CIO

08/01/16 Monday 4:20 P.M. <http://www.greenwichtime.com/local/article/Christ-Church-selling-off-old-chapel-pews-8994800.php> . CIO

08/01/16 Monday 4:10 P.M. I rested a while. I made my bed. I showered, and I cleaned up. I threw out the garbage. I sat outside for a while. CIO

08/01/16 Monday 2:20 P.M. Tracking is https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9400110200830246957393 on the order for two for \$11.50 each <http://www.ebay.com/itm/SanDisk-32GB-Ultra-Micro-SD-HC-Class-10-Memory-Card-for-Samsung-Galaxy-Tab-3-S4-/251374188919?hash=item3a8711b977:g:eqIAAOSwhAZWBdwh> for \$23 total with free shipping. CIO

08/01/16 Monday 2:00 P.M. I mailed the Microsoft Money report in the mail room downstairs. I threw out the garbage. CIO

08/01/16 Monday 1:25 P.M. I took a tenth of a head of iceberg lettuce, and I ripped it up into small pieces that I put on a dinner plate along with a couple of handfuls of baby spinach. I added one half of a peeled and sliced cucumber, ten pitted extra large black olives, ten cherry tomatoes, three small scoops of deli potato salad, a 4 ounce tin of Bumble chicken rinsed and drained and flaked, one fourth of a peeled and diced sweet onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, Kraft Greek Vinaigrette dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

08/01/16 Monday 12:45 P.M. I watched "Winter in Wartime" in Dutch with English subtitles. CIO

08/01/16 Monday 10:30 A.M. I went back to bed until 10:15 A.M..

08/01/16 Monday 8:00 A.M. <http://www.earthtv.com/> and <http://www.nhc.noaa.gov/> . CIO

08/01/16 Monday 7:45 A.M. I went back to bed until 7:30 A.M.. I will now wash the breakfast dishes. CIO

08/01/16 Monday 4:50 A.M. I woke up twice, and I ate four chocolate chip cookies each time. 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 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

09/30/16 Friday 11:20 P.M. <http://www.bbc.com/news/uk-37523403>

<http://www.mirror.co.uk/news/uk-news/canada-royal-tour-2016-live-8951147> . CIO

09/30/16 Friday 11:10 P.M. Hail and Farewell

<http://www.greenwichtime.com/local/article/Joseph-Verner-Reed-Jr-advisor-to-world-leaders-9517105.php> . CIO

09/30/16 Friday 10:40 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into 8 wedges, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale and a 12 ounce cup of hazelnut coffee with Equal sweetener and milk. I mailed the Microsoft Money letter in the mail room downstairs. I took the new Roku device for older televisions, and I hooked it up to the front video ports on the big screen Sony TV in the bedroom. The yellow connector for the video is loose, and I held it in the down position with a small wire connected the Rubbermaid hamper to make the connection, which works for now. Possibly it might be more secure, if I found something to wedge it down in a permanent position. I have activated it, and I am now installing the Roku channels. I put a power strip at that location to turn on and off the Roku device. Also the Sony TV front inputs are Video 2. CIO

09/30/16 Friday 9:00 P.M. I threw out the garbage. I went to the Acme grocery store. I bought two 16 ounce UTZ sourdough Special extra dark pretzels for \$2.50 each and asparagus for \$1.99 a pound for \$1.85 for \$6.85 total. I went downtown. I chatted with a relative. I chatted with a local. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. There is a sign on the Greenwich Train station door saying as of September 10, 2016, the ticket window would no longer be opened, and one has to buy their tickets from the Metro North Machine on the platform. I chatted with the Apple store at closing. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with someone from India. I chatted with a Starbucks regular. I then went to the Stop and Shop. I bought a 12 ounce Atkins beef merlot dinner for \$3, two Perdue 9 ounce white chicken breast meat cooked strips for \$3 each, and two baking potatoes for .99 a pound for \$1.64 for \$14.33 total. I then returned home. I picked up the mail. I put away my groceries. I printed out two copies of the Microsoft Sunset Income versus Spending report for September 2016, and I am using a 49 cent forever stamp to mail one copy to an interested relative. CIO

09/30/16 Friday 5:45 P.M. I woke up at 5:30 P.M.. I could almost afford to buy this for \$140 <http://www.ebay.com/itm/Apple-iPad-2-64GB-Wi-Fi-3G-AT-T-9-7in-Black-MC775LL-A-/121469347657?hash=item1c48232749> from

http://stores.ebay.com/TekReplay?_trksid=p2047675.l2563 , but I think I will hold off for now. I will now make my bed. I will then shower and clean up and go out. CIO

09/30/16 Friday 4:05 P.M. I ate a 9.9 ounce Healthy Choice chicken penta meal with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

09/30/16 Friday 3:45 P.M. I chatted with two friends and a relative. My knees have been bothering me recently. CIO

09/30/16 Friday 3:00 P.M. I finally figured out my H2O wireless is in my older Apple phone. Since I let it expire, I lost my extra funds on the account, but the \$10 is good for 90 days. CIO

09/30/16 Friday 3:00 P.M. I rested until 2:30 P.M.. I chatted with a friend. I can not find my older backup Nokia GoPhone with the H2O wireless sim card. CIO

09/30/16 Friday 1:05 P.M. I chatted with a relative. CIO

09/30/16 Friday 12:45 P.M. I opened an Ezpass account with the initial charge of \$20. I also recharged my H2O wireless account with \$10 good for 90 days. CIO

09/30/16 Friday 12:25 P.M. Connecticut does not have Ezpass, but Massachusetts does [https://www.ezpassma.com/\(S\(heghr30juy1nkor2ao5gbjnd\)\)/signup.aspx](https://www.ezpassma.com/(S(heghr30juy1nkor2ao5gbjnd))/signup.aspx) . CIO

09/30/16 Friday 12:15 P.M. <http://www.nhc.noaa.gov/> . CIO

09/30/16 Friday 11:35 A.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

09/30/16 Friday 2:55 A.M. I rested until midnight. I watched episodes 2 and 3 of "And Then There Were None". I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 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, and I will go to bed. CIO

09/29/16 Thursday 10:45 P.M. I watched episode 1 of "And Then There Were None". I ate a few almonds. CIO

09/29/16 Thursday 9:25 P.M. <http://www.telegraph.co.uk/news/2016/09/29/princess-charlotte-runs-to-hug-balloons-and-screams-dada-on-firs/> . CIO

09/29/16 Thursday 9:20 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into 8 wedges, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

09/29/16 Thursday 8:10 P.M. I went out, and I threw out the garbage. I went downtown to Greenwich Avenue. 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 walked upper Greenwich Avenue first. I stopped by CVS. I got my annual flu shot, and I also got my second follow up pneumonia shot from my shot last year. I bought two 10 ounce A1 steak sauce for \$2.50 each, two 16 ounce Kraft Zesty Italian dressing for \$2.50 each, and a 12 ounce bag of Starbuck Veranda coffee for \$5.99 for \$15.99 total. I chatted with a relative on my wireless telephone. I then finished walking upper Greenwich Avenue. It looks pretty much the same. They are working on doing the south side of the Senior and the Arts Center on some new renovation project. I chatted with a Starbucks regular and a local French resident. I walked lower Greenwich Avenue and the train station area. I stopped by the www.apple.com store. They were out in full force in their dark purple blue polo shirts. The new <https://www.tesla.com/showroom> is opened just south of the Restoration Hardware store. I chatted with them in the showroom. I then finished my walk. I went to the Stop and Shop. I bought a 6 ounce bag of baby spinach for \$2.99, a dozen large Eggland eggs expire October 28, 2016 for \$2.49, two 10 ounce Healthy Choice meals for \$2.50 each, a 6 ounce can of Stop and Shop large pitted black olives for \$1.35 for \$11.83 total. I then bought a 16 ounce box of pumpkin and pancake and waffle mix for \$2.99. I then returned home to Chez Mike's, and I picked up the mail, and I put away my groceries. CIO

09/29/16 Thursday 3:15 P.M. I am going to throw out the four ounce package of smoked salmon that I bought last spring. CIO

09/29/16 Thursday 3:10 P.M. I rested until 2:45 P.M.. I ate a 10.3 ounce Healthy Choice spicy chicken dinner with a 12 ounce glass of diet Fresca. I will now make my bed. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

09/29/16 Thursday 12:25 P.M. I woke up at noon. I had to resubscribe to <http://www.lsoft.com/scripts/wl.exe?SL1=VOLCANO&H=LISTS.ASU.EDU>

<https://www.volcanodiscovery.com/news.html> CIO

09/29/16 Thursday 10:25 A.M. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I washed the breakfast dishes. CIO

09/29/16 Thursday 9:35 A.M. I chatted with a friend and a relative. CIO

09/29/16 Thursday 8:55 A.M. I went to bed at midnight, and I woke up at 8 A.M..
<http://www.dailymail.co.uk/news/article-3812091/Duke-Duchess-Cambridge-early-start-packed-day-beautiful-Canadian-gold-rush-town-Whitehorse.html>

<https://en.wikipedia.org/wiki/Michaelmas> . CIO

09/28/16 Wednesday 10:35 P.M. I rested until 8 P.M.. I ate some almonds. I cleaned the bottom refrigerator shelf, and I threw out some old containers. I went out. I went by the Chase Bank ATM at Deerfield Place, and I deposited my \$10 rebate. I went by the Greenwich Library, and I chatted with the reference librarian. I then went by CVS. I picked up two prescriptions. I bought a 12 ounce Gold Emblem hazelnut ground coffee for \$5.99. I went further downtown. I chatted with a Starbucks regular. I used the bathroom there. I then went to the Stop and Shop. I bought two Cabot's 8 ounce Seriously sharp Vermont cheddar cheese for \$2.50 each, a Healthy Choice 9.5 ounce Beef Merlot dinner for \$2.50, a 5 quart box of Stop and Shop powdered milk for \$7.29, a 16 ounce Ken's Lite Northern Italian dressing for \$2.59, two 5 ounce Stop and Shop garlic and cheese croutons for \$1.29, a roast beef sandwich for \$3.99, a Dole pineapple for \$2.99, a 6 ounce baby spinach for \$2.99, four vine tomatoes for \$2.49 a pound for \$2.96, a sweet Vidalia onion for \$1.49 a pound for .82, bananas for .49 a pound for \$1.14, two cucumbers for .69 each for \$1.38 less .85 can return for \$35.38 total. I then returned home, and I put away my groceries. I chatted with a friend. I will now put some Hellmann's olive oil mayonnaise and horseradish on the roast beef sandwich and two slices of white cheese and eat it with a 12 ounce glass of diet Fresca. CIO

09/28/16 Wednesday 6:15 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

09/28/16 Wednesday 5:50 P.M. I ate a 9.9 ounce Healthy Choice chicken pesto dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

09/28/16 Wednesday 5:35 P.M. I chatted with a relative. CIO

09/28/16 Wednesday 5:15 P.M. I made two insurance payments for October and November 2016 for the first two payments of my four payment policy for the next six months on my www.geico.com automobile insurance policy. CIO

09/28/16 Wednesday 5:05 P.M. I put the mail tray in the mail room. I threw out the garbage. I chatted with a neighbor. CIO

09/28/16 Wednesday 4:50 P.M. After the last notes last night, I packed and loaded up the car. I watched www.foxnews.com . At 6:30 P.M. I went to dinner at <http://www.pier77restaurant.com/> with relatives. I ate onion rings, fish and chips for \$19 and a glass of iced tea with Splenda sweetener. I returned back to my relatives' house, and I went to bed at 8 P.M.. I woke up at 6 A.M.. I brought in the www.nytimes.com . I ate

breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of orange juice, and a cup of decaffeinated coffee with Splenda sweetener and half and half. I also had my vitamins and supplements. I stripped my bed started a washer with the linens. I showered, and I cleaned up. I finished packing. I made a turkey and cheese sandwich on flat bread with mayonnaise to take with me. I said goodbye to my relatives, and I left at 7:15 A.M.. I drove out of Kennebunkport to Wells, and I got on the Maine turnpike south. I paid a \$3 Maine turnpike toll and a \$2 New Hampshire turnpike toll. The Massachusetts welcome area was closed. I got on I-495 West. I used the bathroom at the Lawrence parking area. I used the bathroom at the Lowell rest area. I got on I-290 West to the Massachusetts turnpike. I used the bathroom at the Charlton rest area. I chatted with a relative on my wireless telephone. I bought \$12.07 of self service premium gasoline for \$2.639 a gallon for 4.572 gallons at odometer reading of 114054 miles for 132.5 miles driven since the previous fill up for 28.981 miles per gallon in highway traffic. I paid a 50 cent toll. Starting October 30, 2016, one can not pay cash on the Massachusetts turnpike, and one has to use Ezpass or be billed a higher rate to one's license tag. I got on I-84 West. I used the bathroom at the Connecticut welcome center. I got on I-91 South. I got on the Wilbur Cross Parkway I-15 West leading to the Merritt Parkway. I used the bathroom at the North Haven rest area. I used the bathroom at the Fairfield rest area. I got back to downtown Greenwich at 12:55 P.M. arriving for a stop at the Chase Bank at Deerfield Place. I then stopped at the Putnam Shell at 401 West Putnam Avenue, and I bought \$15.02 of self service V-Power premium gasoline for \$3.339 a gallon for 4.449 gallons at odometer reading of 114185 miles for 131 miles driving since the previous fill up for 29.445 miles per gallon in highway traffic. I then picked up my mail at the Valley Road Post Office. I unpacked the car. I turned on the air conditioners and fans and hot water and toilet water. I chatted with a friend. I ate the turkey and cheese sandwich with two 12 ounce glass of diet Fresca. I put two new 9 volt batteries in the living room smoke detectors. I unpacked my luggage. I setup the Dell Latitude E6410 laptop back at the apartment entrance, so it is now working in the apartment again. I chatted with a friend again. I sorted through my mail. My EBT food stamps are being lowered from \$169 to \$167. I got my \$10 rebate on the Digital tablet. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=845390183541229&type=0> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16815328019&ignorebbr=1> for \$24.95 with free shipping arrived. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100018931839&type=4> on the order for five license copy with coupon code "EMCENFH57" for \$19.99 with free shipping http://www.newegg.com/Product/Product.aspx?Item=N82E16832031518&nm_mc=TEMC-RMA-Approvel&cm_mmc=TEMC-RMA-Approvel-Content-text- arrived. CIO

09/28/16 Wednesday 4:00 P.M. I got back home in Greenwich, Connecticut at 1 P.M. today. CIO

09/27/16 Tuesday 2:35 P.M. I helped a relative remove the flowers and masonry blocks from the rear deck, and we put them in the front yard to the north side of the garage along with the two old dark green Adirondack chairs to be taken by the painter. For lunch I ate

a hot dog with cheese on bun with sautéed onion and a turkey and cheese sandwich on flat bread with mayonnaise and a glass of cold filtered ice water. I will now pack my belongings, so the Dell laptop computer will not be available, and I will not post notes until after I am back home in Greenwich, Connecticut tomorrow. CIO

09/27/16 Tuesday 1:50 P.M. I chatted with a relative. I went out with a relative, and we went by the Kennebunkport post office. We then went to the Wells, Maine Amtrak station, and we picked up another relative and returned to the family house. CIO

09/27/16 Tuesday 11:05 A.M. \$89 http://acerrecertified.com/Acer-Cloudbook-14-2-GB-Ram-32-GB-Flash-Memory-Intel-Celeron-N3050-1.60-GHz-HD-Windows-10-Home-AO1-431-C8G8-Scratch-and-Dent?utm_source=Copy+of+September+mark+downs&utm_campaign=September+Scratch+Dent&utm_medium=email CIO

09/27/16 Tuesday 10:40 A.M. I will be leaving tomorrow morning Wednesday September 28, 2016 and heading back to Greenwich, Connecticut probably returning in the mid afternoon. It usually takes about six hours with seven pit stops. CIO

09/27/16 Tuesday 10:05 A.M. I woke up at 7 A.M.. I brought in the www.nytimes.com . I went back to bed until 9:15 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of coffee with Splenda sweetener and half and half. I also had my vitamins and supplements. I made my bed. I will now shower and clean up. I brought in the garbage can and the recycle bin from the street back to the garage. CIO

09/26/16 Monday 7:50 P.M. I watched the ABC local and national news. I chatted with a relative who got a lot of rain today. I ate blue cheese and crackers. For dinner, I ate two chicken tenders, two sliced tomatoes with sliced avocado and sliced mozzarella cheese with ginger dressing and chicken salad and a glass of cold filtered ice water. I cleaned up the kitchen. I will now watch television a bit before going to bed. I will not be watching the Presidential Election debate which is on too late for me. CIO

09/26/16 Monday 5:50 P.M. I rested until 3:30 P.M.. Northeast Energy came to check the heat in the front bedroom. Apparently somebody had turned off the hot water valve for the front bedroom in the basement. I went out with a relative, and we stopped by two neighbors. We then drove along the east Kennebunk beach and we parked halfway along the east beach to enjoy the view on a 62 degrees Fahrenheit afternoon at low tide. We then drove along the Kennebunkport waterfront and back to my relatives' house.

<http://www.foxnews.com/sports/2016/09/26/arnold-palmer-one-greatest-golfers-all-time-dies-at-87.html>

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=845390183541229&type=0> on the order for

<http://www.newegg.com/Product/Product.aspx?Item=N82E16815328019&ignorebbbr=1> for \$24.95 with free shipping.

Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=61299995671935532769&cntry_code=us on the order for \$12.99 http://www.kohls.com/product/prd-2460196/the-big-one-essential-mattress-pad.jsp?src=Dr*WCdER2Xg&utm_campaign=297133&utm_medium=affiliate&utm_source=Dr*WCdER2Xg&utm_content=80795&utm_term=2&siteID=Dr.WCdER2Xg-awFcFlmNWyO12X5aqNoN7g in full size and \$1.99 off with "SEPTFALL15" coupon code and \$1.27 tax and \$8.95 shipping for \$21.26 total.

<http://www.telegraph.co.uk/news/2016/09/26/heavy-rain-and-high-winds-knock-william-and-kates-planned-trip-t/> CIO

09/26/16 Monday 1:15 P.M. I went out, and I went by the Kennebunkport post office. I then went by the Big Apple Citgo gasoline station, and I bought \$11.50 of self service premium gasoline for \$2.779 a gallon for 4.138 gallons at odometer reading of 113921 miles for 66 miles driven September 9, 2016 in mostly local traffic for 15.95 miles per gallon in local traffic. I returned back to the family house. I started the front yard sprinkler. For lunch, I ate two fried hotdogs on buns with sautéed onions and honey mustard, and kettle potato chips and a glass of cold filtered water. I then packaged up a box. I went downtown to the Kennebunkport post office to mail it. I returned back to the family house. I took the color laundry out of the drier and put it away. CIO

09/26/16 Monday 10:50 A.M. I chatted with a friend. I started a wash load of colored clothing. I will now go through <http://scott-mike.com/bf.htm> . CIO

09/26/16 Monday 10:25 A.M.

"[https://en.wikipedia.org/wiki/Wealthiest_Americans_\(1957\)](https://en.wikipedia.org/wiki/Wealthiest_Americans_(1957))" . I woke up at 7 A.M.. I brought in the www.nytimes.com . There is an article on the front page about fat people that my relative wants me to read. I also put the garbage and the recycle material out by the street for pickup tomorrow. There was a plastic Toyota hub cap out by the street that I propped up by the neighbor's mail box. I went back to bed until 9:30 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of coffee with Splenda sweetener and half and half. I also had my vitamins and supplements. I made my bed. I will now shower and clean up.

<http://www.bbc.com/news/in-pictures-37465978> CIO

09/25/16 Sunday 9:00 P.M. I watched CBS "60 Minutes". I will now go to bed. There is supposed to be a low of 42 degrees Fahrenheit tonight.

<http://www.telegraph.co.uk/news/2016/09/25/princess-charlotte-makes-royal-tour-debut-as-duke-and-duchess-of/> CIO

09/25/16 Sunday 8:00 P.M. I watched the local and the national ABC evening news. I ate blue cheese and crackers. For dinner, I ate a bowl of seafood chowder, two stuffed scallop shells, three chicken tenders, a ear of sweet corn with butter, and a glass of cold filtered water. I cleaned up the kitchen. I will go to bed soon after watching a bit of television. CIO

09/25/16 Sunday 5:50 P.M. For Roku backup on older TVs, I bought <http://www.newegg.com/Product/Product.aspx?Item=N82E16815328019&ignorebbbr=1> for \$24.95 with free shipping. CIO

09/25/16 Sunday 4:50 P.M. I woke up at 4:40 P.M.. The clothes are dry. CIO

09/25/16 Sunday 3:40 P.M. We went out, and we drove up Kennebunk, and went to CVS. We then went to the Irvine gasoline station and filled up the family car. We then went to Hannaford's' and we got a few items. We then drove down Sea Road back to the Kennebunk beach driving from west to east and parked briefly midway at the east beach at low tide. We then returned to the family house, and put away our purchases. I will now take a nap. CIO

09/25/16 Sunday 12:55 P.M. For lunch I ate a bacon, turkey, provolone cheese, lettuce and tomato sandwich on flat bread with mayonnaise and some Chinese potato chips and a glass of cold filtered ice water. I chatted with a friend. They New York Times says the richest people live in Wyoming to avoid taxes. CIO

09/25/16 Sunday 11:50 A.M. I watered the bushes, plants, and flowers in the front yard and the rear yard and on the rear deck. There is huge amount oak tree acorns in the northwest corner of the back yard between the flower box and the steps. That is supposed to mean a cold winter coming. I turned on the front yard sprinkler to water the new grass and the new fruit tree. I moved the rest of the porch furniture from the rear deck and stacked it up in the garage. I moved the five plastic Adirondack chairs from the back yard into the basement. I will now shower and clean up. CIO

09/25/16 Sunday 10:15 A.M. I woke up at 8 A.M.. I brought in the Sunday www.nytimes.com . I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of coffee with Splenda sweetener and half and half. I also had my vitamins and supplements. I went back to bed until 9:45 A.M.. I made my bed. I will now water the plants.

The Royals in Canada http://www.bbc.com/news/video_and_audio/headlines/37460766 . CIO

09/24/16 Saturday 8:45 P.M. I ate blue cheese and crackers while watching www.foxnews.com . For dinner, I ate three stuffed scallop shells with a Caesar salad and a glass of cold filtered water. I chatted with a relative. I cleaned up the kitchen. I watched "Royal Wives at War" and "As Time Goes By". I will now go to bed. CIO

09/24/16 Saturday 6:25 P.M. <http://www.ctvnews.ca/world/royals/the-duke-and-duchess-of-cambridge-receive-a-royal-welcome-to-canada-on-social-media-1.3087092> . CIO

09/24/16 Saturday 6:25 P.M. I woke up at 4:30 P.M.. I put away the clean laundry. I ate some CVS buttered popcorn. I went for a drive along the east Kennebunk beach. We parked for a while at the west end of the east beach. We then drove along the Kennebunkport waterfront and back to my relatives' house. Downtown was quite busy, but not the clam shack. The Colony Hotel looks filled up as do a number of other establishments in the area. Tomorrow is suppose to be like today again. CIO

09/24/16 Saturday 3:45 P.M. I went through <http://scott-mike.com/bf.htm> . I started a load of laundry. I finished watering the front lawn. I went out with a relative, and we drove the entire length and back of the Kennebunk beach. It was full of people at low tide. We saw two weddings going on. We parked at the west end of the east beach which has a nice view looking to the east particularly in the late afternoon, when the sun is in the western sky. We then drove along the Kennebunkport waterfront as far as Cape Porpoise. We saw two more weddings going on. The Ramp and Pier 77 were busy with all of the parking taken down at Cape Porpoise. We stopped by <http://www.kitchenchickscatering.com/> and bought a pint of chicken salad for \$9.49. We then returned back along the Kennebunkport waterfront to the family house. For lunch I ate a bacon, turkey, provolone cheese, lettuce and tomato sandwich on flat bread with mayonnaise and some salt and vinegar potato chips and a glass of cold filtered ice water. I will now take a nap. CIO

09/24/16 Saturday 12:30 P.M. I went downtown to the Kennebunkport post office and back.

I ordered for \$12.99 http://www.kohls.com/product/prd-2460196/the-big-one-essential-mattress-pad.jsp?src=Dr*WCdER2Xg&utm_campaign=297133&utm_medium=affiliate&utm_source=Dr*WCdER2Xg&utm_content=80795&utm_term=2&siteID=Dr.WCdER2Xg-awFcFlmNWyO12X5aqNoN7g in full size and \$1.99 off with "SEPTFALL15" coupon code and \$1.27 tax and \$8.95 shipping for \$21.26 total. CIO

09/24/16 Saturday 11:15 A.M. At the entrance to Hannaford's in Kennebunk, they have six packs of their own English muffins for 89 cents. CIO

09/24/16 Saturday 11:00 A.M. I woke up at 8 A.M., and I brought in the www.nytimes.com . I finally woke up at 10 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of coffee with Splenda sweetener and half and half. I also had my vitamins and supplements. I clean the air conditioner filter in the master bedroom, and I removed the air conditioner from the Master Bedroom window. I will now shower and clean up. CIO

09/23/16 Friday 8:00 P.M. I watched the national and local ABC news. I ate dip and pretzels. For dinner, I ate five chicken tenders, half a Hannaford's chicken penne dinner and an ear of sweet corn with butter and a glass of cold filtered water. I chatted with two friends and a relative. I will now go to bed. CIO

09/23/16 Friday 6:00 P.M. <http://www.cbc.ca/news/canada/duke-duchess-cambridge-royal-visit-british-columbia-yukon-1.3773869>

THE FOLLOWING IS AN URGENT MESSAGE FROM GREENWICH FIRST SELECTMAN PETER TESEI:

THE GREENWICH BOARD OF SELECTMAN HAS IMPOSED A MANDATORY OUTDOOR WATER USE BAN EFFECTIVE IMMEDIATELY. THIS BAN RESTRICTS ALL OUTDOOR USES OF WATER BY RESIDENTS WHETHER THEY HAVE PRIVATE WELLS OR ARE CUSTOMERS OF AQUARION WATER COMPANY. THERE IS A BAN ON OUTDOOR WATERING AND USE OF IRRIGATION SYSTEMS FOR LAWNS AND GARDENS. THE WASHING OF MOTOR VEHICLES, THE FLUSHING OF DRIVEWAYS, SIDEWALKS AND DECKS ARE ALSO PROHIBITED.

THIS BAN ALSO PROHIBITS CREATION OF NEW WATER DIVERSIONS OR HOOKUPS FOR OUTDOOR IRRIGATION.

THE GREENWICH POLICE DEPARTMENT IS ENFORCING THIS BAN AND WILL ISSUE SUMMONSES TO THOSE WHO DO NOT COMPLY. THE FINE IS \$91 FOR EACH OFFENSE.

THIS BAN SHALL REMAIN IN EFFECT UNTIL OUR WATER SUPPLIES HAVE BEEN REPLENISHED AND THE BOARD OF SELECTMEN APPROVES THE LIFTING OF THIS MANDATORY PROHIBITION.

THANK YOU FOR YOUR COOPERATION DURING THIS EFFORT.

CIO

09/23/16 Friday 5:35 P.M. I woke up at 5:15 P.M.. I ate a bowl pretzels. CIO

09/23/16 Friday 3:25 P.M. For lunch, I ate two fried hotdog on buns with fried onions and honey mustard and Chinese potato chips and a glass of cold filtered ice water. I will now take a nap. CIO

09/23/16 Friday 2:55 P.M. I went out with a relative. We got a big shipping box for \$2.79 at the Kennebunkport post office. I then dropped the relative off at an appointment in Kennebunk. I then went to CVS, and I bought a 7 ounce Blade sensitive skin shave gel for \$3.16 with tax. I got \$3 in bonus bucks, so I got a second one for free. I then went to Hannaford's and I bought some items. I then waited for the relative. While waiting for the

relative, I chatted with two friends. We then returned back home to Kennebunkport, and it is now raining a bit. CIO

09/23/16 Friday 11:20 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

09/23/16 Friday 10:20 A.M. Greenwich out of water
<http://www.greenwichtime.com/local/article/Drought-prompts-Greenwich-watering-ban-91-fine-9240425.php> CIO

09/23/16 Friday 10:10 A.M. I went to bed at 8 P.M. after watching Rick Steves Milan on PBS. I woke up at 7 A.M., and I brought in the www.nytimes.com . I went back to bed until 9 A.M.. It is a rainy day, so I don't have to water the plants. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of coffee with Splenda sweetener and half and half. I also had my vitamins and supplements. I will now shower and clean up. CIO

09/22/16 Thursday 7:40 P.M. I watched the local and the national ABC evening news. I ate blue cheese and crackers. For dinner, I ate a Hannaford's steak tid bits dinner with a ear of sweet corn with butter and a glass of cold filtered water. CIO

09/22/16 Thursday 6:10 P.M. I woke up at 4:30 P.M.. I chatted with a visiting relative. I went for a drive with a relative along the east Kennebunk beach. They were still working on the water main repairs towards Mother's Beach. We parked at the west end of the east beach and enjoyed watching the dog walkers at high tide. We then drove around the Kennebunk waterfront and back home. CIO

09/22/16 Thursday 2:25 P.M. I went with a relative to the Kennebunkport post office. We saw about eight senior citizen cruise ship tour buses in town, so it is very busy here. We then drove along the east Kennebunk beach. I sat out for about a half hour at the west end. It was 81 degrees Fahrenheit and low tide and calm water. About half the free beach parking places were taken. We then drove along the Kennebunkport waterfront and returned home. I will now take a nap. CIO

09/22/16 Thursday 12:50 P.M. I put away the clean laundry. For lunch, I ate the reheated vermicelli and tomato meat sauce with grated parmesan and Romano cheese and a glass of cold filtered water. I am watering the front lawn a bit more.

<http://www.greenwichtime.com/news/world/article/4-white-lions-3-white-tigers-born-in-zoo-in-9238927.php> CIO

09/22/16 Thursday 11:40 A.M. <http://www.ebay.com/itm/Invicta-6983-Scuba-Diver-Chronograph-Watch/351557081796?rmvSB=true>

\$19.99 after \$10 mail in rebate

<http://www.newegg.com/Product/Product.aspx?Item=N82E16834650018&ignorebbr=1>

CIO

09/22/16 Thursday 11:20 A.M. The shade people are gone. I watched the rest of Netflix, "London has Fallen". I am on the dry cycle of a load of wash. CIO

09/22/16 Thursday 10:25 A.M. I chatted with a friend and a relative. The curtain people are here adjusting the dining room shade and installing a kitchen shade. CIO

09/22/16 Thursday 9:30 A.M. I rested some more until 9:15 A.M.. I will now get in the shower and clean up. CIO

09/22/16 Thursday 6:25 A.M. I woke up, and I ate some parmesan Goldfish crackers. I finally woke up at 6 A.M.. I brought in the www.nytimes.com from the street. The new newspaper delivery person won't deliver the newspaper down the driveway. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. CIO

09/21/16 Wednesday 8:50 P.M. I watched part of Netflix "London has Fallen". I will now go to bed. CIO

09/21/16 Wednesday 7:30 P.M. I watched the ABC local and national news. I ate dip and crackers. For dinner, I ate vermicelli and tomato meat sauce with a glass of cold filtered ice water. I cleaned up the kitchen. CIO

09/21/16 Wednesday 5:45 P.M. http://travel.aarp.org/articles-tips/articles/info-09-2014/fall-foliage-trips-photo.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-092016-TS1F-1467665&ET_CID=1467665&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHHasCar6IS/I=#slide1 CIO

09/21/16 Wednesday 5:35 P.M. I went out with a relative. We returned the recycle bottles to the Kennebunkport police station site. They are working on reconstructing the Kennebunkport police station. We then went to the Kennebunkport post office. We then went to CVS in Kennebunk. I dropped a relative off at an appointment. I went to Hannaford's to get a couple of items. I returned the old plastic bags. I then sat outside waiting for my relative fiddling with my cell phones. We then drove down Sea Road and along the Kennebunk beach from west to east parking briefly on west end of the east end. We then drove along the shore line of Kennebunkport to Cape Porpoise and back. It was not busy at the Ramp in and Pier 77 in Cape Porpoise. I chatted with the painter. The carpenter has to work on replacing the rotted wood at the base on the left of the front entrance. He will start that in two weeks. I put away my clean color clothes. CIO

09/21/16 Wednesday 12:55 P.M. <http://www.forbes.com/sites/karenhua/2016/09/20/jackie-kennedys-childhood-summer-home-just-listed-for-53-99-million/#37159bd86072> . CIO

09/21/16 Wednesday 12:40 P.M. For lunch, I ate bowl of haddock chowder and a turkey and cheese sandwich on flat bread with mayonnaise and a glass of cold filtered water. The painter told me last spring there were large stripped bass in the rear pond. There appears to be a small damn down by the bridge on the road below that keeps the water in the pond at extreme low tide. CIO

09/21/16 Wednesday 11:55 A.M. I watered the plants, new grass, new trees, bushes, and flowers in the front yard and also the rear yard. I can not do the rear deck, since the painter is painting up there. There is a large abundance of oak tree acorns in the back yard in the northwest corner, which I think means a colder winter. I am just finishing up doing the white load of wash, and I will now dry it. I will start a load of color items in the wash. At 1:30 P.M. today, I have to help the maintenance man remove the master bedroom head board which was covered with the wrong new fabric, and he will take it to get covered with the right fabric. CIO

09/21/16 Wednesday 10:25 A.M. Microwave Rice Steamer

https://www.walmart.com/ip/Asian-Origins-3-Tier-Microwave-Rice-Steamer-Black/27456733?action=product_interest&action_type=title&item_id=27456733&placement_id=irs-106-t1&strategy=PWVUB&visitor_id&category=&client_guid=f19cb57b-d244-4a69-9571-dd02fc411d5e&customer_id_enc&config_id=106&parent_item_id=24806083&parent_anchor_item_id=24806083&guid=e854caa4-1c82-465c-9349-63eaafa575ef&bucket_id=irsbucketdefault&beacon_version=1.0.1&findingMethod=p13n

I went through <http://scott-mike.com/bf.htm> . CIO

09/21/16 Wednesday 10:00 A.M. <http://www.greenwichtime.com/food/article/Recipe-for-KFC-s-fried-chicken-possibly-9180519.php> . CIO

09/21/16 Wednesday 9:55 A.M. I will start a washer load, as soon as I get more wash from a relative. I chatted with another relative. I will be leaving Kennebunkport on Wednesday morning September 28, 2016 and returning home to Greenwich, Connecticut. At the first of the month in October besides paying my usual bills, I will also have to make my first of four payments on my www.geico.com automobile insurance policy that starts October 7, 2016. I have saved a bit of money by being in Kennebunkport, but it will probably go fast once I return to normal household routine. I have a www.trump.com bumper sticker that was sent to a relative, but since I live in public housing, I probably will not be putting in my Volvo wagon, although I usually vote Republican. Granddad Scott was a down state Illinois republican, and he always said to vote Republican. CIO

09/21/16 Wednesday 9:10 A.M. I woke up at 7 A.M. I brought in the www.nytimes.com from the street. The new newspaper delivery person won't deliver the newspaper down the driveway. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my

vitamins and supplements. I rested 45 minutes more. I moved my Volvo wagon back on the family driveway. I made my bed. I will now shower and clean up. CIO

09/20/16 Tuesday 8:45 P.M. I watched the local ABC news and the National ABC news. I ate dip and crackers. For dinner, I ate a roast beef and provolone cheese sandwich on pita bread with mayonnaise and a bowl of clam chowder and a glass of cold filtered ice water. I watched the rest of "A Royal Night Out". I will now go to bed. CIO

09/20/16 Tuesday 5:20 P.M. I slept until 3:45 P.M.. I went for a drive along the Kennebunk beach and back. We parked for a while at the west end of the east beach. We then drove along the Kennebunkport waterfront and back to the family house. I watered the new grass on the front lawn for an hour. I sent some more pictures to a relative. I can not use Optimum to send outgoing email, but I can send outgoing email with Gmail. CIO

09/20/16 Tuesday 2:10 P.M. We left at 10 A.M., and we drove up I-95 to Scarborough, Maine and up U.S. 1 to the Portland Jet port where we dropped off a relative. We then went by Marshall's and we used the bathroom, and a relative bought some items. We then bought another teal chair for \$17.99 and tax <http://www.lowes.com/pd/Adams-Mfg-Corp-Teal-Resin-Stackable-Patio-Adirondack-Chair/50328011> . We then filled up the family car at www.samsclub.com and bought some items. We then returned back to Kennebunkport. We stopped by the post office, and then we returned to the family house. I put the new chair in the back yard with the others. For lunch I ate a piece of reheated pizza and a tuna sandwich with a glass of cold filtered water. I chatted with a relative, and sent him some maintenance pictures. I will now take a nap. CIO

09/20/16 Tuesday 8:45 A.M. I watched part of "A Royal Night Out", and I went to bed at 8 P.M.. I woke up at 8 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blueberries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I will now shower and clean up. CIO

09/19/16 Monday 7:35 P.M. I watched the ABC local and national news. I ate some dip and crackers. For dinner, I ate 1.5 Hannaford's sirloin tips dinners with cold slaw and a sliced tomato and a 12 ounce glass of diet Ginger Ale on ice. CIO

09/19/16 Monday 5:35 P.M.

<http://campaign.r20.constantcontact.com/render?m=1101287699505&ca=8f92b786-f2e7-4a65-a852-2f69184fe2b8>

Greenwich Land Trust Event. CIO

09/19/16 Monday 5:00 P.M. I woke up at 4 P.M.. I put the garbage can out by the street. I drove over to the Kennebunk beach, and I drove the entire length, and I parked briefly at the west end of the east beach. It is really slow out at low tide. Nobody waiting in line at the clam shack downtown. I returned to my relatives' house. CIO

09/19/16 Monday 2:00 P.M. I went out with a relative an appointment in Sacco, Maine. While waiting for the relative, I read the Portland Herald. St. Luke's raise 1.5 million dollar to restore a rose stain glass window. We then returned to Kennebunk, and we did some shopping at Hannaford's. We then went by the Kennebunkport post office and returned to my relatives' house. There is an extreme high tide going on right now. For lunch, I ate two slices of Hannaford's deli supreme pizza that I cooked at home, and I ate it all with a glass of cold filtered water. I will now take a nap. CIO

09/19/16 Monday 9:05 A.M. I woke up at 8 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I will now shower and clean up. It rained heavily last night. CIO

09/18/16 Sunday 7:55 P.M. I watched some www.foxnews.com . For dinner, I ate seven chicken tenders, two ears of sweet corn on the cob with butter, a reheated acorn squash, and a glass of cold filtered ice water. I watched the ABC evening news. I watched the PBS program "Father Brown". I will now go to bed. CIO

09/18/16 Sunday 4:50 P.M. For lunch, I ate two tuna fish sandwiches with a glass of cold filtered ice water. I went for a drive with a relative along the Kennebunk beach, and we parked for a while at the west end of the east beach at very high tide. We then drove around the Kennebunkport waterfront and returned to my relatives' house. I rested from 2 P.M. to 4:15 P.M.. I ate a bowl of pretzels. CIO

09/18/16 Sunday 12:30 P.M. New York City live web cams show mostly a lot of traffic <http://www.cnyclive.com/> . CIO

09/18/16 Sunday 11:55 A.M. There was a terrorist event last night in the Chelsea area of Manhattan on West 23rd Street near the YMCA and the Masonic temple <http://www.bbc.com/news/world-us-canada-37402130> . CIO

09/18/16 Sunday 11:10 A.M. I watched a bit of a program about Winston Churchill on PBS, and I went to bed at 8:30 P.M. I woke up at 10:15 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I will now shower and clean up. It is raining out, so I don't have to water. CIO

09/17/16 Saturday 7:35 P.M. For dinner, I ate five breaded chicken tenders, a baked half of an acorn squash the way Paula Dean does it with butter, syrup, and brown sugar and a ear of sweet corn on the cob with butter and a glass of cold filtered ice water. CIO

09/17/16 Saturday 5:45 P.M. I woke up at 5:15 P.M.. I ate a bowl of pretzels. CIO

09/17/16 Saturday 3:00 P.M. I went out for a drive along the entire length of the Kennebunk beach. I parked briefly half way on the east beach. I returned back to the family house. I folded the laundry. I put clean linens on my bed. I went out, and I drove along the Kennebunkport waterfront. I stopped by Bradbury's in Cape Porpoise, and I got a few items. I then drove down to the end in Cape Porpoise which was quite busy, and I returned back to the family house. I will now take a nap. CIO

09/17/16 Saturday 12:50 P.M. For lunch I ate a roast beef and provolone cheese sandwich on pita bread with mayonnaise and Chinese potato chips and a glass of cold filtered water. CIO

09/17/16 Saturday 12:25 P.M. I went through <http://scott-mike.com/bf.htm> . I will start the laundry dry cycle shortly. CIO

09/17/16 Saturday 11:55 A.M. I started a load of wash including my dirty linens. I then went to the Kennebunkport post office and back. It is quite busy downtown with an art show at the community center across the street from the post office. CIO

09/17/16 Saturday 11:05 A.M. I went to back to bed after the last note. I woke up at 9 A.M., and I chatted with a relative. I went back to bed until 11 A.M.. I made my bed. I will now shower and clean up. CIO

09/17/16 Saturday 7:20 A.M. I brought in the New York Times. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. CIO

09/17/16 Saturday 6:30 A.M. I woke up at 6:00 A.M.. CIO

!!!!!! 09/16/16 Friday 7:40 P.M. <http://www.foxnews.com/tech/2016/09/16/does-this-picture-show-loch-ness-monster.html> . CIO

09/16/16 Friday 7:35 P.M. I have the Nokia 900 Go Phone with Windows 10 restored, and my original telephone directory is installed again and working. For dinner, I ate tomato and meat sauce on vermicelli with a glass of cold filtered water. CIO

09/16/16 Friday 6:15 P.M. I went out with relatives to an appointment in Kennebunk. While my relatives were at the appointment, I did some shopping at Hannaford's. We then returned back home. We then went out along for a drive along the entire length of the Kennebunk beach. We parked for a while at the west end of the east beach watching the dog walkers. We then dropped a relative off in town and returned back home. For some reason on my Nokia 900 Windows 10 Go Phone the telephone directory except for my Facebook numbers disappeared. All I can figure out is to remove the sim card and the SD card, and do a system refresh to see if that imports or restores my telephone directory when I reinstall the cards and reboot. CIO

09/16/16 Friday 12:45 P.M. British Wear <http://stores.ebay.com/Campbell-Cooper-Countrywear?trksid=p2047675.l2563> . CIO

09/16/16 Friday 12:40 P.M. I sat outside watching the ducks on the pond below. For lunch I ate a bacon, lettuce, and tomato sandwich with cold slaw and a glass of cold filtered water. I sat out out back some more watching the tree rats or squirrels climb around the trees. I turned off the front sprinkler which attracted robins for the worms that came to the surface.

http://www.nytimes.com/2016/09/15/nyregion/internet-browsers-to-be-disabled-on-new-yorks-free-wi-fi-kiosks.html?_r=0

<http://www.geek.com/news/new-york-internet-kiosk-browsers-shut-down-due-to-porn-and-netflix-1671073/> CIO

09/16/16 Friday 11:45 A.M. I chatted with a friend. I showered, and I cleaned up. I went through <http://scott-mike.com/bf.htm> .

\$89.99 with free shipping

http://www.newegg.com/Product/Product.aspx?Item=N82E16824009421&utm_medium=E-mail&utm_source=IGNEFL091516&cm_mmc=EMC-IGNEFL091516_-EMC-091516-Index_-LCDLEDMonitors_-24009421-S0G with coupon code "EMCENFJ34" . CIO

09/16/16 Friday 10:20 A.M. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I started the front sprinkler on the new grass covered with straw and on the new tree. It should run about two hours until noon. CIO

09/15/16 Thursday 8:40 P.M. I chatted with a relative on the cordless telephone. I watched "Saudi Arabia Uncovered". I will now go to bed. CIO

09/15/16 Thursday 7:10 P.M. I went out to dinner at the <http://www.villagetavernwestk.com/> . I ate the beef short ribs for \$26 with tomato pasta and bread with butter and olive oil and a glass of iced tea with Splenda sweetener and lemon. We drove back along Sea Road, and along the Kennebunk beach from west to east. It is almost a large full harvest moon with extreme tides. We returned back to my relatives' house. Starting tomorrow September 16, 2016, anyone can park for free at the Kennebunk beach and use its beach. CIO

09/15/16 Thursday 3:55 P.M. I went out with a relative to the Kennebunkport post office. We then drove along and back the east Kennebunk beach. They are working on replacing the water main on the road on the west end of the Kennebunk beach. We then drove along the Kennebunkport waterfront and back to my relatives' house. I rested from 1:30 P.M. to 3:15 P.M.. I ate some pretzels. The painter discovered the wood siding on the left side of

the front door where the pachysandra was removed needs to be replaced at ground level with pressure treated wood, since it has rotted.

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100018931839&type=4> on the order for five license copy with coupon code "EMCENFH57" for \$19.99 with free shipping
http://www.newegg.com/Product/Product.aspx?Item=N82E16832031518&nm_mc=TEMC-RMA-Approval&cm_mmc=TEMC-RMA-Approval-Content-text-CIO

09/15/16 Thursday 12:35 P.M. \$150 http://www.woot.com/offers/lenovo-n22-11-6-intel-dual-core-notebook?ref=w_cnt_gw_dly_wobtn&utm_source=Rakuten_aB8BeTfRgb8&utm_medium=affiliate_1&utm_campaign=Rakuten_437846&siteID=aB8BeTfRgb8-5OMgnUkms091LV9FillilQ CIO

09/15/16 Thursday 12:20 P.M. Where the hay is on the new grass seed, one has to water the hay every day. CIO

09/15/16 Thursday 12:10 P.M. Three yard guys with heavy equipment took out the two steel beams that used to support the wooden flag pole that broke this winter. They also took out a foot wide strip of pachysandra to the left of the front door and added more dirt to the new fruit tree and they are leveling and patching some grass areas. I ate a bacon lettuce and tomato sandwich with a glass of cold filtered water. CIO

09/15/16 Thursday 11:20 A.M. I watered the plants and bushes front and rear. I can not do the rear deck plants, since the painter is painting there. I will now shower and clean up. CIO

09/15/16 Thursday 10:25 A.M. I went to bed at 8:30 P.M.. I woke up at 9:45 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. CIO

09/14/16 Wednesday 8:00 P.M. We watched the ABC local news and the ABC National News. I ate baby carrots, pretzels, crackers, and dip. For dinner I ate vermicelli with tomato meat sauce with grated parmesan and Romano cheese and a glass of cold filtered water.

<http://www.wsj.com/articles/bayer-and-monsanto-expected-to-announce-takeover-1473839357>

<http://www.bbc.com/news/world-europe-37359430>

I will go to bed shortly. CIO

09/14/16 Wednesday 5:05 P.M. I woke up at 3:15 P.M.. I ate some pretzels. I drove downtown to the Kennebunkport post office and back. I picked up a relative. We drove along the Kennebunk beach the entire length and back and parked midway on the east beach. There was hardly anyone there at a very low tide. We then drove along the Kennebunkport waterfront back to my relatives' house. It is so slow in downtown Kennebunkport, there is not even a line at the expensive clam shack. CIO

09/14/16 Wednesday 1:00 P.M. For lunch, I ate two fried hotdogs on buns with fried onions and Grey Poupon Dijon mustard and salt and vinegar potato chips and a glass of cold filtered water. I will now take a nap. CIO

09/14/16 Wednesday 11:50 A.M. I bought a five license copy with coupon code "EMCENFH57" for \$19.99 with free shipping
http://www.newegg.com/Product/Product.aspx?Item=N82E16832031518&nm_mc=TEMC-RMA-Approval&cm_mmc=TEMC-RMA-Approval_-Content_-text_- . I will use it when my current copies expire in December 2016.

\$40 <http://www.acehardware.com/product/index.jsp?productId=55353606> wooden blue Adirondack chair for store delivery only CIO

09/14/16 Wednesday 11:10 A.M. I showered, and I cleaned up. I will now go through <http://scott-mike.com/bf.htm> . Since my small 450 square foot apartment in Greenwich public housing is a bit over crowded with all of the purchases I have made over 28 years that I have been there, I tend to try to avoid new purchases. I need to down size some of my older slower computer equipment, but nobody has shown any interest. Maybe Goodwill in Port Chester will be interested, when the time comes. Alas since none of my old classmates from Greenwich Country Day or golf buddies from the Greenwich Country Club communicate with me, I tend to be out of touch with the business community. For that matter none of my old associates from New York City communicate with me. I guess at age 66, I am basically retired, so there is no point in new network opportunities. Also having been on a night schedule for a great deal of my life, I am not that well networked in the daytime. CIO

09/14/16 Wednesday 10:30 A.M. C'est tres cher, n'est pas?
<http://www.greenwichtime.com/business/article/Greenwich-real-estate-among-priciest-in-the-nation-9217925.php> CIO

09/14/16 Wednesday 10:15 A.M. I watched part of a program about Socrates. I went to bed at 8:30 P.M.. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana and blue berries, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed.

http://www.nytimes.com/2016/09/14/realestate/port-chester-wants-to-grow-but-exactly-how-is-the-question.html?_r=0 CIO

09/13/16 Tuesday 7:35 P.M. I watched the local CBS news and the local CBS National News. I ate pretzels, crackers, and dip while watching the news. For dinner, I ate 1.5 Hannaford's steak tid bit dinners with cold slaw and a glass of cold filtered water. CIO

09/13/16 Tuesday 4:45 P.M. I rested until 3:15 P.M.. I watched some www.foxnews.com . I ate a bowl of pretzels and some dip and crackers. I went downtown to Port Hardware. I bought a replacement toilet paper roll for \$2.60. I drove the entire length of Kennebunk beach and back, and I returned to my relatives' house. I put the toilet paper roller in the downstairs bunk room bathroom. Its toilet paper roller was used in the upstairs powder room which had one break. CIO

09/13/16 Tuesday 1:00 P.M. For lunch I ate two pepperoni pizza slices and a reheated fried chicken breast and a glass of cold filtered water.

\$60 with free shipping

http://www.quill.com/sku/sku?SKU=51423764&PageType=1&frm=S&MMC=AFF_PROD_UCT_FEED&mcode=AFF_249294_PRODUCTFEED

Portland, Maine Cruise Ship schedule many of which take bus tours to Kennebunkport http://ports.cruisett.com/schedule/United_States_Of_America/548-Portland_Maine/September_2016/ . I will now fold my clean laundry. I will then take a nap. CIO

09/13/16 Tuesday 12:05 P.M. <http://www.greenwichtime.com/news/world/article/Britain-s-new-money-is-plastic-easy-to-laundry-9219435.php> . CIO

09/13/16 Tuesday 11:35 A.M. I went out with relatives to the Kennebunkport post office and back. I started the laundry dry cycle. CIO

09/13/16 Tuesday 10:55 A.M. I showered, and I cleaned up. I started a load of wash. I chatted with two friends. I will now go through <http://scott-mike.com/bf.htm> . CIO

09/13/16 Tuesday 9:55 A.M. I watched part of a program about D Day. I went to bed at 8:30 P.M.. I woke up at 9 A.M.. I helped move a newly recovered bed head board into the master bedroom. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. CIO

09/12/16 Monday 7:55 P.M. I watched the local news and the ABC evening news. I ate pretzels, dip, and crackers, and baby carrots. For dinner, I ate five barbecued spare ribs, two ears of sweet corn on the cob with butter, a slice of honeydew melon, and a glass of cold filtered ice water. I cleaned up the kitchen. I threw out the last of the garbage out by the street. CIO

09/12/16 Monday 5:55 P.M.

<http://www.greenwichtime.com/entertainment/article/William-Kate-to-bring-young-prince-princess-on-9217221.php>

I woke up at 4:15 P.M.. I sat outside in back for a half hour. I put the garbage and the recycle material out by the street.

https://www.groupon.com/deals/la-cremaillere-restaurant-10?p=1&utm_source=newsletter_im&utm_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20160912&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=button&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20160912_treatment2

http://flash.newegg.com/Product/9SIA1ZZ49N7130?icid=WP_2_09122016

http://flash.newegg.com/Product/9SIA10V4CU2255?icid=WP_6_09112016_CIO

09/12/16 Monday 2:15 P.M. I showered, and I cleaned up. I watched a program called Train News about freight trains. I went out with relatives. We went by the Kennebunkport post office. We then went by CVS in Kennebunk. We stopped by the Blue Canoe Irvine gasoline station, and we filled up the family car. We then got groceries at Hannaford's. We then drove back on Sea Road and along west to east on the Kennebunk beach which was not very busy on a perfect sunny day. We put away our purchases. For lunch I ate a roast beef and provolone cheese sandwich on pita bread with mayonnaise and a bowl of clam chowder and a glass of cold filtered water. I will now take a nap. CIO

09/12/16 Monday 10:20 A.M. I watched "Spotlight". I went to bed at 10 P.M.. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. CIO

09/11/16 Sunday 7:45 P.M. I watched the local news and the ABC National news. While watching the news, I ate some crackers and baby carrots with dip and cheese spread. For dinner, I ate a reheated chicken breast and leg, an ear of sweet corn on the cob, rice, and a couple of tomatoes with feta cheese and cucumbers and Italian dressing and a glass of cold filtered water. I cleaned up the kitchen. CIO

09/11/16 Sunday 5:00 P.M. I woke up at 4 P.M.. I sat outside in the back yard for a half hour. I ate some microwave popcorn. I chatted with a friend. CIO

09/11/16 Sunday 2:10 P.M. I went through <http://scott-mike.com/bf.htm> . I watched series 3 episode 10 of "A Place to Call Home" which is the last episode available at the present. For lunch I ate a roast beef and provolone cheese sandwich on pita bread with mayonnaise and a bowl of clam chowder and a glass of cold filtered water. I went out with relatives,

and we drove along the entire length of Kennebunk beach and parked in the center of the east beach. There were not many people out, and only a few dogs for "Strut Your Mutt" . We then drove along the waterfront in Kennebunkport and back to my relatives' house. The fairly new Dutch Colonial Style house three doors south of the Colony Hotel had its front roof blown off in the storm earlier today, and they have a blue tarp on the damaged part of the roof. I will now take a nap. CIO

09/11/16 Sunday 11:30 A.M. I showered, and I cleaned up. CIO

09/11/16 Sunday 11:00 A.M. I emptied the three dehumidifiers in the basement. I spent an hour and a half watering the plants and bushes in front and the rear of house on the rear deck. Just as I finished a monsoon rainstorm started and is still going on. I closed the open windows in the house. Relatives returned home from church a bit wet. CIO

09/11/16 Sunday 9:45 A.M. I watched series 3 episode 9 of "A Place to Call Home" before going to bed. I woke up at 9 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. CIO

09/10/16 Saturday 7:00 P.M. I watched series 3 episode 8 of "A Place to Call Home". It rained for about fifteen minutes. I ate some popcorn and diet Ginger Ale. For dinner, I ate barbecued lemon and pepper marinated chicken breast, with two ears of corn on the cob with butter, and sliced tomatoes with feta cheese and sliced cucumbers and cold filtered ice water. CIO

09/10/16 Saturday 3:45 P.M. I turned off the front yard sprinkler after two hours. For lunch I ate a roast beef and provolone cheese sandwich on pita bread with mayonnaise and a bowl of clam chowder and a glass of cold filtered water. I rested from 1:30 P.M. to 3:30 P.M.. CIO

09/10/16 Saturday 12:15 P.M. I went through <http://scott-mike.com/bf.htm> . I started the front yard sprinkler. I went out with relatives, and we went by the Kennebunkport post office. We then drove west along the Kennebunk beach which was busy at low tide. Starting September 16, 2016, one does not need a beach parking permit or to pay there. We drove north to Route 9 and back into downtown Kennebunkport and then to Kitchen Chics in Cape Porpoise and then back west along the Kennebunkport waterfront to my relatives' house. Strut Your Mutt <http://animalwelfaresociety.org/news-events/strut-your-mutt/> is on the Kennebunk Beach tomorrow from 11 A.M. to 2 P.M.. CIO

09/10/16 Saturday 10:35 A.M. I showered, and I cleaned up. The painter is painting on the deck, so I can not water the plants on the rear deck. CIO

09/10/16 Saturday 10:10 A.M. I woke up at 9:30 A.M.. I empty all three dehumidifiers in the basement each day. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice,

and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. CIO

09/09/16 Friday 8:30 P.M. I watched series 3 episode 7 of "A Place to Call Home". I will now go to bed. CIO

09/09/16 Friday 7:25 P.M. I watched the local and ABC evening news. I ate crackers, baby carrots with dip and cheese. For dinner I ate one and a half Hannaford's beef tip dinners with a glass of cold filtered water. CIO

09/09/16 Friday 6:20 P.M. http://blog.aarp.org/2016/05/20/the-common-typo-that-can-steal-your-computer/?cmp=EMC-DSO-NLC-WBLTR---MCTRL-090916-TS1-1445285&ET_CID=1445285&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I= CIO

09/09/16 Friday 5:30 P.M. I rested until 4:30 P.M.. I watered the front lawn for four hours. With relatives, we drove the entire length of the Kennebunk beach and back. We parked at the west end of the east beach and enjoyed the evening view. We then stopped by Port Lobster. We next drove along the Kennebunkport waterfront and back to my relatives' house. CIO

09/09/16 Friday 2:40 P.M. I watched series 3 episode 6 of "A Place to Call Home". For lunch I ate a roast beef and provolone cheese sandwich on pita bread with mayonnaise and vegetable slaw and a glass of cold filtered water. I went out with relatives, and we went by the Kennebunkport post office. We then drove over to Swedish Imports <http://www.swedish-imports.com/>, and I picked up my Volvo Wagon. The bill was \$177.08 or \$97.69 to repair the inside driver's side door handle, and \$22.50 for synthetic oil, \$13.89 for oil filter, \$1.02 for washer fluid, \$1.07 for drain plug gasket, \$21.70 for power steering fluid and total labor of \$116.03, Job Fee \$12.88 sales tax of \$3.18 for \$177.08 total. That was also for oil and filter change, lubricate chassis, check tire pressure, fluids, belts, lights, and reset service light. I then went to the Circle K Irvine gasoline station in Kennebunk. I bought \$15.50 of self service premium gasoline for \$2.689 a gallon for 5.765 gallons at odometer reading of 113855 miles for 151.9 miles since the fill up on the Massachusetts turnpike on Sunday September 4, 2016 for 26.349 miles per gallon in mostly highway traffic. I then got the Deluxe car wash for \$13. I then met with the relatives that drove me over at Hannaford's. We then returned back to Kennebunkport, to the family home. CIO

09/09/16 Friday 10:25 A.M. I watered the plants and bushes and new trees in front and also in rear. I did not do the plants on the rear deck, since the painter might be painting there today. I will now shower and clean up. CIO

09/09/16 Friday 9:20 A.M. I watched series 3 episode 5 of "A Place to Call Home" before going to bed. I woke up at 8:45 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. CIO

09/08/16 Thursday 7:40 P.M. I watched an hour of the local news and ate dip and cheese and crackers, and then I watched the ABC evening news. For dinner, I ate a reheated Hannaford's beef tips dinner and half of a chicken Teriyaki dinner with some vegetable slaw and a glass of cold filtered water. CIO

09/08/16 Thursday 5:20 P.M. Two volcanoes in Eastern Russia have been on the highest eruption alert level of orange http://volcano.si.edu/reports_weekly.cfm .

<http://www.volcanesdec Canarias.com/index.php?lang=es>

<https://gltrust.ejoinme.org/MyPages/GoWild2016/tabid/744686/Default.aspx>

<http://www.cvent.com/events/revolutionize-aging-a-call-to-action-9-27-16/event-summary-9c59b633812c47ff83ae08609030ba7f.aspx>

<http://www.cnet.com/news/a-small-asteroid-buzzed-earth-yesterday-but-everythings-cool/>
CIO

09/08/16 Thursday 4:55 P.M. I went out with a relative to an appointment for an hour and a half. While waiting, I read Down East magazine July 2016. There was an article about how cold it was in Maine in the summer of 1815, when the Volcano in Indonesia erupted. Apparently it was so cold a lot of people moved to Ohio. I also read a long article about the fire that burned down half of Portland, Maine in 1865. We returned to my relatives' house. I drank a 12 ounce glass of diet Fresca. I watched series 3 episode 3 and 4 of "A Place to Call Home". My relative put the clean wash in the dryer while I was gone, and I just folded the clean laundry, and I put it away. CIO

09/08/16 Thursday 12:20 P.M. I started a load of wash. For lunch I ate the rest of the baked breaded haddock reheated with some kettle potato chips. I watered the new tree and flowering plants in front. CIO

09/08/16 Thursday 11:40 A.M. One of the maintenance people said they would put black plastic material along the back side of the cut pachysandra before placing the white marble chips to keep it from growing up. I went through <http://scott-mike.com/bf.htm> . There are very few bargains on the internet, because the U.S.A dollar is so weak compared to the Chinese Yuan. CIO

09/08/16 Thursday 11:05 A.M. I took my Volvo wagon with a relative following me in the family car to <http://www.swedish-imports.com/> and I dropped my Volvo wagon off to have the inside driver's door handle repair and a oil and filter change tomorrow. They will call me tomorrow when it is ready. We then drove along the entire length and back on the Kennebunk beach. It is an overcast day at low tide, and nobody was out there. We went by the Kennebunkport post office. We then returned to my relatives' house. It is pretty slow up here. CIO

09/08/16 Thursday 9:30 A.M. I woke up at 8:45 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I showered, and I cleaned up. CIO

09/07/16 Wednesday 8:55 P.M. I watched series 3 episode 2 of "A Place to Call Home". I will now go to bed. CIO

09/07/16 Wednesday 7:50 P.M. We watched the local news and the ABC evening news. We ate dip with baby carrots and sweet peas and scoop corn chips. For dinner, I ate baked breaded haddock with steamed broccoli with butter and two ears of sweet corn on the cob with butter and a glass of cold filtered water. I cleaned up the kitchen. CIO

09/07/16 Wednesday 6:00 P.M. <http://view.klm-mail.com/?qs=ebd7655a43876a12aa0b4a432311cd1dd83a8008af157b58cec068d09647e085eba4f28f0eaa2223b761b250b8e7a2d9bfed23b26717805b3876b8f45843590f5c0dd144dd65b5c1>

CIO

09/07/16 Wednesday 5:50 P.M. I woke up at 4:30 P.M.. I watched series 3 episode 1 of "A Place to Call Home". CIO

09/07/16 Wednesday 2:10 P.M. I went out with relatives, and we went by the Kennebunkport post office. We bought a sheet of 16 National Park Stamps for .49 each for \$7.52 for a relative to have. We then drove up Kennebunk, and we went to Hannaford's and bought groceries. We then drove back down to the west Kennebunk beach on Sea Road, and we drove east the length of the beach stopping to watch about twenty surfers work their action. We then went by Port Lobster and returned to my relatives' house. For lunch I ate a roast beef and Swiss cheese sandwich on pita bread with mayonnaise and vegetable slaw and four beer battered onion rings and a glass of cold filtered water. I will now take a nap. CIO

09/07/16 Wednesday 11:35 A.M. The <http://www.nonantumresort.com/> nearby has three charging stations for electric cars. For the low budget traveler to Maine, just south of Sam's Club www.samsclub.com in Scarborough, Maine there is an <http://www.extendedstayamerica.com/>. CIO

09/07/16 Wednesday 11:25 A.M. I am going to drop off my Volvo wagon at Swedish motors in Kennebunk to get the inside driver's side door handle repaired and a oil and filter change on Thursday to be picked up on Friday afternoon. CIO

09/07/16 Wednesday 11:00 A.M. I watched series 2 episode 10 of "A Place to Call Home". I watered the new flowering tree in front. CIO

09/07/16 Wednesday 9:10 A.M. I went to bed after the last note. I woke up at 8:30 A.M. this morning. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I showered, and I cleaned up. CIO

09/06/16 Tuesday 7:50 P.M. <http://www.onblastblog.com/how-to-make-a-website>

<http://campaign.r20.constantcontact.com/render?m=1106397659090&ca=f6eadc0f-2551-488d-a08e-3353f5793f75> CIO

09/06/16 Tuesday 7:40 P.M. We watched the local and national CBS evening news. While watching, I ate crab meat with crackers and cheese dip with crackers. For dinner, I ate a Hannaford's steak tips dinner and half of a salmon and rice dinner with vegetable salad and a glass of cold filtered water. I cleaned up the kitchen. CIO

09/06/16 Tuesday 5:40 P.M. I watched series 2 episode 9 of "A Place to Call Home". I went out with a relative. We went by the Kennebunkport post office. I took a relative to an appointment in Kennebunk. While waiting, I dropped the FedEx package off at the mail package store next to Ace Hardware. We then drove up the Maine Turnpike to Scarborough, Maine. We stopped by an outdoor furniture showroom, and they wanted \$329 to \$400 for composite wood Adirondack chairs. We then stopped by Marshall's and we used the bathroom. We then picked a relative up at the Portland Jet Port. We then went by Lowe's, and they had Adams Pure Comfort plastic Adirondack chairs <http://www.lowes.com/pd/Adams-Mfg-Corp-Teal-Resin-Stackable-Patio-Adirondack-Chair/50328011> in front for \$17.99. However, we bought two teal ones for \$6.99 each, since they rang up on sale. We then returned back to Kennebunkport. We stopped by Port Lobster <http://www.portlobster.com/>, and returned home. I put the two new Adirondack chairs out back with the two older ones. CIO

09/06/16 Tuesday 12:15 P.M. <http://www.forbes.com/sites/brucejapsen/2016/09/06/for-every-hour-with-patients-doctors-spend-two-record-keeping/#529c0a035c2a>

<http://www.forbes.com/sites/gordonkelly/2016/09/05/apple-iphone7-15-new-features/#6ebd3b265acd>

Rough Ocean <http://www.kennebunkportbeachwebcam.com/>

I chatted with a relative. I got email for a FedEx RMA for a medical device that we are returning.

For lunch I ate a turkey and roast beef and Swiss cheese sandwich on pita bread with mayonnaise and kettle potato chips and a glass of cold filtered water. CIO

09/06/16 Tuesday 11:25 A.M. I went through <http://scott-mike.com/bf.htm> . I watered the plants and bushes in front, and the ones in back and on the deck. I watered the new flowering tree in front twice. CIO

09/06/16 Tuesday 9:20 A.M. I woke up at 8:20 A.M.. I brought in the www.nytimes.com and the garbage can from the street. I ate breakfast of oatmeal with Splenda sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Splenda sweetener and milk. I also had my vitamins and supplements. I made my bed. I showered, and I cleaned up. CIO

09/06/16 Tuesday 5:25 A.M. I paid \$2.23 for a Norton Internet Security update for the next 84 days, but it still does not work after installing the new Norton Internet Security update. I am using the Windows 10 Firewall and Windows Defender which do seem to run much faster. I will now go back to bed. CIO

09/06/16 Tuesday 3:50 A.M. I went to bed at 9:30 P.M. While asleep, I did a System Restore on the Dell Latitude E6410 laptop. I woke up at 3 A.M.. It is now working a lot faster. However, Norton Internet Security is not working, but that might be why it is working faster. CIO

09/05/16 Monday 8:20 P.M. I rested until 5:30 P.M.. I went out with a relative, and we drove the entire length of the Kennebunk beach looking at the rough waves and surfers at low tide. We then parked at the west end of the east beach, and we watched about 30 surfers for a half hour. We then drove along the waterfront in Kennebunkport as far as Walker's Point and then returned to my relatives house. We watched the CBS news. For dinner, I ate baked haddock, lobster and macaroni and cheese, a Greek salad with Ken's Italian dressing, a ear of sweet corn with butter, and a piece of a relative's birthday cake. I then cleaned up the kitchen, and I put the last of the garbage out by the street for pickup tomorrow. CIO

09/05/16 Monday 4:20 P.M. I went out with a relative, and we drove east to west along the Kennebunk beach. It was high tide with hurricane waves, and there were probably fifty surfers out in the rough water surfing. We then drove north on the beach road to Kennebunk. We stopped by CVS, and I bought buy one for \$12.29 get one for a dollar 120 softgels 1000 mg CVS odorless fish oil and buy one for \$12.29 and get one for a dollar of CVS 100 softgels 1000 mg flaxseed oil less a \$4 off CVS machine coupon and \$1.25 tax for \$23.83 total. We then went to Ace Hardware store, and I bought four 50 pound bags white marble medium large chips for \$3.99 a bag. We then went to the Irvine gasoline station, and we filled up the relatives' car, and we got it washed in the self service car wash for \$13. We then went to the Hannaford's grocery store, and we stocked up on food. We then drove back south on the beach road and west to east along the Kennebunk beach. We then drove along the Kennebunkport waterfront. We returned to my relatives' house. We unloaded and unpacked the groceries. I used my little folding cart from the back of my Volvo wagon to put the marble chips on the front porch, where one of the maintenance people will install them on the rear of the pachysandra to the left of the front walk. I will now rest. CIO

09/05/16 Monday 12:35 P.M. I watched series 2 episode 8 of "A Place to Call Home". For lunch I ate a turkey and Swiss cheese sandwich on pita bread with mayonnaise and kettle potato chips and a glass of cold filtered water. CIO

09/05/16 Monday 11:05 A.M. I woke up at 8:30 A.M.. I ate breakfast of oatmeal with sweetener and milk and sliced banana, a toasted English muffin with butter, a glass of watered down orange juice, and a cup of decaffeinated coffee with Truvia sweetener and milk. I also had my vitamins and supplements. I made my bed. I showered, and I cleaned up. I tweaked some settings on the laptop trying to get it work faster. For some reason with Windows 10 Anniversary Update, it seems slower and than with the original Windows 10. CIO

09/04/16 Sunday 8:55 P.M. I went out to dinner with relatives at Ports of Italy in downtown Kennebunkport. I ate fried calamari, rigatoni bolognese, bread with olive oil, and iced tea with Splenda sweetener and cold ice water. We returned back to the family house, and I will now go to bed. CIO

09/04/16 Sunday 5:30 P.M. I chatted with relatives. I showered, and I cleaned up. I went through my email. We have a dinner appointment at 6:45 P.M.. CIO

09/04/16 Sunday 4:20 P.M. The Roku device is setup and works just fine. CIO

09/04/16 Sunday 3:00 P.M. I woke up at 4:30 A.M.. I ate breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a 12 ounce glass of 50% punch and 50% cold filtered water, and a cup of decaffeinated coffee with Equal sweetener and milk. I made my bed. I showered, and I cleaned up. I finished packing, and I shut down the apartment, and I left at 6 A.M.. I drove east on Putnam Avenue to North Maple and up North Street to the Merritt Parkway east. I stopped at the New Canaan and Orange rest areas. I stopped at the I-91 north rest area. I got on I-84 East, and I stopped at the Vernon rest area. I got on the Massachusetts turnpike East, and I stopped at the Chalmers rest area. I ate half of the roast beef sandwich that I brought with me. I used the bathroom. I chatted with a relative. At the Gulf pumps, I bought \$15 of self service premium for \$2.639 a gallon for 5.683 gallons at odometer reading of 113703 miles for 138.1 miles driven since the previous fill up for 24.3 miles per gallon in highway traffic. I got off I-290 east, and I paid a 50 cent toll. I got on I-495 East, and I stopped at the Lowell rest area which still is not opened after eight years, and just port-o-potties. I then got on I-95 North, and I stopped at the New Hampshire welcome center, and I chatted with a relative. I paid a \$2 toll. I got on the Maine Turnpike, and I paid a \$3 toll. I got off at exit 8 the Wells exit. I took Route 1 east to Route 9 south into Kennebunkport, arriving at my relatives' house at 11:30 A.M.. I chatted with my relatives. I ate the other half of the roast beef sandwich with a glass of cold water. I unpacked. I setup my Dell Latitude E6410 laptop. I installed a Roku device on the living room Toshiba TV on HDMI 9. The Cable Box is HDMI 8. I am configuring it. I have the Roku device powered with a Rosewill power strip with switches, so it can be easily turned on and off and not left on all of the time. CIO

End of Scott's Notes week of 09/03/16

09/03/16 Saturday 6:20 P.M. I watched episode 6 of series 2 of "A Place to Call Home". 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. I will be up about 6 A.M. tomorrow, and I will leave here about 8 A.M.. My Kennebunkport notes starting tomorrow will be at <http://scott-mike.com/kb0916.htm> . CIO

09/03/16 Saturday 5:20 P.M. I watched episode 5 of series 2 of "A Place to Call Home". I chatted with a friend. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 22 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, three large tablespoons of potato salad, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca.

My www.eversource.com electricity bill for August 2016 was \$319.56 for 1977 kWh for 65.90 kWh per day for 30 days with an average temperature of 77.9 degrees Fahrenheit. For August 2015, it was \$234.95 for 1421 kWh for 49 kWh per day for 29 days with an average temperature of 75.4 degrees Fahrenheit. I had the power turned off five days last August, when I was away. CIO

09/03/16 Saturday 3:30 P.M. I went through <http://scott-mike.com/bf.htm> .

September 3, 2016 (2:00pm)—Town of Greenwich, CT. The National Weather Service and the National Hurricane Center are predicting that Post Tropical Cyclone Hermine may begin to impact our area beginning Sunday. As of 11am today our area is under a Tropical Storm Warning. Effects may include strong winds and heavy rains which may result in downed trees and powerlines. There is a high potential for storm surge and tidal flooding beginning Sunday evening. Once it arrives in the area, the storm system may linger off the coast for several days resulting in local effects through Wednesday. Residents should make preparations for potential high winds, heavy rain and flooding. This should include securing any outdoor furniture, decorations or garbage cans. Vulnerable property should be removed from low lying areas subject to being flooded. If you have a basement subject to flooding then items should be elevated from the floor. Sump pumps should be checked. Propane tanks should be turned off. Mobile devices should be fully charged—remember that text messages may be easier to send then making phone calls during an emergency. Gas tanks should be at least $\frac{3}{4}$ filled. Preparations should be complete within the next 24 hours. Stay tuned to local weather forecasts for more updated information on the storm. Forecasts and maps are available from the National Hurricane Center at <http://www.nhc.noaa.gov> . The Town of Greenwich continues to monitor the storm and is making preparations. Emergency crews are on standby and critical equipment has been moved to safe staging areas. Monitor the Town website and social media accounts for local information and advisories. Additional safety information is available at www.greenwichct.org, www.ready.gov, and www.redcross.org. CIO

09/03/16 Saturday 3:00 P.M. I mailed the rent check in the mail room downstairs. I sat outside for a while chatting with neighbors. CIO

09/03/16 Saturday 2:10 P.M. I threw out the garbage. I picked up the mail. I paid my rent via mail, since the Wells Fargo bank closes on Saturday at 1 P.M.. CIO

09/03/16 Saturday 1:50 P.M. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I chatted with a friend. CIO

09/03/16 Saturday 1:00 P.M. I watched episode 5 of series 2 of "A Place to Call Home". I sat outside a while. I chatted with a relative. CIO

09/03/16 Saturday 11:35 A.M. I finished packing. I chatted with a relative. CIO

09/03/16 Saturday 9:55 A.M. I never figured out how to get money from a rich person <http://www.forbes.com/billionaires/>. I will now start packing. CIO

09/03/16 Saturday 9:25 A.M. I chatted with a friend. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

09/03/16 Saturday 8:25 A.M. I woke up at 8 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

09/02/16 Friday 7:55 P.M. I chatted with a relative. I watched episode 4 of series 2 of "A Place to Call Home".

http://www.aarp.org/health/drugs-supplements/info-2016/generic-drugs-copd-thyroid.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-090216-TS1-1430825&ET_CID=1430825&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

<http://tunnel2towers.org/activity/never-forget-exhibit/>

I will now shut down the primary work computer, and I will go to bed. CIO

09/02/16 Friday 6:50 P.M. I ate a third of a pound of deli roast beef on a Kaiser roll with Hellmann's mayonnaise and horseradish and three slices of white American cheese with 8 ounces of potato salad and two kosher dill slices and a 12 ounce glass of diet Fresca. CIO

09/02/16 Friday 6:30 P.M. I watched episode 3 of series 2 of "A Place to Call Home". CIO

09/02/16 Friday 5:25 P.M. I chatted with a relative. I got my new GEICO insurance cards today for the policy that begins October 7, 2016. I put one of the insurance cards in the

Volvo wagon glove box. I will make a payment on the policy on the first of October 2016. CIO

09/02/16 Friday 5:15 P.M. I went downtown, and I picked up two prescriptions at CVS on Greenwich Avenue. I chatted with someone from New Jersey with a Key West polo shirt on. I then sat out further downtown. I then went to the Stop and Shop, and I bought a roast beef sandwich to take with me on the road on Sunday for \$3.99, a Kaiser roll for .69, deli sliced roast beef for \$9.99 a pound for \$3.40, a pint of picnic potato salad for \$2.70, two 9 ounce Healthy Choice meals for \$2.50 each, a 30 ounce Hellmann's olive oil mayonnaise for \$2.77, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, a banana for .49 a pound for .24 and .25 tax for \$22.03 total. I then returned home, and I put away my groceries. CIO

09/02/16 Friday 3:00 P.M. I picked up the mail. I chatted with a neighbor. I will now go downtown. CIO

09/02/16 Friday 2:00 P.M. I threw out the garbage. I sat outside for a while. I chatted with a neighbor and the building custodian. I will now make my bed. I will then shower and clean up. CIO

09/02/16 Friday 1:40 P.M. I rested until 1:20 P.M.. I ate a 9.5 ounce Stouffer's Lean Cuisine Chicken Marcella with grated parmesan and Romano cheese on it with a 12 ounce glass of Schweppes diet Ginger Ale. CIO

09/02/16 Friday 11:40 A.M. I watched episode 2 of series 2 of "A Place to Call Home". CIO

09/02/16 Friday 10:40 A.M. I rested some more until 10 A.M.. CIO

09/02/16 Friday 8:40 A.M. I chatted with two relatives. CIO

09/02/16 Friday 8:10 A.M. I chatted with a friend at 9 P.M.. I ate some mixed nuts. I woke up at 8 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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

09/01/16 Thursday 8:15 P.M. I ate a 9.9 ounce Healthy Choice beef marlot dinner with a 12 ounce glass of diet Fresca. I chatted with a relative. A neighbor of a relative owns <http://www.abacowine.com/>. I will now shut down the primary work computer, and I will go to bed. CIO

09/01/16 Thursday 7:50 P.M. I chatted with a relative. CIO

09/01/16 Thursday 7:25 P.M. I went out to the Putnam Shell at 401 West Putnam Avenue. I checked the air on my tires for 32 PSI all around. I then bought \$8.75 of self service V-

Power gasoline for \$3.339 a gallon for 2.622 gallons at odometer reading of 113565 miles for 35 miles driven since Thursday August 25, 2016 for 13.349 miles per gallon in local traffic. I then went by CVS on Greenwich Avenue. I then went further downtown. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I then returned home. I chatted with a new neighbor. I drank a 12 ounce glass of diet Fresca. CIO

09/01/16 Thursday 4:25 P.M. I picked up the mail. I will now go downtown. CIO

09/01/16 Thursday 3:30 P.M. I rested until 3 P.M.. I sat outside briefly. I will now make my bed. I will then shower and clean up. CIO

09/01/16 Thursday 1:50 P.M. I threw out the garbage. CIO

09/01/16 Thursday 1:40 P.M. I rested until 12:30 P.M.. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 20 pitted extra large black olives, ten cherry tomatoes, a 5 ounce tin of Bumble Bee chicken drained, rinsed, and flaked, one sixth of a peeled and diced sweet onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, five artichoke heart quarters, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of Schweppes diet ginger ale. CIO

09/01/16 Thursday 11:35 A.M. I watched Series 2, episode 1 of "A Place to Call Home". CIO

09/01/16 Thursday 10:05 A.M. I went back to bed until 10 A.M.. CIO

09/01/16 Thursday 7:55 A.M. I woke up at 7:45 A.M.. For breakfast, I ate a bowl of oatmeal with honey and milk and a sliced banana, a toasted English muffin with 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.

<http://www.greenwichtime.com/news/article/Report-Earth-almost-got-hit-by-an-asteroid-9194970.php> CIO

09/01/16 Thursday 2:55 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 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 rest some more. CIO

09/01/16 Thursday 2:20 A.M. I put away the clean laundry.

09/01/16 Thursday 2:20 A.M.

http://www.people.com/people/package/article/0,,20395222_21027366,00.html The Queen needs help.

<https://www.rt.com/uk/357743-queen-cleaner-job-wage/> CIO

09/01/16 Thursday 2:10 A.M. I ate the rest of the pineapple mixture. CIO

09/01/16 Thursday 1:40 A.M. [A 600-Year-Old Money Pit in the Scottish Highlands - The New York Times](#)

<http://www.greenwichtime.com/pets/slideshow/U-S-Presidents-and-their-beloved-dogs-134109/photo-10834653.php> CIO

09/01/16 Thursday 1:30 A.M. I have 50 minutes to go on two dry cycles. CIO

09/01/16 Thursday 1:05 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have ten minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

09/01/16 Thursday 12:05 A.M. I rested until 11:45 P.M.. I ate a 8.8 ounce Healthy One chicken linguine dinner with grated parmesan and Romano cheese on it and a glass of cold filtered water. CIO